



WEEK 29

Sunday, 12 July 2026

Saturday, 18 July 2026

Date	Start Time	Genre	Title	Episode Title	Series	Episode	TV Guide Text	Country of Origin	Language	Year	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles	Audio Description
12/07/2026	500	Cooking	Flat Out Food	Haskap	6	1	At a distillery just outside Saskatoon, Jenn discovers what makes haskap berries unique and how their bright, tangy flavour transforms into gin.	CANADA	English-100	2025	RPT	G				
12/07/2026	530	Travel	Rick Stein's Road To Mexico	Oaxaca To Chinantlan Mountains	1	6	Rick Stein reaches Oaxaca, home to Mexico's national cheese, queso oaxaca and a land where vanilla grows wild. Rick delights in exploring, where you can smell the tropical fruit from roadside stalls.		English-100	2017	RPT	PG	a w		Y	
12/07/2026	640	Travel	John And Lisa's Food Trip Down Under	John And Lisa Arrive Down Under	1	1	After flying over 9000 miles to Perth, chefs John Torode and Lisa Faulkner sample some extremely tasty snapper and meet a cute marsupial before Lisa tries making dumplings.	USA	English-100	2024	RPT	G				
12/07/2026	735	Travel	Eating Inn	Oku: Kempinski, Jakarta	2	9	Steeped in history, this Jakarta icon is representative of Indonesia's remarkable change as a nation since World War II.	SINGAPORE	English-100	2023	RPT	PG	a n w			
12/07/2026	830	Travel	Eating Inn	A'mare: Crown, Sydney	2	10	Chef Alessandro is Italian and loving it. His a'Mare' restaurant at Crown Barangaroo is as the name suggests: by the harbour. While the venue is modern, the service is styled in the old way.	SINGAPORE	English-100	2023	RPT	PG	a w			
12/07/2026	930	Cooking	Jamie's Ultimate Veg	Ep 1	1	1	Jamie kicks things off by celebrating vegetables in a game-changing cottage pie. He gets inspired by amazing Indian street food, and prepares a mighty mac 'n' cheese full of greens.	UNITED KINGDOM	English-100	2019	RPT	G				
12/07/2026	1025	Cooking	Destination Flavour China Bitesize	Black Sesame Tangyuan	1	1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y		Y
12/07/2026	1030	Travel	Hairy Bikers Go West	Lancashire	1	3	For their next adventure Out West, the Hairy Bikers are taking an emotional trip down memory lane as they explore Dave's home county of Lancashire.	UNITED KINGDOM	English-100	2024	RPT	G				
12/07/2026	1135	Travel	Hairy Bikers Go West	Merseyside	1	4	For their next adventure out West, Dave and Si explore Merseyside, an area renowned for its unbeatable musical heritage and cultural identity, with a food scene to match.	UNITED KINGDOM	English-100	2024	RPT	G				
12/07/2026	1240	Cooking	Dinner With Gavin Rossdale	Serena Williams	1	1	In the premiere episode of Dinner with Gavin Rossdale, the legendary musician and self-taught cooking enthusiast Gavin Rossdale welcomes tennis icon and friend Serena Williams for an evening of good food and deep conversation.	USA	English-100	2025	RPT					
12/07/2026	1340	Cooking	Flat Out Food	Haskap	6	1	At a distillery just outside Saskatoon, Jenn discovers what makes haskap berries unique and how their bright, tangy flavour transforms into gin.	CANADA	English-100	2025	RPT	G				
12/07/2026	1405	Cooking	The Cook Up With Adam Liaw	Fishing Around	9	61	Host Norrie Bero is celebrating NAIDOC Week with a feast, and she's gathered proud Malyanganga Barkindj woman BARKAA and proud Kamilaroi man Matty Mills for a spot of fishing around!	AUSTRALIA	English-100	2025	RPT	G		Y		
12/07/2026	1435	Cooking	The Cook Up With Adam Liaw	Auntie's Cooking	9	62	On the menu for NAIDOC Week: Auntie's cooking, courtesy of host Norrie Bero and her guests, award-winning Yŋgnu rapper Baker Boy and proud Gamilaroi woman and journalist Brooke Boney.	AUSTRALIA	English-100	2025	RPT	G		Y		
12/07/2026	1505	Cooking	The Cook Up With Adam Liaw	Mob Feasts	9	63	Tonight, proud Arrernte actor Sherry-Lee Watson, Nagarrindjeri comedian Kevin Kropinyeri and NAIDOC Week host Norrie Bero are making a masterful mob feast.	AUSTRALIA	English-100	2025	RPT	G		Y		
12/07/2026	1535	Travel	The Cook Up With Adam Liaw	Tropical Traditions	8	51	Captivating comedian Jay Wymarra and bestselling author Samantha Martin AKA Bush Tukka Woman join NAIDOC Week host Norrie Bero to share their tasty tropical traditions.	AUSTRALIA	English-98, Meriam Mir-1; Torres Strait Creole-1	2025	RPT	G		Y		Y
12/07/2026	1605	Travel	The Cook Up With Adam Liaw	With A Cuppa	8	52	Bushfood legend Rayleen Brown and stand-up sensation Andy Saunders join host Norrie Bero for a NAIDOC Week afternoon tea celebration.	AUSTRALIA	English-100	2025	RPT	G		Y		
12/07/2026	1635	Cooking	Deliciously Twisted Classics	Cheesy Twists	1	15	There isn't much in life that can't be improved with cheese, and these chefs take that to heart by taking classic cheesy dishes and twisting them beyond your imagination.	USA	English-100	2023	RPT	PG				
12/07/2026	1700	Cooking	Deliciously Twisted Classics	Funky Fusion	1	16	America's diverse mix of cultures is reflected in our food and in our love to mash it up to create new and delicious dishes.	USA	English-100	2023	RPT	G				
12/07/2026	1730	Food Lifestyle	River Cottage Everyday	Fruit	1	4	With fruit sales falling in the UK, Hugh heads off to a typical suburban street to see if he can get people excited again by nature's original sweet treats, from Eton Mess to lollies.	UNITED KINGDOM	English-100	2010	RPT	PG				
12/07/2026	1830	Cooking	Richo's Hungry As Hell	Date Night Menu	1	4	Richo's cooking for love. Or at least for someone you hope won't ghost you tomorrow. A guaranteed crowd-pleaser menu designed to impress, seduce, and secure a second date.	AUSTRALIA	English-100	2025	RPT	PG				
12/07/2026	1900	Travel	Adam Liaw's North American Fan Feasts	Vancouver	1	1	Adam Liaw kicks off his North American journey in Vancouver, exploring Canada's multicultural food and sporting culture. He makes Canadian poutine at Granville Island Market, discovers contemporary First Nations cuisine at Salmon 'n' Bannock, and joins Vancouver Whitecaps fans on match day at Canada's most heated football rivalry.	AUSTRALIA	English-100	2026	RPT	G		Y		
12/07/2026	1930	Travel	Paul Hollywood Eats Japan	Tokyo	1	1	Britain's favourite baker, Paul Hollywood, is setting out on a 3-week road trip across Japan to learn all he can about this extraordinary country through its food.	UNITED KINGDOM	English-100	2019	RPT	PG	a w		Y	
12/07/2026	2030	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 6	2	6	Cornish King Crab is on the menu for Rick tonight as he heads out of Newquay to catch and cook this tasty crustacean.	UNITED KINGDOM	English-100	2022	RPT	PG	a w			

12/07/2026	2100	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 7	2	7	Rick boards the ferry in Penzance to take him to The Isles of Scilly, a group of islands which were once part of Cornwall.	UNITED KINGDOM	English-100	2022	RPT	PG	a	
12/07/2026	2130	Travel	John And Lisa's Food Trip Down Under	John And Lisa Head South	1	2	Chefs John Torode and Lisa Faulkner breakfast at an extremely cozy Aussie family-run cafe before discovering tasty short rib wraps at a restaurant that is ringing the bell of culinary changes.	USA	English-100	2024	RPT	G		
12/07/2026	2230	Travel	Eating Inn	Mott 32: Marina Bay Sands, Singapore	2	11	Discover a feast for the eyes and the belly in Marina Bay Sands. As soon as you step inside, you realise you are in for something out of the ordinary.	SINGAPORE	English-100	2023	RPT	PG		Y
12/07/2026	2330	Travel	Eating Inn	Cave: The Edge, Bali, The	2	12	This venue is never short of a surprise. The brilliantly designed resort teeters on the cliffs at Uluwatu with the terrifying swimming pool experience with its glass bottom hanging over a 200 foot drop into the sea. No less spectacular, the restaurant "Cave" is in a limestone cave some 15 metres underground.	SINGAPORE	English-100	2023	RPT	PG		
12/07/2026	2430	Cooking	Deliciously Twisted Classics	Cheesy Twists	1	15	There isn't much in life that can't be improved with cheese, and these chefs take that to heart by taking classic cheesy dishes and twisting them beyond your imagination.	USA	English-100	2023	RPT	PG		
12/07/2026	2500	Cooking	Deliciously Twisted Classics	Funky Fusion	1	16	America's diverse mix of cultures is reflected in our food and in our love to mash it up to create new and delicious dishes.	USA	English-100	2023	RPT	G		
12/07/2026	2530	Food Lifestyle	River Cottage Everyday	Fruit	1	4	With fruit sales falling in the UK, Hugh heads off to a typical suburban street to see if he can get people excited again by nature's original sweet treats, from Eton Mess to lollies.	UNITED KINGDOM	English-100	2010	RPT	PG		
12/07/2026	2625	Cooking	Bring A Plate	JC's Chicken And Pork Adobo With Eggs	1	1	JC serves up his Filipino national dish, sharing a touching tale of his grandmother's culinary influence. Hear how he uses the DISH structure to help him talk about the food.	AUSTRALIA	English-100	2024	RPT	G	Y	
12/07/2026	2630	Travel	Paul Hollywood Eats Japan	Tokyo	1	1	Britain's favourite baker, Paul Hollywood, is setting out on a 3-week road trip across Japan to learn all he can about this extraordinary country through its food.	UNITED KINGDOM	English-100	2019	RPT	PG	a w	Y
12/07/2026	2725	Cooking	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	1	1	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	2024	RPT	G		
12/07/2026	2730	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 6	2	6	Cornish King Crab is on the menu for Rick tonight as he heads out of Newquay to catch and cook this tasty crustacean.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
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12/07/2026	2830	Cooking	Richo's Hungry Az Hell	Date Night Menu	1	4	Richo's cooking for love. Or at least for someone you hope won't ghost you tomorrow. A guaranteed crowd-pleaser menu designed to impress, seduce, and secure a second date.	AUSTRALIA	English-100	2025	RPT	PG		
13/07/2026	500	Cooking	The Cook Up With Adam Liaw	Fishing Around	9	61	Host Norrie Bero is celebrating NAIDOC Week with a feast, and she's gathered proud Malyangapa Barkindj woman BARKAA and proud Kamilaroi man Matty Mills for a spot of fishing around!	AUSTRALIA	English-100	2025	RPT	G	Y	
13/07/2026	530	Cooking	The Cook Up With Adam Liaw	Auntie's Cooking	9	62	On the menu for NAIDOC Week: Auntie's cooking, courtesy of host Norrie Bero and her guests, award-winning Yolgnu rapper Baker Boy and proud Gamilaroi woman and journalist Brooke Boney.	AUSTRALIA	English-100	2025	RPT	G	Y	
13/07/2026	600	Cooking	The Cook Up With Adam Liaw	Mob Feasts	9	63	Tonight, proud Arrernte actor Sherry-Lee Watson, Nagarrindjeri comedian Kevin Kropinyeri and NAIDOC Week host Norrie Bero are making a masterful mob feast.	AUSTRALIA	English-100	2025	RPT	G	Y	
