



WEEK 30 Sunday, 19 July 2026 Saturday, 25 July 2026

ALL MARKETS

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
19/07/2026	500	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	RPT	G				
19/07/2026	530	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	
19/07/2026	640	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 complements crayfish.	USA	English-100	2024	RPT	PG	a w			
19/07/2026	735	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 Hurtada.	SINGAPORE	English-100	2023	RPT	G				
19/07/2026	835	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				
19/07/2026	930	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				
19/07/2026	1035	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				
19/07/2026	1140	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	PG				
19/07/2026	1240	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 pasta.	UNITED KINGDOM	English-100	2019	RPT	G				
19/07/2026	1335	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	RPT	G				
19/07/2026	1400	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	
19/07/2026	1430	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	
19/07/2026	1500	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	
19/07/2026	1530	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	
19/07/2026	1600	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 Mericcia and cookie CEO Brooke Bellamy must choose between cookies or cream.	AUSTRALIA	English-100	2025	RPT	G			Y	
19/07/2026	1630	Cooking	Deliciously Twisted Classics	Mexican American Mashups	1	17	These terrific twists on Mexican flavors allow creative chefs to show off their culinary skills.	USA	English-100	2023	RPT	G				
19/07/2026	1700	Cooking	Deliciously Twisted Classics	Southern Style Spins	1	18	Folks in the South are known for taking classic Southern dishes seriously, but some creative chefs are taking inspiration from the most classic Southern foods to create mind-blowing new dishes.	USA	English-100	2023	RPT	G				
19/07/2026	1730	Food Lifestyle	River Cottage Everyday	Breakfast	1	5	Hugh Fearnley-Whittingstall sets out to prove that breakfast is the most important meal of the day.	UNITED KINGDOM	English-100	2010	RPT	G				

19/07/2026	1830	Cooking	Richo's Hungry As Hell	Cooking For Kids	1	5	Richo's making kid-friendly favourites that won't make parents cry into the sink. Easy, tasty, sneakily nutritious and guaranteed to shut down at least one tantrum.	AUSTRALIA	English-100	2025	RPT	PG		
19/07/2026	1900	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	RPT	G		Y
19/07/2026	1930	Travel	Paul Hollywood Eats Japan	Okinawa, Kyoto And Hiroshima	1	2	First he visits Japan's ancient capital Kyoto where, as well as trying his hand at being a Ninja, meat lover Paul attempts to enjoy tofu in its many forms. Then he moves on to Hiroshima. Whilst most of the world only knows this city as the place they dropped the first atomic bomb, these days the city has a growing reputation across Japan for its food.	UNITED KINGDOM	English-100	2019	RPT	PG	a	Y
19/07/2026	2030	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 8	2	8	Could you eat 700 samples of cheese a week? On a visit to a dairy, Rick meets a man who is paid to do just that.	UNITED KINGDOM	English-100	2022	RPT	PG	a	
19/07/2026	2100	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 9	2	9	Rick's in Falmouth to discover that far from being that 'bit on the end of Britain', Cornwall used to be at the very heart of our Empire's communication system and is still very much a working port today.	UNITED KINGDOM	English-100	2022	RPT	PG	a	