13/07/2026	630	Travel	The Cook Up With Adam Liaw	Tropical Traditions	8	51	Captivating comedian Jay Wymarra and bestselling author Samantha Martin AKA Bush Tukka Woman join NAIDOC Week host Norrie Bero to share their tasty tropical traditions.	AUSTRALIA	English-98, Meriam Mir-1; Torres Strait Creole-1	2025	RPT	G	Y	Y
13/07/2026	700	Travel	The Cook Up With Adam Liaw	With A Cuppa	8	52	Bushfood legend Rayleen Brown and stand-up sensation Andy Saunders join host Norrie Bero for a NAIDOC Week afternoon tea celebration.	AUSTRALIA	English-100	2025	RPT	G	Y	
13/07/2026	730	Cooking	Deliciously Twisted Classics	Cheesy Twists	1	15	There isn't much in life that can't be improved with cheese, and these chefs take that to heart by taking classic cheesy dishes and twisting them beyond your imagination.	USA	English-100	2023	RPT	PG		
13/07/2026	800	Cooking	Deliciously Twisted Classics	Funky Fusion	1	16	America's diverse mix of cultures is reflected in our food and in our love to mash it up to create new and delicious dishes.	USA	English-100	2023	RPT	G		
13/07/2026	830	Food Lifestyle	River Cottage Everyday	Fruit	1	4	With fruit sales falling in the UK, Hugh heads off to a typical suburban street to see if he can get people excited again by nature's original sweet treats, from Eton Mess to lollies.	UNITED KINGDOM	English-100	2010	RPT	PG		
13/07/2026	925	Cooking	Bring A Plate	JC's Chicken And Pork Adobo With Eggs	1	1	JC serves up his Filipino national dish, sharing a touching tale of his grandmother's culinary influence. Hear how he uses the DISH structure to help him talk about the food.	AUSTRALIA	English-100	2024	RPT	G	Y	
13/07/2026	930	Cooking	Richo's Hungry Az Hell	Date Night Menu	1	4	Richo's cooking for love. Or at least for someone you hope won't ghost you tomorrow. A guaranteed crowd-pleaser menu designed to impress, seduce, and secure a second date.	AUSTRALIA	English-100	2025	RPT	PG		
13/07/2026	1000	Travel	Adam Liaw's North American Fan Feasts	Vancouver	1	1	Adam Liaw kicks off his North American journey in Vancouver, exploring Canada's multicultural food and sporting culture. He makes Canadian poutine at Granville Island Market, discovers contemporary First Nations cuisine at Salmon 'n' Bannock, and joins Vancouver Whitecaps fans on match day at Canada's most heated football rivalry.	AUSTRALIA	English-100	2026	RPT	G	Y	
13/07/2026	1030	Travel	Paul Hollywood Eats Japan	Tokyo	1	1	Britain's favourite baker, Paul Hollywood, is setting out on a 3-week road trip across Japan to learn all he can about this extraordinary country through its food.	UNITED KINGDOM	English-100	2019	RPT	PG	a w	Y
13/07/2026	1125	Cooking	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	1	1	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	2024	RPT	G		
13/07/2026	1130	Cooking	Hairy Bikers Comfort Food	It's Cold Outside	11	11	Si and Dave cook dishes for when the temperature drops and the weather calls for good hearty cooking. This means oxtail soup with herby dumplings, a vegetarian chestnut and mushroom pie and a new take on an old favourite, treacle sponge.	UNITED KINGDOM	English-100	2017	RPT	G		

13/07/2026	1225	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	1	1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G		Y	
13/07/2026	1230	Travel	Order Up!	What's The Secret Sauce?	1	6	In his curry crusade, Hudson learns about the different spices and ingredients that constitutes an authentic Indian curry. He discovers elevated renditions of curries from burgers to curry fish heads.	CANADA	English-100	2022	RPT	PG	I		
13/07/2026	1325	Travel	Destination Flavour Japan Bitesize	Hokkaido	1	1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y	Y
13/07/2026	1330	Travel	Food Trail South Africa	Wine Country	1	3	Warren heads to the Cape Winelands, where he tastes a variety of local wines including Pinotage, a signature South African red, and Ratafia, a unique and complex fortified wine. To accompany his alcoholic purchases, Warren cooks up Bobotie, a rustic dish of curried meat topped with savoury custard.	AUSTRALIA	English-100	2021	RPT	G			Y
13/07/2026	1400	Cooking	Flat Out Food	Foraged	4	3	In the boreal forest, Jenn learns about the cultural significance of foraging in Indigenous culture and how different plants can be stored and used in both teas and food.	CANADA	English-100	2023	RPT	G			
13/07/2026	1430	Cooking	Kriol Kitchen	Lloyd Pigram: Pork Adobo & Boab Custard With Bush Passionfruit Topping	2	6	Lloyd draws on his Filipino heritage and his Auntie's recipe for this locally loved dish with a humble bush fruit Boab to make a custard, and a bush passionfruit topping.	AUSTRALIA	English-100	2014	RPT	G		Y	
13/07/2026	1500	Cooking	Rachael Ray's Meals In Minutes	Soy Meat Asian Tacos	2	21	Rachael prepares a flavorful Korean-style taco with a spicy, soy-based recipe that perfectly combines salty and sweet ingredients.	USA	English-100	2024	RPT	PG			
13/07/2026	1530	Cooking	My Market Kitchen	Ep 16	7	16	Mike starts the show making Burrata with Mix-A-Mato Sugo Salad. Is it a salad or a starter? Wine expert Adam Walls provides wine matching tips before Laura makes her flavour-packed Grilled Radicchio & Cranberry Salad. Mike wraps up with his take on the popular English dessert, Sticky Date Pudding.	AUSTRALIA	English-100	2022	RPT	G			
13/07/2026	1600	Cooking	Lidia's Kitchen	Update The Classics	10	23	Lidia loves tradition, but also values creativity and the two combined can create something delicious!	USA	English-100	2023	RPT	G			
13/07/2026	1630	Travel	My Greek Table With Diane Kochilas	Old World Charms Of The Athenian Table	4	5	Diane visits the kitchen of 90-year-old Eirini Pournara, who makes an Athenian classic of poached fish and vegetables with homemade mayonnaise, and a special meatloaf.	USA	English-50; Greek-50	2022	RPT	G			Y
13/07/2026	1700	Travel	My Greek Table With Diane Kochilas	Northern Delights - Ioannina	4	6	Diane visits the daughter of Holocaust survivors for a tour of Thessaloniki's Jewish past. Hella cooks up a few of her family's Sephardic recipes, including Huevos Haminados (slowly boiled spiced eggs) and Merenza Assada (grilled eggplant with meatballs in tomato sauce). Then Diane visits a local restaurant for a demo and taste of yet another old Jewish dish, Kefikas de Nogada (meatballs with walnut sauce).	USA	English-50; Greek-50	2022	RPT	G			
13/07/2026	1730	Cooking	Food Safari Earth	Staples	1	2	Maeve seeks out the deeply satisfying carbohydrate staples at the heart of many of the great dishes of the world. In this episode, Indian, Italian, Lebanese, and Cuban recipes are the stars.	AUSTRALIA	English-100	2017	RPT	G		Y	
13/07/2026	1800	Travel	America The Bountiful	Pumpkins In Illinois	2	10	Capri learns about the history of pumpkins in Illinois at The Great Highwood Pumpkin Festival, and takes in a bit of fun, carving a pumpkin and tasting some pumpkin delicacies.	USA	English-100	2025		G			
13/07/2026	1830	Cooking	Everyday Gourmet: French Edition	Episode 6	1	6	Today, Gabriel Gate is inspired by Brittany's coastal bounty with Poached Oysters, with potatoes and a delicate chive sauce.	AUSTRALIA	English-100	2024		PG			
13/07/2026	1900	Cooking	The Cook Up With Adam Liaw	World Cup Dinners	9	64	Tonight, Adam asks football presenters David Basheer and Claudio Fabiano for their World Cup dinners, and they certainly deliver!	AUSTRALIA	English-100	2025		G		Y	
13/07/2026	1930	Cooking	Donal's Real Time Recipes	Real Time Flex	2	10	This episode is all about flexibility, bold, fast, flavour-packed meals that fit around you. Whether you're cooking for one, feeding a few, or throwing it all in a pan at the last minute.	UNITED KINGDOM	English-100	2025		G			
13/07/2026	2000	Travel	Guillaume's Paris	Ep 2	1	2	Chef Guillaume Brahimi explores the 3rd and 4th arrondissements of Paris to meet some legends of the city's food scene. Guillaume visits Marche des Enfants Rouges, the oldest covered market in Paris serving an abundance of international cuisine. He samples the famous falafel that locals wait for hours to order, and he tries the best ice cream in France. This episode is all about delicious perfection.	AUSTRALIA	English-100	2022	RPT	G		Y	Y
13/07/2026	2030	Travel	Adam Liaw's North American Fan Feasts	Los Angeles	1	2	Los Angeles is a city built on stories, and Adam Liaw explores how the city's healthy outdoor lifestyle has influenced the way Angelenos eat. From joining one of the USA's most popular run clubs Venice Beach to discovering California-style pizza and Thai-inspired smash burgers, he uncovers how LA reinvents global traditions.	AUSTRALIA	English-100	2026		G		Y	
13/07/2026	2100	Travel	Pati's Mexican Table	Colours Of Creativity	14	2	Pati dives into Mexico City's creativity, from giant Day of the Dead art to delicate papel picado.	USA	English-100	2025					Y
13/07/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 19	1	19	Today's brand new Come Dine With Me Professionals heads to Cardiff where Mexican taco restaurant, La Pantera get the competition going with co-owner Sam and head chef Gary dishing up a mixture of mackerel and Welsh lamb in their trademark tacos.	UNITED KINGDOM	English-100	2022	RPT	PG	I		
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13/07/2026	2300	Food Lifestyle	Cheese Slices	Spain - Traditional Galician Cheese	7	2	Galicia is known as 'Green Spain' and its high rainfall and mild maritime are perfect for dairy farming. Home to over a million cows, this beautiful region is well known for its mysterious Celtic past and the pilgrim city of Santiago de Compostela. Will learns about the origins of its ADP breast shaped cheeses Queso Tetilla.	AUSTRALIA	English-100	2014	RPT	G			
13/07/2026	2330	Cooking	Hairy Bikers Comfort Food	It's Cold Outside	11	11	Si and Dave cook dishes for when the temperature drops and the weather calls for good hearty cooking. This means oxtail soup with herby dumplings, a vegetarian chestnut and mushroom pie and a new take on an old favourite, treacle sponge.	UNITED KINGDOM	English-100	2017	RPT	G			
13/07/2026	2425	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	1	1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G		Y	
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13/07/2026	2500	Travel	Guillaume's Paris	Ep 2	1	2	Chef Guillaume Brahimi explores the 3rd and 4th arrondissements of Paris to meet some legends of the city's food scene. Guillaume visits Marche des Enfants Rouges, the oldest covered market in Paris serving an abundance of international cuisine. He samples the famous falafel that locals wait for hours to order, and he tries the best ice cream in France. This episode is all about delicious perfection.	AUSTRALIA	English-100	2022	RPT	G		Y	Y
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14/07/2026	625	Filters	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	1	1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G		Y
14/07/2026	630	Travel	Order Up!	What's The Secret Sauce?	1	6	In his curry crusade, Hudson learns about the different spices and ingredients that constitutes an authentic Indian curry. He discovers elevated renditions of curries from burgers to curry fish heads.	CANADA	English-100	2022	RPT	PG	I	
14/07/2026	725	Travel	Destination Flavour Japan Bitesize	Hokkaido	1	1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y Y
14/07/2026	730	Cooking	My Market Kitchen	Ep 16	7	16	Mike starts the show making Burrata with Mix-A-Mato Sugo Salad. Is it a salad or a starter? Wine expert Adam Wallis provides wine matching tips before Laura makes her flavour-packed Grilled Radicchio & Cranberry Salad. Mike wraps up with his take on the popular English dessert, Sticky Date Pudding.	AUSTRALIA	English-100	2022	RPT	G		
14/07/2026	800	Cooking	Lidia's Kitchen	Update The Classics	10	23	Lidia loves tradition, but also values creativity and the two combined can create something delicious!	USA	English-100	2023	RPT	G		
14/07/2026	830	Travel	My Greek Table With Diane Kochilas	Old World Charms Of The Athenian Table	4	5	Diane visits the kitchen of 90-year-old Eirini Pournara, who makes an Athenian classic of poached fish and vegetables with homemade mayonnaise, and a special meatloaf.	USA	English-50; Greek-50	2022	RPT	G		Y
14/07/2026	900	Travel	My Greek Table With Diane Kochilas	Northern Delights - Ioannina	4	6	Diane visits the daughter of Holocaust survivors for a tour of Thessaloniki's Jewish past. Hella cooks up a few of her family's Sephardic recipes, including Huevos Haminados (slowly boiled spiced eggs) and Merenca Assada (grilled eggplant with meatballs in tomato sauce). Then Diane visits a local restaurant for a demo and taste of yet another old Jewish dish, Kefikas de Nogada (meatballs with walnut sauce).	USA	English-50; Greek-50	2022	RPT	G		
14/07/2026	930	Cooking	Food Safari Earth	Staples	1	2	Maeve seeks out the deeply satisfying carbohydrate staples at the heart of many of the great dishes of the world. In this episode, Indian, Italian, Lebanese, and Cuban recipes are the stars.	AUSTRALIA	English-100	2017	RPT	G		Y
14/07/2026	1000	Travel	America The Bountiful	Pumpkins In Illinois	2	10	Capri learns about the history of pumpkins in Illinois at The Great Highwood Pumpkin Festival, and takes in a bit of fun, carving a pumpkin and tasting some pumpkin delicacies.	USA	English-100	2025	RPT	G		
14/07/2026	1030	Cooking	Everyday Gourmet: French Edition	Episode 6	1	6	Today, Gabriel Gate is inspired by Brittany's coastal bounty with Poached Oysters, with potatoes and a delicate chive sauce.	AUSTRALIA	English-100	2024	RPT	PG		
14/07/2026	1100	Cooking	The Cook Up With Adam Liaw	World Cup Dinners	9	64	Tonight, Adam asks football presenters David Basheer and Claudio Fabiano for their World Cup dinners, and they certainly deliver!	AUSTRALIA	English-100	2025	RPT	G		Y
14/07/2026	1130	Cooking	Hairy Bikers Comfort Food	Traditional Values	11	12	The Hairy Bikers cook comfort food oozing with traditional values. There's a twist on a classic pudding, a perfect teatime treat and Si and Dave take two breakfast favourites to make one lip-smacking new dish.	UNITED KINGDOM	English-100	2017	RPT	G		
14/07/2026	1225	Filters	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	1	2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G		Y
14/07/2026	1230	Travel	Order Up!	As Fresh As It Gets	1	7	From floating fish farms to plucking fresh greens from a garden, Hudson is on a journey to discover farm-to-table cooking. Even coming face-to-face with an unexpected reptilian ingredient.	CANADA	English-100	2022	RPT	PG	a w	
14/07/2026	1325	Travel	Destination Flavour Japan Bitesize	Tohoku	1	2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y
14/07/2026	1330	Travel	Food Trail South Africa	Kalahari, The	1	4	Warren's next stop on his food trail is Tswalu Nature Reserve - in the heart of the Kalahari Desert. After kicking off his stay with a safari - spotting animals and tasting bush tucker - Warren meets with acclaimed Chef Mamus to cook up some exciting South African delicacies, with an array of local produce.	AUSTRALIA	English-100	2021	RPT	G		Y
14/07/2026	1400	Cooking	Flat Out Food	Chickpea	4	4	From seeing the pulses grown in the ground to being processed into a healthy and convenient snack and then turned into pasta, Jenn experiences the many uses of chickpeas.	CANADA	English-100	2023	RPT	G		
14/07/2026	1430	Cooking	Kriol Kitchen	Ali & Mitch Torres: Chilli Tamarind Jinnup (Stingray) & Cockle Salad	2	7	Inspired by their mother's cooking, Ali and Mitch prepare two seafood dishes.	AUSTRALIA	English-100	2014	RPT	G		Y
14/07/2026	1500	Cooking	Rachael Ray's Meals In Minutes	Lasagna Alla Bolognese	2	22	Everyone loves lasagna, and Rachael shares her tips for making a delicious, authentic lasagna made with egg pasta and guanciale, layered with marinara and bechamel sauce.	USA	English-100	2024	RPT	PG		

14/07/2026	1530	Cooking	My Market Kitchen	Ep 17	7	17	Mike shops for ingredients for his next French dish, Croque Madame, then prepares a Caribbean favourite, Caribbean Oxtail Curry. Laura wraps up the show with the perfect school lunchbox treat, Zucchini & Ricotta Muffins.	AUSTRALIA	English-100	2022	RPT	G					
14/07/2026	1600	Cooking	Lidia's Kitchen	Make It Zucchini	10	24	Each season brings its own delicious treasures, and when it's zucchini season Lidia cooks with this sweet vegetable as much as she possibly can.	USA	English-100	2023	RPT	G					
14/07/2026	1630	Travel	My Greek Table With Diane Kochilas	Sephardic Cooking Of Thessaloniki, The	4	7	Diane focuses on the culinary and cultural lore of Ioannina, and the outcome is a delicious confluence of earth and water: from a unique local version of baklava to hearty Clay-Baked Lamb and Thin Feta-Cheese Pancake-like pie to a truly rare Clay Tile-Baked Eel, the flavours of Ioannina and its environs will leave you pining for second helpings.	USA	English-50; Greek-50	2022	RPT	PG					
14/07/2026	1700	Travel	My Greek Table With Diane Kochilas	Foods That Unite Us, The	4	8	Diane ventures beyond tradition into the global world, embracing new ingredients, inspired by Athens vibrant dining scene, and christening a whole bevy of new recipes Greek!	USA	English-50; Greek-50	2022	RPT	G					
14/07/2026	1730	Cooking	Food Safari Earth	Spring	1	3	Italian food legend, Stefano Manfredi (Pizzaperta) harvests the freshest produce of the season for a Roman Vigaredda - a dish that is the very essence of spring. Zimbabwean-born home cook Dorothy Johnson shares her recipe for Mubora Une Dovi using the new tender leaves of the pumpkin vine and served with a rich peanut sauce.	AUSTRALIA	English-100	2017	RPT	G		Y			
14/07/2026	1800	Travel	America The Bountiful	Olives In California	2	11	Spanish missionaries brought olive trees to California in the 1700's. Centuries later, California is a leading producer of olives and olive oil.	USA	English-100	2025		PG				Y	
14/07/2026	1830	Cooking	Everyday Gourmet: French Edition	Episode 7	1	7	Coming up today, we begin with the ultimate comfort food-French Onion Soup, a timeless Parisian bistro favorite.	AUSTRALIA	English-100	2024		G					
14/07/2026	1900	Cooking	The Cook Up With Adam Liaw	Dinner With A Kick	9	65	Grab your boots, because Australian football favourites Lydia Williams and Elise Kellond-Knight are in the kitchen with Adam making dinner with a kick!	AUSTRALIA	English-100	2025		G		Y			
14/07/2026	1930	Cooking	Luca's Key Ingredient	Episode 5	5	5	It's Christmas time, and what better way to celebrate an Italian festive season than with the beloved panettone?	AUSTRALIA	English-100	2025		PG					
14/07/2026	2000	Cooking	Cook Clever Waste Less With Prue & Rupy	Arora-Anand Family, The	1	4	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help British families tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G					
14/07/2026	2030	Travel	Eva Longoria: Searching For Mexico	Jalisco	1	5	Today, Eva heads out West to the fertile lands of Jalisco. There's a saying that 'Jalisco is Mexico and Mexico is Jalisco', because so much of what is seen as typically 'Mexican' all originated here. In the state capital, Guadalajara, Eva enjoys traditional birria stew with the charros and meets the fiercely proud Coca people defending their ancient heritage, she also meets some of the state's most innovative chefs, who take time-honoured recipes and turn them into cutting edge cuisine.	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	PG	a w	Y		Y	
14/07/2026	2125	Cooking	Destination Flavour Singapore Bitesize	Hari Kaya	1	2	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G		Y			
14/07/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 20	1	20	Today's Glasgow show kicks off at music venue come restaurant Bloc where head chef Andy and front of house Pixie serve up a feast of calorific street food.	UNITED KINGDOM	English-100	2022	RPT	PG					
14/07/2026	2230	Cooking	The Cook Up With Adam Liaw	Dinner With A Kick	9	65	Grab your boots, because Australian football favourites Lydia Williams and Elise Kellond-Knight are in the kitchen with Adam making dinner with a kick!	AUSTRALIA	English-100	2025	RPT	G		Y			
14/07/2026	2300	Food Lifestyle	Cheese Slices	Canada - Artisan Cheeses Of British Columbia	7	3	The growing consumer awareness of artisan cheese in Canada has recently spread to the Pacific West Coast of British Columbia. Will visits Vancouver before taking a sea plane to Salt Spring Island where he visits two fascinating small cheese dairies. Then he heads through the beautiful Rockies to meet a new farmstead producer making 'mountain' cheese Canadian style.	AUSTRALIA	English-100	2014	RPT	G					
14/07/2026	2330	Cooking	Hairy Bikers Comfort Food	Traditional Values	11	12	The Hairy Bikers cook comfort food oozing with traditional values. There's a twist on a classic pudding, a perfect teatime treat and Si and Dave take two breakfast favourites to make one lip-smacking new dish.	UNITED KINGDOM	English-100	2017	RPT	G					
14/07/2026	2425	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	1	2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G		Y			
14/07/2026	2430	Cooking	Luca's Key Ingredient	Episode 5	5	5	It's Christmas time, and what better way to celebrate an Italian festive season than with the beloved panettone?	AUSTRALIA	English-100	2025	RPT	PG					