19/07/2026	2130	Travel	John And Lisa's Food Trip Down Under	John And Lisa Enjoy Street Food And The Beach	1	4	Chefs John Torode and Lisa Faulkner devour delicious potato dosa at a local market, are stunned by huge stingrays on beautiful Hamelin Bay, and are left spellbound by a tasty native oyster with a Japanese twist.	USA	English-100	2024	RPT	PG		Y
19/07/2026	2230	Travel	Eating Inn	Wakuda: Marina Bay Sands, Singapore	2	15	Back at Singapore's iconic MBS, Tetsuya shows off his latest creation, Wakuda, a more relaxed Japanese/Californian style affair. Already rocking the Las Vegas culinary scene, this is Japanese with a difference.	SINGAPORE	English-100	2023	RPT	PG	a w	
19/07/2026	2330	Travel	Eating Inn	Ritz Carlton Millenia, Singapore Pt 1	2	16	Chef Phil mixes and shakes it at the retro Republic bar with award winners Rudi and JJ showing us how.	SINGAPORE	English-100	2023	RPT	PG	a w	
19/07/2026	2430	Cooking	Deliciously Twisted Classics	Mexican American Mashups	1	17	These terrific twists on Mexican flavors allow creative chefs to show off their culinary skills.	USA	English-100	2023	RPT	G		
19/07/2026	2500	Cooking	Deliciously Twisted Classics	Southern Style Spins	1	18	Folks in the South are known for taking classic Southern dishes seriously, but some creative chefs are taking inspiration from the most classic Southern foods to create mind-blowing new dishes.	USA	English-100	2023	RPT	G		
19/07/2026	2530	Food Lifestyle	River Cottage Everyday	Breakfast	1	5	Hugh Fearnley-Whittingstall sets out to prove that breakfast is the most important meal of the day.	UNITED KINGDOM	English-100	2010	RPT	G		
19/07/2026	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
19/07/2026	2630	Travel	Paul Hollywood Eats Japan	Okinawa, Kyoto And Hiroshima	1	2	First he visits Japan's ancient capital Kyoto where, as well as trying his hand at being a Ninja, meat lover Paul attempts to enjoy tofu in its many forms. Then he moves on to Hiroshima. Whilst most of the world only knows this city as the place they dropped the first atomic bomb, these days the city has a growing reputation across Japan for its food.	UNITED KINGDOM	English-100	2019	RPT	PG	a	Y
19/07/2026	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 Bida shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	2024	RPT	G		
19/07/2026	2730	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 8	2	8	Could you eat 700 samples of cheese a week? On a visit to a dairy, Rick meets a man who is paid to do just that.	UNITED KINGDOM	English-100	2022	RPT	PG	a	
19/07/2026	2800	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 9	2	9	Rick's in Falmouth to discover that far from being that 'bit on the end of Britain', Cornwall used to be at the very heart of our Empire's communication system and is still very much a working port today.	UNITED KINGDOM	English-100	2022	RPT	PG	a	
19/07/2026	2830	Cooking	Richo's Hungry As Hell	Cooking For Kids	1	5	Richo's making kid-friendly favourites that won't make parents cry into the sink. Easy, tasty, sneakily nutritious and guaranteed to shut down at least one tantrum.	AUSTRALIA	English-100	2025	RPT	PG		
20/07/2026	500	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
20/07/2026	530	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
20/07/2026	600	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
20/07/2026	630	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