14/07/2026	2500	Cooking	Cook Clever: Waste Less With Prue & Rupy	Arora-Anand Family, The	1	4	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help British families tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G					
14/07/2026	2530	Travel	Eva Longoria: Searching For Mexico	Jalisco	1	5	Today, Eva heads out West to the fertile lands of Jalisco. There's a saying that 'Jalisco is Mexico and Mexico is Jalisco', because so much of what is seen as typically 'Mexican' all originated here. In the state capital, Guadalajara, Eva enjoys traditional birria stew with the charros and meets the fiercely proud Coca people defending their ancient heritage, she also meets some of the state's most innovative chefs, who take time-honoured recipes and turn them into cutting edge cuisine.	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	PG	a w	Y		Y	
14/07/2026	2625	Cooking	Destination Flavour Singapore Bitesize	Hari Kaya	1	2	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G		Y			
14/07/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 20	1	20	Today's Glasgow show kicks off at music venue come restaurant Bloc where head chef Andy and front of house Pixie serve up a feast of calorific street food.	UNITED KINGDOM	English-100	2022	RPT	PG					
14/07/2026	2730	Cooking	The Cook Up With Adam Liaw	Dinner With A Kick	9	65	Grab your boots, because Australian football favourites Lydia Williams and Elise Kellond-Knight are in the kitchen with Adam making dinner with a kick!	AUSTRALIA	English-100	2025	RPT	G		Y			
14/07/2026	2800	Food Lifestyle	Cheese Slices	Canada - Artisan Cheeses Of British Columbia	7	3	The growing consumer awareness of artisan cheese in Canada has recently spread to the Pacific West Coast of British Columbia. Will visits Vancouver before taking a sea plane to Salt Spring Island where he visits two fascinating small cheese dairies. Then he heads through the beautiful Rockies to meet a new farmstead producer making 'mountain' cheese Canadian style.	AUSTRALIA	English-100	2014	RPT	G					
14/07/2026	2830	Travel	Food Trail South Africa	Kalahari, The	1	4	Warren's next stop on his food trail is Tswalu Nature Reserve - in the heart of the Kalahari Desert. After kicking off his stay with a safari - spotting animals and tasting bush tucker - Warren meets with acclaimed Chef Mannus to cook up some exciting South African delicacies, with an array of local produce.	AUSTRALIA	English-100	2021	RPT	G				Y	
15/07/2026	500	Cooking	Flat Out Food	Chickpea	4	4	From seeing the pulses grown in the ground to being processed into a healthy and convenient snack and then turned into pasta, Jenn experiences the many uses of chickpeas.	CANADA	English-100	2023	RPT	G					
15/07/2026	530	Cooking	Hairy Bikers Comfort Food	Traditional Values	11	12	The Hairy Bikers cook comfort food oozing with traditional values. There's a twist on a classic pudding, a perfect teatime treat and Si and Dave take two breakfast favourites to make one lip-smacking new dish.	UNITED KINGDOM	English-100	2017	RPT	G					

15/07/2026	625	Filters	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	1	2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G		Y
15/07/2026	630	Travel	Order Up!	As Fresh As It Gets	1	7	From floating fish farms to plucking fresh greens from a garden, Hudson is on a journey to discover farm-to-table cooking. Even coming face-to-face with an unexpected reptilian ingredient.	CANADA	English-100	2022	RPT	PG	a w	
15/07/2026	725	Travel	Destination Flavour Japan Bitesize	Tohoku	1	2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y
15/07/2026	730	Cooking	My Market Kitchen	Ep 17	7	17	Mike shops for ingredients for his next French dish, Croque Madame, then prepares a Caribbean favourite, Caribbean Octail Curry. Laura wraps up the show with the perfect school lunchbox treat, Zucchini & Ricotta Muffins.	AUSTRALIA	English-100	2022	RPT	G		
15/07/2026	800	Cooking	Lidia's Kitchen	Make It Zucchini	10	24	Each season brings its own delicious treasures, and when it's zucchini season Lidia cooks with this sweet vegetable as much as she possibly can.	USA	English-100	2023	RPT	G		
15/07/2026	830	Travel	My Greek Table With Diane Kochilas	Sephardic Cooking Of Thessaloniki, The	4	7	Diane focuses on the culinary and cultural lore of Ioannina, and the outcome is a delicious confluence of earth and water: from a unique local version of baklava to hearty Clay-Baked Lamb and Thin Feta-Cheese Pancake-like pie to a truly rare Clay Tile-Baked Eel, the flavours of Ioannina and its environs will leave you pining for second helpings.	USA	English-50; Greek-50	2022	RPT	PG		
15/07/2026	900	Travel	My Greek Table With Diane Kochilas	Foods That Unite Us, The	4	8	Diane ventures beyond tradition into the global world, embracing new ingredients, inspired by Athens vibrant dining scene, and christening a whole bevy of new recipes Greek!	USA	English-50; Greek-50	2022	RPT	G		
15/07/2026	930	Cooking	Food Safari Earth	Spring	1	3	Italian food legend, Stefano Manfredi (Pizzaperta) harvests the freshest produce of the season for a Roman Vigarsola - a dish that is the very essence of spring. Zimbabwean born home cook Dorothy Johnson shares her recipe for Mubora Une Dovi using the new tender leaves of the pumpkin vine and served with a rich peanut sauce.	AUSTRALIA	English-100	2017	RPT	G		Y
15/07/2026	1000	Travel	America The Bountiful	Olives In California	2	11	Spanish missionaries brought olive trees to California in the 1700's. Centuries later, California is a leading producer of olives and olive oil.	USA	English-100	2025	RPT	PG		Y
15/07/2026	1030	Cooking	Everyday Gourmet: French Edition	Episode 7	1	7	Coming up today, we begin with the ultimate comfort food-French Onion Soup, a timeless Parisian bistro favorite.	AUSTRALIA	English-100	2024	RPT	G		
15/07/2026	1100	Cooking	The Cook Up With Adam Liaw	Dinner With A Kick	9	65	Grab your boots, because Australian football favourites Lydia Williams and Elise Kellond-Knight are in the kitchen with Adam making dinner with a kick!	AUSTRALIA	English-100	2025	RPT	G		Y
15/07/2026	1130	Cooking	Hairy Bikers Comfort Food	Taste Of Northumberland, A	11	13	It's a trip back in time for Si today as the Bikers cook dishes from his home county - Northumberland. This means a celebration of local seafood, a traditional lamb recipe and a new way of serving his favourite ice-cream.	UNITED KINGDOM	English-100	2017	RPT	G		
15/07/2026	1225	Filters	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	1	3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G		Y
15/07/2026	1230	Travel	Order Up!	Ultimate Test, The	1	8	At the very end of Hudson's entire journey, the final reckoning has come. This is the culmination of everything he's learned in his entire adventure, and all will be judged at a single private dinner party.	CANADA	English-100	2022	RPT	PG	a w	
15/07/2026	1325	Travel	Destination Flavour Japan Bitesize	Ishikawa	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y
15/07/2026	1330	Travel	Food Trail South Africa	Durban	1	5	Warren heads to the coastal city of Durban - where he's staying at the iconic Oyster Box hotel. He visits the legendary Spice Emporium, and tastes some unusual local specialties, including Bunny Chow - a South African street food consisting of curry served in a hollowed-out piece of white bread - and spicy pineapple - a popular South African snack.	AUSTRALIA	English-100	2021	RPT	G		Y
15/07/2026	1400	Cooking	Flat Out Food	Lamb	4	5	Lamb has a reputation only for fine dining, but it is much more accessible than that. Jenn trims hooves, makes lamb kofta, and enjoys a slow braised leg of lamb.	CANADA	English-100	2023	RPT	G		
15/07/2026	1430	Cooking	Kriel Kitchen	Elijah Prewitt: Asian Style Crayfish With Green Pawpaw Salad	2	8	Elijah's cooking influence comes from living in Broome and growing up with many of his mates, eating whatever was caught from the ocean and the inlands.	AUSTRALIA	English-100	2014	RPT	G		Y
15/07/2026	1500	Cooking	Rachael Ray's Meals in Minutes	Korean Rice Cakes	2	23	Rachael shows how to make a marinated, vegetable-infused dish of Tteokbokki, a popular Korean food made from rice cakes.	USA	English-100	2024	RPT	PG		
15/07/2026	1530	Cooking	My Market Kitchen	Ep 18	7	18	Mike kicks off the show with his Breakfast Pot, one of the simplest breakfast recipes you'll ever make. Laura is then joined in the Market Kitchen by Chef Kinsan, who makes Japanese Fried Chicken, Karaage.	AUSTRALIA	English-100	2022	RPT	G		
15/07/2026	1600	Cooking	Lidia's Kitchen	Start The Day	10	25	Lidia is excited to start the day together and cook up something delicious. She begins with a one-skillet breakfast wonder. Fried Potatoes With Sausage And Eggs-packed with protein in every bite.	USA	English-100	2023	RPT	G		
15/07/2026	1630	Travel	My Greek Table With Diane Kochilas	Pie Heaven	4	9	Diane visits the mountain enclave of a traditional shepherding family in Epirus and makes a feta cheese pie with layers of crisp homemade pastry that is baked the way it's been done for centuries: over embers in the ground, covered by a metal dome called a gastru. The result is a taste of heaven on earth! But her journey into Epirus doesn't stop there. Savoury pies are the thing here, one of the most important foods, especially among itinerant shepherd's communities.	USA	English-50; Greek-50	2022	RPT	G		Y
15/07/2026	1700	Travel	My Greek Table With Diane Kochilas	Everyday Superfoods	4	10	Diane invites a well-known dietician into her kitchen and together they prepare a deliciously healthy meal that is brimming with Greek superfoods. On the menu: a Spiced Carrot Soup Three Ways; a Black-Eyed Pea Salad with Dried Figs, Pomegranate, EVOO and Herbs; and an ancient desert of wheat kernels, Greek honey, nuts, and dried fruits called Varvara.	USA	English-50; Greek-50	2022	RPT	G		
15/07/2026	1730	Cooking	Food Safari Earth	Legumes	1	4	Maeve O'Meara pays tribute to the power of pulses and legumes in dishes from around the world. Protein-rich beans have always been the heavy lifters of the vegetable world. Maeve discovers the secrets of a classic falafel with founder of a Middle Eastern food empire Fayal El-Abd (Al Aseel) and tastes a falafel roll made with fresh herbs, pickles and tarator sauce.	AUSTRALIA	English-100	2017	RPT	G		Y
15/07/2026	1800	Travel	America The Bountiful	Beef In Texas	2	12	Cattle ranching is part of the Texas identity. Spanish cattle were introduced into East Texas as far back as the 1600's.	USA	English-100	2025		PG		
15/07/2026	1830	Cooking	Everyday Gourmet: French Edition	Episode 8	1	8	On today's show we get things started with a light-as-air Crab Souffle. Next, Justine shares her Roasted Beetroot with Honeyed Cream Cheese Fricassee, a modern twist on bistro flavors.	AUSTRALIA	English-100	2024		G		

15/07/2026	1900	Cooking	The Cook Up With Adam Liaw	Hot & Crispy	9	66	The Queen of Meal Prep Katie Lolas and the Queen of Everyday Eats Jasmin Weston join Adam to celebrate two of the best food adjectives: hot and crispy.	AUSTRALIA	English-100	2025		G			Y	
15/07/2026	1930	Travel	Street Food Nomad: Kolkata	Episode 3	1	3	Kolkata's extraordinary street-food scene has been influenced by its various conquerors and rulers. The most profound influence has been from the fabulously rich and powerful Mughals.	AUSTRALIA	English-100	2024	RPT	G				
15/07/2026	2000	Cooking	Frugal Foodie	Curry In A Hurry	1	9	Quick and flavorful curries like Red Thai Curry Dumpling Soup, Night Before Noodles and Tandoori Chicken, that are ready in no time.	AUSTRALIA	English-100	2024		G				
15/07/2026	2030	Travel	Jose Andres And Family In Spain	Asturias	1	5	Chef Jose Andres and his daughters explore Jose's birthplace, the luscious and verdant land of Asturias in northwest Spain.	UNITED KINGDOM	English-50; Spanish-50	2022	RPT	PG	a l w		Y	
15/07/2026	2130	Food Lifestyle	Come Dine With Me UK	Bradford: Kulvir	22	1	This week we're in Bradford and first up is bank auditor and social media funny man Kulvir who's hoping to rack up the points with an East meets West menu fusing Punjabi food and British classics.	UNITED KINGDOM	English-100	2025	RPT	PG				
15/07/2026	2200	Food Lifestyle	Come Dine With Me UK	Bradford: Jason	22	2	We're in Bradford for day two where it's private healthcare provider, Jason's turn to host.	UNITED KINGDOM	English-100	2025	RPT	PG				
15/07/2026	2230	Cooking	The Cook Up With Adam Liaw	Hot & Crispy	9	66	The Queen of Meal Prep Katie Lolas and the Queen of Everyday Eats Jasmin Weston join Adam to celebrate two of the best food adjectives: hot and crispy.	AUSTRALIA	English-100	2025	RPT	G			Y	
15/07/2026	2300	Food Lifestyle	Cheese Slices	France - The Lyonnais Cheese Revolution	7	4	The city of Lyon is widely recognised as an important gastronomic centre and the surrounding region boasts two of the newest cheeses to be recognised under the prestigious French AOC system. Will investigates Maconais and Charolais goat cheese and visits Guilloateau dairy in the Dauphine to learn about a very modern new cheese making technique.	AUSTRALIA	English-100	2014	RPT	G				
15/07/2026	2330	Cooking	Hairy Bikers Comfort Food	Taste Of Northumberland, A	11	13	It's a trip back in time for Si today as the Bikers cook dishes from his home county - Northumberland. This means a celebration of local seafood, a traditional lamb recipe and a new way of serving his favourite ice-cream.	UNITED KINGDOM	English-100	2017	RPT	G				
15/07/2026	2425	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	1	3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G			Y	Y
15/07/2026	2430	Travel	Street Food Nomad: Kolkata	Episode 3	1	3	Kolkata's extraordinary street-food scene has been influenced by its various conquerors and rulers. The most profound influence has been from the fabulously rich and powerful Mughals.	AUSTRALIA	English-100	2024	RPT	G				
15/07/2026	2500	Cooking	Frugal Foodie	Curry In A Hurry	1	9	Quick and flavorful curries like Red Thai Curry Dumpling Soup, Night Before Noodles and Tandoori Chicken, that are ready in no time.	AUSTRALIA	English-100	2024	RPT	G				
15/07/2026	2530	Travel	Jose Andres And Family In Spain	Asturias	1	5	Chef Jose Andres and his daughters explore Jose's birthplace, the luscious and verdant land of Asturias in northwest Spain.	UNITED KINGDOM	English-50; Spanish-50	2022	RPT	PG	a l w		Y	
15/07/2026	2630	Food Lifestyle	Come Dine With Me UK	Bradford: Kulvir	22	1	This week we're in Bradford and first up is bank auditor and social media funny man Kulvir who's hoping to rack up the points with an East meets West menu fusing Punjabi food and British classics.	UNITED KINGDOM	English-100	2025	RPT	PG				
15/07/2026	2700	Food Lifestyle	Come Dine With Me UK	Bradford: Jason	22	2	We're in Bradford for day two where it's private healthcare provider, Jason's turn to host.	UNITED KINGDOM	English-100	2025	RPT	PG				
15/07/2026	2730	Cooking	The Cook Up With Adam Liaw	Hot & Crispy	9	66	The Queen of Meal Prep Katie Lolas and the Queen of Everyday Eats Jasmin Weston join Adam to celebrate two of the best food adjectives: hot and crispy.	AUSTRALIA	English-100	2025	RPT	G			Y	
15/07/2026	2800	Food Lifestyle	Cheese Slices	France - The Lyonnais Cheese Revolution	7	4	The city of Lyon is widely recognised as an important gastronomic centre and the surrounding region boasts two of the newest cheeses to be recognised under the prestigious French AOC system. Will investigates Maconais and Charolais goat cheese and visits Guilloateau dairy in the Dauphine to learn about a very modern new cheese making technique.	AUSTRALIA	English-100	2014	RPT	G				
15/07/2026	2830	Travel	Food Trail South Africa	Durban	1	5	Warren heads to the coastal city of Durban - where he's staying at the iconic Oyster Box hotel. He visits the legendary Spice Emporium, and tastes some unusual local specialities, including Bunny Chow - a South African street food consisting of curry served in a hollowed-out piece of white bread - and spicy pineapple - a popular South African snack.	AUSTRALIA	English-100	2021	RPT	G			Y	
16/07/2026	500	Cooking	Flat Out Food	Lamb	4	5	Lamb has a reputation only for fine dining, but it is much more accessible than that. Jenn trims hooves, makes lamb kofte, and enjoys a slow braised leg of lamb.	CANADA	English-100	2023	RPT	G				
16/07/2026	530	Cooking	Hairy Bikers Comfort Food	Taste Of Northumberland, A	11	13	It's a trip back in time for Si today as the Bikers cook dishes from his home county - Northumberland. This means a celebration of local seafood, a traditional lamb recipe and a new way of serving his favourite ice-cream.	UNITED KINGDOM	English-100	2017	RPT	G				
16/07/2026	625	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	1	3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G			Y	Y
16/07/2026	630	Travel	Order Up!	Ultimate Test, The	1	8	At the very end of Hudson's entire journey, the final reckoning has come. This is the culmination of everything he's learned in his entire adventure, and all will be judged at a single private dinner party.	CANADA	English-100	2022	RPT	PG	a w			
16/07/2026	725	Travel	Destination Flavour Japan Bitesize	Ishikawa	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G			Y	Y
16/07/2026	730	Cooking	My Market Kitchen	Ep 18	7	18	Mike kicks off the show with his Breakfast Pot, one of the simplest breakfast recipes you'll ever make. Laura is then joined in the Market Kitchen by Chef Kinsan, who makes Japanese Fried Chicken, Karaage.	AUSTRALIA	English-100	2022	RPT	G				
16/07/2026	800	Cooking	Lidia's Kitchen	Start The Day	10	25	Lidia is excited to start the day together and cook up something delicious. She begins with a one-skillet breakfast wonder. Fried Potatoes With Sausage And Eggs-packed with protein in every bite.	USA	English-100	2023	RPT	G				
16/07/2026	830	Travel	My Greek Table With Diane Kochilas	Pie Heaven	4	9	Diane visits the mountain enclave of a traditional shepherding family in Epirus and makes a feta cheese pie with layers of crisp homemade pastry that is baked the way it's been done for centuries: over embers in the ground, covered by a metal dome called a gasta. The result is a taste of heaven on earth! But her journey into Epirus doesn't stop there. Savoury pies are the thing here, one of the most important foods, especially among itinerant shepherd's communities.	USA	English-50; Greek-50	2022	RPT	G			Y	
16/07/2026	900	Travel	My Greek Table With Diane Kochilas	Everyday Superfoods	4	10	Diane invites a well-known dietician into her kitchen and together they prepare a deliciously healthy meal that is brimming with Greek superfoods. On the menu: a Spiced Carrot Soup Three Ways; a Black-Eyed Pea Salad with Dried Figs, Pomegranate, EVOO and Herbs; and an ancient desert of wheat kernels, Greek honey, nuts, and dried fruits called Varvara.	USA	English-50; Greek-50	2022	RPT	G				

16/07/2026	930	Cooking	Food Safari Earth	Legumes	1	4	Maeve O'Meara pays tribute to the power of pulses and legumes in dishes from around the world. Protein-rich beans have always been the heavy lifters of the vegetable world. Maeve discovers the secrets of a classic falafel with founder of a Middle Eastern food empire Fayal El-Abd (Al Azeel) and tastes a falafel roll made with fresh herbs, pickles and tarator sauce.	AUSTRALIA	English-100	2017	RPT	G		Y	
16/07/2026	1000	Travel	America The Bountiful	Beef In Texas	2	12	Cattle ranching is part of the Texas identity. Spanish cattle were introduced into East Texas as far back as the 1600's.	USA	English-100	2025	RPT	PG			
16/07/2026	1030	Cooking	Everyday Gourmet: French Edition	Episode 8	1	8	On todays show we get things started with a light-as-air Crab Souffle. Next, Justine shares her Roasted Beetroot with Horseradish Creme Fraiche, a modern twist on bistro flavors.	AUSTRALIA	English-100	2024	RPT	G			
16/07/2026	1100	Cooking	The Cook Up With Adam Liaw	Hot & Crispy	9	66	The Queen of Meal Prep Katie Lolas and the Queen of Everyday Eats Jasmin Weston join Adam to celebrate two of the best food adjectives: hot and crispy.	AUSTRALIA	English-100	2025	RPT	G		Y	
16/07/2026	1130	Cooking	Hairy Bikers Comfort Food	Feel-Good Meals	11	14	The Bikers cook dishes to feed body and soul, including some of their favourite recipes which are both healthy and delicious. There's a wholesome warming soup, a chic healthy pudding and even a low fat version of a family favourite - burger and fries.	UNITED KINGDOM	English-100	2017	RPT	G			
16/07/2026	1225	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	1	4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G		Y	
16/07/2026	1230	Travel	Luke Nguyen's Railway Vietnam	Ep 1	1	1	Luke Nguyen embarks on a trip around Vietnam aboard the country's most interconnected railway line. He begins his journey in Ho Chi Minh, and discovers how rapidly it's developed over the years.	AUSTRALIA	English-100	2019	RPT	PG	a	Y	Y
16/07/2026	1300	Travel	Luke Nguyen's Railway Vietnam	Ep 2	1	2	Luke visits the city of flowers, known as Dalat, where the French influence can be seen everywhere.	AUSTRALIA	English-100	2019	RPT	G		Y	Y
16/07/2026	1330	Travel	Food Trail South Africa	Kwazulu-Natal	1	6	In Durban, Warren visits the famous restaurant, Max's Lifestyle, for an indulgent Shisa Nyama experience, before meeting with local guide Thoko to visit a nearby Zulu village. Here, he learns to cook recipes such as Putu pap - steamed cornmeal - and sauteed pumpkin leaves, and shares a traditional meal with the townspeople.	AUSTRALIA	English-100	2021	RPT	G			
16/07/2026	1400	Cooking	Flat Out Food	Apple	4	6	Few ingredients showcase a taste of the Prairies like Saskatchewan-grown apples. Hardy rootstocks lead to tart and juicy apples that are delicious in pies, enjoyed with duck, or all on their own.	CANADA	English-100	2023	RPT	G			
16/07/2026	1430	Cooking	Kriol Kitchen	Cauline & Bubba Masuda: Black Bean Fish With Cabbage & Sesami	2	9	Drawing on their father's Japanese and mother's Bard heritage, Bubba prepare two dishes that have us going back down memory lane of our childhoods.	AUSTRALIA	English-100	2014	RPT	G		Y	Y
16/07/2026	1500	Cooking	Rachael Ray's Meals in Minutes	Dill Popcorn Shrimp	2	24	Rachael has always dreamed of creating her line of flavored popcorn. She's incorporating her favorite flavor combinations in this crowd-pleasing recipe for Dill Popcorn Shrimp.	USA	English-100	2024	RPT	G			Y
16/07/2026	1530	Cooking	My Market Kitchen	Ep 19	7	19	Laura starts the show with her Asian-inspired Pork & Prawn Dumplings, followed by market trader Masa, who demonstrates his one-handed chopstick trick.	AUSTRALIA	English-100	2022	RPT	G			
16/07/2026	1600	Cooking	Lidia's Kitchen	An Italian Cookout	10	26	Lidia has welcomed us all back into her home, so of course she wants to throw us a cookout...the Lidia way!	USA	English-100	2023	RPT	G			
16/07/2026	1630	Travel	My Greek Table With Diane Kochilas	My Greek Dinner Party	4	11	Diane meets up with Greece's most famous chef and a famed seafood master, Lefteris Lazarou. The two go back a long way, and his path mirrors the road Greek cooking has travelled these past three decades.	USA	English-50; Greek-50	2022	RPT	G			
16/07/2026	1700	Travel	My Greek Table With Diane Kochilas	Father Of Modern Greek Cooking, The	4	12	Diane's daughter, Kyveli, has invited a few gallerists and young artists for dinner in her studio in Exarcheia, Athens. Diane mama cooks up the perfect meal to inspire their insightful conversation. It's all about the art hub that is Athens. On the menu: Braised Ouzo-Orange Octopus, Zucchini-Herb Phyllo Pie, and a giant Bean Greek Salad.	USA	English-50; Greek-50	2022	RPT	G			Y
16/07/2026	1730	Cooking	Food Safari Earth	Herbs & Spices	1	5	Maeve explores the world of herbs and spices, the plant kingdom's biggest gift to mankind. She spends time in Andrew McConnell's treasured herb garden. He creates roast beetroot salad with pickled rhubarb and nasturtium vinegar. Maeve visits a carefully tended Lebanese home garden where wild thyme known as za'atar is grown, dried and used to make spice mix that is spread on home baked flat bread.	AUSTRALIA	English-100	2017	RPT	G		Y	
16/07/2026	1800	Travel	America The Bountiful	Taro In Hawaii	2	13	Taro, known as kalo in Hawaiian, was brought to Hawaii by Polynesian immigrants who planted it along streams.	USA	English-100	2025		PG			
16/07/2026	1830	Cooking	Everyday Gourmet: French Edition	Episode 9	1	9	Coming up today, a rustic tart that marries melted leeks with nutty Gruyere cheese, all nestled in buttery pastry. Radicchio, Celeriac and Blue Cheese make the perfect favourite winter salad.	AUSTRALIA	English-100	2024		G			
16/07/2026	1900	Travel	The Cook Up With Adam Liaw	Set To Sizzle	8	20	It's a sizzling night on The Cook Up as Adam and his hotshot guests, chef Duncan Welgemoed and actor Jillian Nguyen, make some sensational sizzling food.	AUSTRALIA	English-100	2025	RPT	G		Y	
16/07/2026	1930	Travel	Adam Richman Eats Italy	Parma	1	3	Adam is in Milan tasting the most iconic foods named after this city including an amazing Risotto alla Milanese and a delicious Minestrone.	UNITED KINGDOM	English-100	2025		G			
16/07/2026	2000	Travel	Barossa Gourmet With Justine Schofield	Ep 2	1	2	Justine and her chef friend Culum create beetroot risotto with fetta and hazelnuts, and tomato bruschetta. Justine then heads back to the spectacular Barossa Valley Wine Company to make crumbed lamb cutlets.	AUSTRALIA	English-100	2021	RPT	G			
16/07/2026	2030	Reality	Yes, Chef!	Taste Of Your Own Medicine	1	4	The chefs are used to being leaders in their own kitchens-critiquing their team's work, deciding what goes on the menu and determining what makes it out of the kitchen and onto a diner's table.	USA	English-100	2025		PG		Y	
16/07/2026	2130	Food Lifestyle	Come Dine With Me UK	Bradford: Gabby	22	3	Third to try their luck this week is health and wellbeing coach, Gabby. She's hoping to win over her guests with her Sardinian soiree, complete with homemade pasta and a little garden serenade.	UNITED KINGDOM	English-100	2025	RPT	PG			
16/07/2026	2200	Food Lifestyle	Come Dine With Me UK	Bradford: Akili	22	4	Fourth up is Reki master and holistic therapist, Akili who's hoping to enchant her guests with some exotic elegance and a fusion of flavours.	UNITED KINGDOM	English-100	2025	RPT	PG			
16/07/2026	2230	Travel	The Cook Up With Adam Liaw	Set To Sizzle	8	20	It's a sizzling night on The Cook Up as Adam and his hotshot guests, chef Duncan Welgemoed and actor Jillian Nguyen, make some sensational sizzling food.	AUSTRALIA	English-100	2025	RPT	G		Y	
16/07/2026	2300	Food Lifestyle	Cheese Slices	Italy - Cheeses Of The Great Track	7	5	Will follows the ancient shepherds trail known as the Tratturo Magno or Greet Track from the mountains of Abruzzo to the plains of Puglia, and discovers the secrets behind the local Pecorino cheese, including a unique example coagulated with pig's rennet. After learning all about the local stretched curd cheeses of Molise he visits a traditional producer of Burrata cheese in the city of Andria.	AUSTRALIA	English-100	2014	RPT	G			

16/07/2026	2330	Cooking	Hairy Bikers Comfort Food	Feel-Good Meals	11	14	The Bikers cook dishes to feed body and soul, including some of their favourite recipes which are both healthy and delicious. There's a wholesome warming soup, a chic healthy pudding and even a low fat version of a family favourite - burger and fries.	UNITED KINGDOM	English-100	2017	RPT	G			
16/07/2026	2425	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	1	4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G		Y	
16/07/2026	2430	Travel	Adam Richman Eats Italy	Perma	1	3	Adam is in Milan tasting the most iconic foods named after this city including an amazing Risotto alla Milanese and a delicious Minestrone.	UNITED KINGDOM	English-100	2025	RPT	G			
16/07/2026	2500	Travel	Barossa Gourmet With Justine Schofield	Ep 2	1	2	Justine and her chef friend Cullum create beetroot risotto with fetta and hazelnuts, and tomato bruschetta. Justine then heads back to the spectacular Barossa Valley Wine Company to make crumbed lamb cutlets.	AUSTRALIA	English-100	2021	RPT	G			
16/07/2026	2530	Reality	Yes, Chef!	Taste Of Your Own Medicine	1	4		USA	English-100	2025	RPT	PG		Y	
16/07/2026	2630	Food Lifestyle	Come Dine With Me UK	Bradford: Gabby	22	3	Third to try their luck this week is health and wellbeing coach, Gabby. She's hoping to win over her guests with her Sardinian soiree, complete with homemade pasta and a little garden serenade.	UNITED KINGDOM	English-100	2025	RPT	PG			
16/07/2026	2700	Food Lifestyle	Come Dine With Me UK	Bradford: Akili	22	4	Fourth up is Reki master and holistic therapist, Akili who's hoping to enchant her guests with some exotic elegance and a fusion of flavours.	UNITED KINGDOM	English-100	2025	RPT	PG			
16/07/2026	2730	Travel	The Cook Up With Adam Liaw	Set To Sizzle	8	20	It's a sizzling night on The Cook Up as Adam and his hotshot guests, chef Duncan Weigemoed and actor Jillian Nguyen, make some sensational sizzling food.	AUSTRALIA	English-100	2025	RPT	G		Y	
16/07/2026	2800	Food Lifestyle	Cheese Slices	Italy - Cheeses Of The Great Track	7	5	Will follows the ancient shepherds trail known as the Traturro Magno or Great Track from the mountains of Abruzzo to the plains of Puglia, and discovers the secrets behind the local Pecorino cheese, including a unique example coagulated with pig's rennet. After learning all about the local stretched curd cheeses of Molise he visits a traditional producer of Burrata cheese in the city of Andria.	AUSTRALIA	English-100	2014	RPT	G			
16/07/2026	2830	Travel	Food Trail South Africa	Kwazulu-Natal	1	6	In Durban, Warren visits the famous restaurant, Max's Lifestyle, for an indulgent Shisa Nyama experience, before meeting with local guide Thoko to visit a nearby Zulu village. Here, he learns to cook recipes such as Putu pap - steamed cornmeal - and sauteed pumpkin leaves, and shares a traditional meal with the townspeople.	AUSTRALIA	English-100	2021	RPT	G			
17/07/2026	500	Cooking	Flat Out Food	Apple	4	6	Few ingredients showcase a taste of the Prairies like Saskatchewan-grown apples. Hardy rootstocks lead to tart and juicy apples that are delicious in pies, enjoyed with duck, or all on their own.	CANADA	English-100	2023	RPT	G			
17/07/2026	530	Cooking	Hairy Bikers Comfort Food	Feel-Good Meals	11	14	The Bikers cook dishes to feed body and soul, including some of their favourite recipes which are both healthy and delicious. There's a wholesome warming soup, a chic healthy pudding and even a low fat version of a family favourite - burger and fries.	UNITED KINGDOM	English-100	2017	RPT	G			
17/07/2026	625	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	1	4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G		Y	
17/07/2026	630	Travel	Luke Nguyen's Railway Vietnam	Ep 1	1	1	Luke Nguyen embarks on a trip around Vietnam aboard the country's most interconnected railway line. He begins his journey in Ho Chi Minh, and discovers how rapidly it's developed over the years.	AUSTRALIA	English-100	2019	RPT	PG	a	Y	Y
17/07/2026	700	Travel	Luke Nguyen's Railway Vietnam	Ep 2	1	2	Luke visits the city of flowers, known as Dalat, where the french influence can be seen everywhere.	AUSTRALIA	English-100	2019	RPT	G		Y	Y
17/07/2026	730	Cooking	My Market Kitchen	Ep 19	7	19	Laura starts the show with her Asian-inspired Pork & Prawn Dumplings, followed by market trader Masa, who demonstrates his one-handed chopstick trick.	AUSTRALIA	English-100	2022	RPT	G			
17/07/2026	800	Cooking	Lidia's Kitchen	An Italian Cookout	10	26	Lidia has welcomed us all back into her home, so of course she wants to throw us a cookout...the Lidia way!	USA	English-100	2023	RPT	G			
17/07/2026	830	Travel	My Greek Table With Diane Kochilas	My Greek Dinner Party	4	11	Diane meets up with Greece's most famous chef and a famed seafood master, Lefteris Lazarou. The two go back a long way, and his path mirrors the road Greek cooking has travelled these past three decades.	USA	English-50; Greek-50	2022	RPT	G			
17/07/2026	900	Travel	My Greek Table With Diane Kochilas	Father Of Modern Greek Cooking, The	4	12	Diane's daughter, Kyveli, has invited a few gallerists and young artists for dinner in her studio in Exarcheia, Athens. Diane mama cooks up the perfect meal to inspire their insightful conversation. It's all about the art hub that is Athens. On the menu: Braised Ouzo-Orange Octopus, Zucchini-Herb Phyllo Pie, and a giant Bean Greek Salad.	USA	English-50; Greek-50	2022	RPT	G		Y	
17/07/2026	930	Cooking	Food Safari Earth	Herbs & Spices	1	5	Maewe explores the world of herbs and spices, the plant kingdom's biggest gift to mankind. She spends time in Andrew McConnell's treasured herb garden. He creates roast beetroot salad with pickled rhubarb and nasturtium vinegar. Maewe visits a carefully tended Lebanese home garden where wild thyme known as za'atar is grown, dried and used to make spice mix that is spread on home baked flat bread.	AUSTRALIA	English-100	2017	RPT	G		Y	
17/07/2026	1000	Travel	America The Bountiful	Taro In Hawaii	2	13	Taro, known as kalo in Hawaiian, was brought to Hawaii by Polynesian immigrants who planted it along streams.	USA	English-100	2025	RPT	PG			
17/07/2026	1030	Cooking	Everyday Gourmet: French Edition	Episode 9	1	9	Coming up today, a rustic tart that marries melted leeks with nutty Gruyere cheese, all nestled in buttery pastry. Radicchio, Celeriac and Blue Cheese make the perfect favourite winter salad.	AUSTRALIA	English-100	2024	RPT	G			
17/07/2026	1100	Travel	The Cook Up With Adam Liaw	Set To Sizzle	8	20	It's a sizzling night on The Cook Up as Adam and his hotshot guests, chef Duncan Weigemoed and actor Jillian Nguyen, make some sensational sizzling food.	AUSTRALIA	English-100	2025	RPT	G		Y	
17/07/2026	1130	Cooking	Hairy Bikers Comfort Food	Diy	11	15	Si and Dave tackle dishes that you never dreamed you could make yourself. But they prove that homemade can beat shop-bought when they prepare gravlax, jam doughnuts, their own corned beef and even an Indian favourite, paneer.	UNITED KINGDOM	English-100	2017	RPT	G			
17/07/2026	1225	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	1	5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G		Y	
17/07/2026	1230	Travel	Luke Nguyen's Railway Vietnam	Ep 3	1	3	Luke boards the train at Ga Thap Cham, and soon finds his way to Nha Trang, a similar vibe to the Riviera of France. Nha Trang is known for its diverse sea life and beautiful coastline, and here, Luke hand catches his favourite seafood - sea urchin.	AUSTRALIA	English-100	2019	RPT	PG		Y	Y
17/07/2026	1300	Travel	Luke Nguyen's Railway Vietnam	Ep 4	1	4	Luke's next stop is Hoi An, and while en-route, Luke cooks wok tossed beef in the train's kitchen carriage. He soon realizes the on-board cooks have an amazing ability of balance while the train moves from side to side on the railway tracks.	AUSTRALIA	English-100	2019	RPT	G		Y	Y

17/07/2026	1330	Travel	Food Trail South Africa	Kruger Park	1	7	Warren's next stop is Kruger National Park, one of South Africa's largest game reserves, where he's staying at the renowned Sabi Sabi lodge. He heads out on safari and tastes a variety of native bush foods, including the Marula Tree fruit - used to make a liqueur called Amarula. Back at the lodge, Warren is inspired to cook up his favourite South African dessert, Malva pudding, served with Amarula custard.	AUSTRALIA	English-100	2021	RPT	G	
17/07/2026	1400	Cooking	Flat Out Food	Preserved	5	1	In its fifth season, Flat Out Food sets off on another exciting field-to-plate adventure! Host Jenn Sharp continues her journey, exploring the most unique and delicious uses of simple ingredients.	CANADA	English-100	2025	RPT	G	
17/07/2026	1430	Cooking	Kriel Kitchen	Alli & Mitch Torres: Barni (Goanna) Caesar Salad & PAN Fried Damper	2	10	Alli and Mitch take the bush goanna and give it a dressing up in this recipe of the traditional Caesar Salad, replacing the chicken and eggs with chunky pieces of Barni and served with damper.	AUSTRALIA	English-100	2014	RPT	G	Y
17/07/2026	1500	Cooking	Rachael Ray's Meals in Minutes	Grilled Sea Bass	2	25	Rachael teams up with her friend Dr. Will Li, an author and medical scientist whose work focuses on eating for well-being and longevity.	USA	English-100	2024	RPT	G	
17/07/2026	1530	Cooking	My Market Kitchen	Ep 20	7	20	Mike kicks off the show with an English classic, Bangers and Mash. Next Laura makes a waistline-friendly Orange and Polenta Cake. To close the show, Mike is joined by John the Fruterer to make another English classic Tuna Melt.	AUSTRALIA	English-100	2022	RPT	G	
17/07/2026	1600	Cooking	Lidia's Kitchen	Welcome To My Kitchen	11	1	Lidia invites us back into her kitchen where her family, her story, where it all began. She beckons us with a freshly baked Focaccia di Recco, filled with stracchino cheese.	USA	English-100	2024	RPT	G	
17/07/2026	1630	Travel	My Greek Table With Diane Kochilas	Flavors Of The Athenian Art Scene	4	13	Diane prepares a meal for some of her closest friends. On the menu: Char-Broiled Cabbage 'Steaks' with Pomegranate Seeds and Lemon Zest, Whole Baked Fish with Leeks; and a Greek Yogurt Panna Cotta.	USA	English-50; Greek-50	2022	RPT	PG	
17/07/2026	1700	Cooking	Freshly Picked	Ep 1	3	1	Freshly Picked is back for another season with Simon serving up brand-new tasty recipes.	AUSTRALIA	English-100	2022	RPT	G	
17/07/2026	1730	Cooking	Food Safari Earth	Summer	1	6	Maeve explores the marvellous abundance of summer vegetables and fruits in dishes from around the world. Tomato Day is the most special day in the Italian food calendar, and Maeve joins three generations of the Baggio Family in suburban Melbourne as they preserve the goodness of summer with a home-made passata. Later, Maeve explores the versatility of eggplants with iconic chef Tetsuya Wakuda.	AUSTRALIA	English-100	2017	RPT	G	Y
17/07/2026	1800	Travel	Andy's East Coast Kitchen Crawl	South Shore	1	1	Andy returns to the place he grew up - Nova Scotia's South shore to learn the lobster fishing trade from Captain Gail Atkinson, taste Acadian comfort food and help prepare a classic lobster supper.	CANADA	English-100	2025			
17/07/2026	1830	Cooking	Everyday Gourmet: French Edition	Episode 10	1	10	On todays show, we begin with delicate Mini Olive and Tomato Tartlets, capturing the essence of Provence. Then we master the art of Apple Crepes.	AUSTRALIA	English-100	2024		PG	
17/07/2026	1900	Travel	The Cook Up With Adam Liaw	Cookies Or Cream	8	21	Talk about a deliciously difficult decision: Adam and his guests, ice cream expert Terri Mercieca and cookie CEO Brooke Bellamy must choose between cookies or cream.	AUSTRALIA	English-100	2025	RPT	G	Y
17/07/2026	1930	Travel	No Taste Like Home	Florence Pugh's English Odyssey	1	1	Through Oxford and the Yorkshire coast to London, Antoni helps Florence unearth family stories that reveal the origins of their love for food.	USA	English-100	2024		PG	a l
17/07/2026	2030	Travel	Ainsley's Football Feast	Episode 5	1	5	Ainsley cooks up a World Cup inspired menu. Joining him is ex-England manager Glenn Hoddle and broadcaster Owain Wyn Evans. Candice Brown makes filo turnovers and drinks expert Carl Anthony Brown serves match-day drinks.	UNITED KINGDOM	English-100	2022		PG	
17/07/2026	2130	Food Lifestyle	Come Dine With Me UK	Bradford: Tom	22	5	It's the last night in Bradford and sales director Tom's turn to host. He's drawing on his French heritage for his menu in the hope of wowing his guests with simple dishes, executed well.	UNITED KINGDOM	English-100	2025	RPT	PG	
17/07/2026	2200	Food Lifestyle	Come Dine With Me UK	South Wales: Claire	22	6	This week's competition is in South Wales, where first to host is farm girl Claire who's hoping to fill her guests' bellies with some local Welsh produce.	UNITED KINGDOM	English-100	2025	RPT	PG	
17/07/2026	2230	Travel	The Cook Up With Adam Liaw	Cookies Or Cream	8	21	Talk about a deliciously difficult decision: Adam and his guests, ice cream expert Terri Mercieca and cookie CEO Brooke Bellamy must choose between cookies or cream.	AUSTRALIA	English-100	2025	RPT	G	Y
17/07/2026	2300	Food Lifestyle	Cheese Slices	Sweden - Jamtland Cheese	7	6	Will travels to the beautiful Jamtland region in central of Sweden to learn about traditional cave ripened goats milk cheese, and an ancient way of preserving long milk. Here he discovers the world's most expensive cheese made from moose milk, before heading into the mountains to visit the Myhrbodarna Dairy and chef Magnus Nilsson at Fälviken.	AUSTRALIA	English-100	2014	RPT	G	
17/07/2026	2330	Cooking	Hairy Bikers Comfort Food	Diy	11	15	Si and Dave tackle dishes that you never dreamed you could make yourself. But they prove that homemade can beat shop-bought when they prepare gravolax, jam doughnuts, their own corned beef and even an Indian favourite, paneer.	UNITED KINGDOM	English-100	2017	RPT	G	
17/07/2026	2425	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	1	5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G	Y
17/07/2026	2430	Travel	No Taste Like Home	Florence Pugh's English Odyssey	1	1	Through Oxford and the Yorkshire coast to London, Antoni helps Florence unearth family stories that reveal the origins of their love for food.	USA	English-100	2024	RPT	PG	a l
17/07/2026	2530	Travel	Ainsley's Football Feast	Episode 5	1	5	Ainsley cooks up a World Cup inspired menu. Joining him is ex-England manager Glenn Hoddle and broadcaster Owain Wyn Evans. Candice Brown makes filo turnovers and drinks expert Carl Anthony Brown serves match-day drinks.	UNITED KINGDOM	English-100	2022	RPT	PG	
17/07/2026	2630	Food Lifestyle	Come Dine With Me UK	Bradford: Tom	22	5	It's the last night in Bradford and sales director Tom's turn to host. He's drawing on his French heritage for his menu in the hope of wowing his guests with simple dishes, executed well.	UNITED KINGDOM	English-100	2025	RPT	PG	
17/07/2026	2700	Food Lifestyle	Come Dine With Me UK	South Wales: Claire	22	6	This week's competition is in South Wales, where first to host is farm girl Claire who's hoping to fill her guests' bellies with some local Welsh produce.	UNITED KINGDOM	English-100	2025	RPT	PG	
17/07/2026	2730	Travel	The Cook Up With Adam Liaw	Cookies Or Cream	8	21	Talk about a deliciously difficult decision: Adam and his guests, ice cream expert Terri Mercieca and cookie CEO Brooke Bellamy must choose between cookies or cream.	AUSTRALIA	English-100	2025	RPT	G	Y
17/07/2026	2800	Food Lifestyle	Cheese Slices	Sweden - Jamtland Cheese	7	6	Will travels to the beautiful Jamtland region in central of Sweden to learn about traditional cave ripened goats milk cheese, and an ancient way of preserving long milk. Here he discovers the world's most expensive cheese made from moose milk, before heading into the mountains to visit the Myhrbodarna Dairy and chef Magnus Nilsson at Fälviken.	AUSTRALIA	English-100	2014	RPT	G	
17/07/2026	2830	Travel	Food Trail South Africa	Kruger Park	1	7	Warren's next stop is Kruger National Park, one of South Africa's largest game reserves, where he's staying at the renowned Sabi Sabi lodge. He heads out on safari and tastes a variety of native bush foods, including the Marula Tree fruit - used to make a liqueur called Amarula. Back at the lodge, Warren is inspired to cook up his favourite South African dessert, Malva pudding, served with Amarula custard.	AUSTRALIA	English-100	2021	RPT	G	

18/07/2026	500	Cooking	Flat Out Food	Preserved	5	1	In its fifth season, Flat Out Food sets off on another exciting field-to-plate adventure! Host Jenn Sharp continues her journey, exploring the most unique and delicious uses of simple ingredients.	CANADA	English-100	2025	RPT	G		
18/07/2026	530	Cooking	Hairy Bikers Comfort Food	Diy	11	15	Si and Dave tackle dishes that you never dreamed you could make yourself. But they prove that homemade can beat shop-bought when they prepare gravalax, jam doughnuts, their own corned beef and even an Indian favourite, paneer.	UNITED KINGDOM	English-100	2017	RPT	G		
18/07/2026	625	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	1	5	Join Adam Uuw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G	Y	
18/07/2026	630	Travel	Luke Nguyen's Railway Vietnam	Ep 3	1	3	Luke boards the train at Ga Thap Cham, and soon finds his way to Nha Trang, a similar vibe to the Riviera of France. Nha Trang is known for its diverse sea life and beautiful coastline, and here, Luke hand catches his favourite seafood - sea urchin.	AUSTRALIA	English-100	2019	RPT	PG	Y	Y
18/07/2026	700	Travel	Luke Nguyen's Railway Vietnam	Ep 4	1	4	Luke's next stop is Hoi An, and while en-route, Luke cooks wok tossed beef in the train's kitchen carriage. He soon realises the on-board cooks have an amazing ability of balance while the train moves from side to side on the railway tracks.	AUSTRALIA	English-100	2019	RPT	G	Y	Y
18/07/2026	730	Cooking	My Market Kitchen	Ep 20	7	20	Mike kicks off the show with an English classic, Bangers and Mash. Next Laura makes a waistline-friendly Orange and Polenta Cake. To close the show, Mike is joined by John the Butcherer to make another English classic Tuna Melt.	AUSTRALIA	English-100	2022	RPT	G		
18/07/2026	800	Cooking	Lidia's Kitchen	Welcome To My Kitchen	11	1	Lidia invites us back into her kitchen where her family, her story, where it all began. She beckons us with a freshly baked Focaccia di Recco, filled with stracchino cheese.	USA	English-100	2024	RPT	G		
18/07/2026	830	Travel	My Greek Table With Diane Kochilas	Flavors Of The Athenian Art Scene	4	13	Diane prepares a meal for some of her closest friends. On the menu: Char-Broiled Cabbage 'Steaks' with Pomegranate Seeds and Lemon Zest; Whole Baked Fish with Leeks; and a Greek Yogurt Panna Cotta.	USA	English-50; Greek-50	2022	RPT	PG		
18/07/2026	900	Cooking	Freshly Picked	Ep 1	3	1	Freshly Picked is back for another season with Simon serving up brand-new tasty recipes.	AUSTRALIA	English-100	2022	RPT	G		
18/07/2026	930	Cooking	Food Safari Earth	Summer	1	6	Maeeve explores the marvellous abundance of summer vegetables and fruits in dishes from around the world. Tomato Day is the most special day in the Italian food calendar, and Maeeve joins three generations of the Biaggio Family in suburban Melbourne as they preserve the goodness of summer with a home-made passata. Later, Maeeve explores the versatility of eggplant with iconic chef Tetsuya Wakuda.	AUSTRALIA	English-100	2017	RPT	G	Y	
18/07/2026	1000	Travel	Andy's East Coast Kitchen Crawl	South Shore	1	1	Andy returns to the place he grew up - Nova Scotia's South shore to learn the lobster fishing trade from Captain Gail Atkinson, taste Acadian comfort food and help prepare a classic lobster supper.	CANADA	English-100	2025	RPT			
18/07/2026	1030	Cooking	Everyday Gourmet: French Edition	Episode 10	1	10	On today's show, we begin with delicate Mini Olive and Tomato Tartlets, capturing the essence of Provence. Then we master the art of Apple Crepes.	AUSTRALIA	English-100	2024	RPT	PG		
18/07/2026	1100	Travel	The Cook Up With Adam Uuw	Cookies Or Cream	8	21	Talk about a deliciously difficult decision: Adam and his guests, ice cream expert Terri Mercieca and cookie CEO Brooke Bellamy must choose between cookies or cream.	AUSTRALIA	English-100	2025	RPT	G	Y	
18/07/2026	1130	Travel	Luke Nguyen's Railway Vietnam	Ep 3	1	3	Luke boards the train at Ga Thap Cham, and soon finds his way to Nha Trang, a similar vibe to the Riviera of France. Nha Trang is known for its diverse sea life and beautiful coastline, and here, Luke hand catches his favourite seafood - sea urchin.	AUSTRALIA	English-100	2019	RPT	PG	Y	Y
18/07/2026	1200	Travel	Luke Nguyen's Railway Vietnam	Ep 4	1	4	Luke's next stop is Hoi An, and while en-route, Luke cooks wok tossed beef in the train's kitchen carriage. He soon realises the on-board cooks have an amazing ability of balance while the train moves from side to side on the railway tracks.	AUSTRALIA	English-100	2019	RPT	G	Y	Y
18/07/2026	1230	Food Lifestyle	Come Dine With Me UK	Bradford: Tom	22	5	It's the last night in Bradford and sales director Tom's turn to host. He's drawing on his French heritage for his menu in the hope of wow'ing his guests with simple dishes, executed well.	UNITED KINGDOM	English-100	2025	RPT	PG		
18/07/2026	1300	Food Lifestyle	Come Dine With Me UK	South Wales: Claire	22	6	This week's competition is in South Wales, where first to host is farm girl Claire who's hoping to fill her guests' bellies with some local Welsh produce.	UNITED KINGDOM	English-100	2025	RPT	PG		
18/07/2026	1330	Travel	No Taste Like Home	Florence Pugh's English Odyssey	1	1	Through Oxford and the Yorkshire coast to London, Antoni helps Florence unearth family stories that reveal the origins of their love for food.	USA	English-100	2024	RPT	PG	a l	
18/07/2026	1430	Travel	Ainsley's Football Feast	Episode 5	1	5	Ainsley cooks up a World Cup inspired menu. Joining him is ex-England manager Glenn Hoddle and broadcaster Owain Wyn Evans. Candice Brown makes filo turnovers and drinks expert Carl Anthony Brown serves match-day drinks.	UNITED KINGDOM	English-100	2022	RPT	PG		
18/07/2026	1530	Travel	Hairy Bikers Go West	North Wales	1	5	The Bikers continue their journey out West, this time in Northwest Wales, and discover a host of inspiring local producers celebrating the area's rich diversity.	UNITED KINGDOM	English-100	2024	RPT	G		
18/07/2026	1635	Travel	Hairy Bikers Go West	Bristol	1	6	The Hairy Bikers westward journey continues, bringing Dave and Si to the 220-mile River Severn, an area steeped in history and natural beauty and famous for its fusion of flavours.	UNITED KINGDOM	English-100	2024	RPT	G		
18/07/2026	1740	Cooking	Hot Dish With Franco	Mexican Feast, A	1	5	Franco Noriega makes a Mexican feast that includes a Vegetable Ceviche, a twist on the traditional dish a Quinoa Salad with Fried Plantains and Jalapeno Vinaigrette.	USA	English-70; Spanish-30	2023	RPT	PG		
18/07/2026	1805	Cooking	Flat Out Food	Peas	6	2	Jenn visits the Axtens on their regenerative farm to learn how peas are intercropped with wheat and why they are so important to soil health.	CANADA	English-100	2025		G		
18/07/2026	1835	Cooking	Dinner With Gavin Rossdale	Selma Blair	1	2	Known for her iconic roles in Legally Blonde, Cruel Intentions, and Hellboy, Selma Blair joins Gavin and shares stories of her journey through life and Hollywood.	USA	English-100	2025				
18/07/2026	1935	Cooking	Jamie's Ultimate Veg	Ep 2	1	2	Jamie makes a smashing chilli that packs a mighty punch! He travels to India and learns new tricks to make your veggies sing, before creating a spiced-up parsnip soup and his veggie take on a pastry.	UNITED KINGDOM	English-100	2019	RPT	G		
18/07/2026	2030	Travel	Rick Stein's Road To Mexico	Yucatan Peninsula	1	7	Rick Stein heads from Oaxaca to the Yucatan Peninsula, a place once frequented by real Caribbean pirates, including Sir Francis Drake. They feast on habaneros, and give slow food a new meaning.		English-100	2017	RPT	PG	a w	Y
18/07/2026	2140	Travel	John And Lisa's Food Trip Down Under	John And Lisa's Seafood Discovery	1	3	Chefs John Torode and Lisa Faulkner explore the bush with a fantastic picnic of exquisite artisan cheese, encounter the ultimate Aussie animal, and are introduced to a unique truffle sauce that perfectly compliments crayfish.	USA	English-100	2024	RPT	PG	a w	

18/07/2026	2235	Travel	Eating Inn	Nobu: Crown, Sydney	2	13	An episode of surprises. From Chef Nobu's Japanese/Peruvian fusion technique, to his long-time successful partnership with actor Robert De Niro, to his Exec Chef in Sydney, Filipino Harold Hurtado.	SINGAPORE	English-100	2023	RPT	G
18/07/2026	2335	Travel	Eating Inn	J.J.A. St. Regis, Jakarta	2	14	Chef Oscar Perez is a dear old friend of the Toque 12 series having starred in our very first episode of Toque 12 Indonesia some years ago. This Philippine born Danish trained master chef now rules the roost at the super luxurious St Regis Jakarta and we reap the benefits of what he has learnt over the years in a number of masterclasses.	SINGAPORE	English-100	2023	RPT	PG
18/07/2026	2430	Travel	Hairy Bikers Go West	North Wales	1	5	The Bikers continue their journey out West, this time in Northwest Wales, and discover a host of inspiring local producers celebrating the area's rich diversity.	UNITED KINGDOM	English-100	2024	RPT	G
18/07/2026	2535	Travel	Hairy Bikers Go West	Bristol	1	6	The Hairy Bikers westward journey continues, bringing Dave and Si to the 220-mile River Severn, an area steeped in history and natural beauty and famous for its fusion of flavours.	UNITED KINGDOM	English-100	2024	RPT	G
18/07/2026	2640	Cooking	Dinner With Gavin Rossdale	Selma Blair	1	2	Known for her iconic roles in Legally Blonde, Cruel Intentions, and Hellboy, Selma Blair joins Gavin and shares stories of her journey through life and Hollywood.	USA	English-100	2025	RPT	
18/07/2026	2740	Cooking	Jamie's Ultimate Veg	Ep 2	1	2	Jamie makes a smashing chilli that packs a mighty punch! He travels to India and learns new tricks to make your veggies sing, before creating a spiced-up parsnip soup and his veggie take on a patty.	UNITED KINGDOM	English-100	2019	RPT	G
18/07/2026	2835	Cooking	Hot Dish With Franco	Mexican Feast, A	1	5	Franco Noriega makes a Mexican feast that includes a Vegetable Ceviche, a twist on the traditional dish a Quinoa Salad with Fried Plantains and Jalapeno Vinaigrette.	USA	English-70; Spanish-30	2023	RPT	PG