20/07/2026	700	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 Mericcia and cookie CEO Brooke Bellamy must choose between cookies or cream.	AUSTRALIA	English-100	2025	RPT	G	Y		
20/07/2026	730	Cooking	Deliciously Twisted Classics	Mexican American Mashups	1	17	These terrific twists on Mexican flavors allow creative chefs to show off their culinary skills.	USA	English-100	2023	RPT	G			
20/07/2026	800	Cooking	Deliciously Twisted Classics	Southern Style Spins	1	18	Folks in the South are known for taking classic Southern dishes seriously, but some creative chefs are taking inspiration from the most classic Southern foods to create mind-blowing new dishes.	USA	English-100	2023	RPT	G			
20/07/2026	830	Food Lifestyle	River Cottage Everyday	Breakfast	1	5	Hugh Fearnley-Whittingstall sets out to prove that breakfast is the most important meal of the day.	UNITED KINGDOM	English-100	2010	RPT	G			
20/07/2026	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		
20/07/2026	930	Cooking	Richo's Hungry Az Hell	Cooking For Kids	1	5	Richo's making kid-friendly favourites that won't make parents cry into the sink. Easy, tasty, sneakily nutritious and guaranteed to shut down at least one tantrum.	AUSTRALIA	English-100	2025	RPT	PG			
20/07/2026	1000	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	RPT	G	Y		
20/07/2026	1030	Travel	Paul Hollywood Eats Japan	Okinawa, Kyoto And Hiroshima	1	2	First he visits Japan's ancient capital Kyoto where, as well as trying his hand at being a Ninja, meat lover Paul attempts to enjoy tofu in its many forms. Then he moves on to Hiroshima. Whilst most of the world only knows this city as the place they dropped the first atomic bomb, these days the city has a growing reputation across Japan for its food.	UNITED KINGDOM	English-100	2019	RPT	PG	a	Y	
20/07/2026	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 Bida shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	2024	RPT	G			
20/07/2026	1130	Travel	Taiwan Bites	Braised Pork Rice	1	1	A staple on the tables of Taiwanese restaurants worldwide, the braised pork rice has been a favourite of the working classes for decades. Eric uncovers the origins of this humble dish.	TAIWAN	English-100	2022	RPT	PG		Y	
20/07/2026	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	
20/07/2026	1230	Travel	Luke Nguyen's Railway Vietnam	Ep 5	1	5	Luke approaches the half way mark of his trip and arrives at Da Nang, a growing and bustling city located on the coast, west of the Han River. First up, Luke visits the spectacular Dragon Bridge, a symbol of power, nobility, and good fortune.	AUSTRALIA	English-100	2019	RPT	PG		Y	Y
20/07/2026	1300	Travel	Luke Nguyen's Railway Vietnam	Ep 6	1	6	Luke visits Hue, famous for its royal heritage, ancient imperial architecture, and rich royal cuisine that inspires Luke. He also visits Con Hen Village, where they specialise in the technique of swirling and de-shelling baby clams, a skill that goes back hundreds of years.	AUSTRALIA	English-100	2019	RPT	PG		Y	Y
20/07/2026	1330	Travel	Food Trail South Africa	Planesberg Reserve	1	8	In the heart of the Kalahari Desert, Warren spots a myriad of African animals, and learns to make traditional rusks to go with his morning coffee. He then heads off to the Planesberg, where he's staying in the aptly named Sun City. Here, he cooks a variety of local dishes - including spicy lamb skewers, corn on the cob, and his version of Pampoenkoekies - pumpkin fritters covered in cinnamon, sugar and brandy caramel.	AUSTRALIA	English-100	2021	RPT	G			
20/07/2026	1400	Cooking	Flat Out Food	Eggplant	5	2	Eggplants thrive in areas with long growing seasons and plenty of sunlight, and Jenn sees firsthand how Floating Gardens uses hydroponics for their own eggplant crop.	CANADA	English-100	2025	RPT	G		Y	
20/07/2026	1430	Cooking	Kriel Kitchen	Patty Mamid: Creamy Chilli Squid & Soybean Seafood Soup	3	1	Patty Mamid shows us how to prepare creamy chilli squid and soybean seafood soup. Drawing on her multicultural heritage, Patty cooks up two dishes of her own making.	AUSTRALIA	English-100	2014	RPT	G		Y	
20/07/2026	1500	Cooking	Rachael Ray's Meals In Minutes	Lamb Chops With Dr. Ian	3A	1	Dr. Ian joins Rachael in her upstate kitchen to cook one of his mom's favorite dishes, spiced lamb chops topped with Rachael's mom's signature mint sauce.	USA	English-100	2025		PG			
20/07/2026	1530	Cooking	My Market Kitchen	Ep 21	7	21	Laura's \$20 Feed a Family challenge features her quick and delicious Spanakopita dish. Mike is then joined in the Market Kitchen by farmer Catherine Velsha for an Asian-influenced dish, Aged Kingfish with Spring Onion Dressing. To wrap this episode, Mike makes a classic French dish, Ratatouille.	AUSTRALIA	English-100	2022	RPT	G			
20/07/2026	1600	Cooking	Lidia's Kitchen	Tried & True	11	2	When it comes to a surefire win, you can't go wrong with barbecue. Of course, in Lidia's Kitchen, it's with an Italian twist! To start an American classic, Four Cheese Baked Macaroni.	USA	English-100	2024	RPT	G			
20/07/2026	1630	Cooking	Be My Guest With Ina Garten	Nicole Mann	5	1	The incredible astronaut Nicole Mann, who has commanded a space station and walked in space twice, is joining Ina at the barn to cook and she is over the moon!	USA	English-100	2024	RPT	G			
20/07/2026	1700	Cooking	Freshly Picked	Ep 2	3	2	In this episode Simon makes delicious farfalle with fried veggies, as well as fruity baked oats - sweet and satisfying.	AUSTRALIA	English-100	2022	RPT	G			

20/07/2026	1730	Cooking	Food Safari Earth	Flowers	1	7	Maeeve celebrates the culinary power of flowers across a delicious range of traditional dishes from around the world. She visits pioneering saffron growers in Tasmania, and joins the harvest of the little mauve crocus flower and the careful drying and preserving of saffron. Italian-born chef Alessandro Pavoni, a master of saffron risotto, shares his secrets. And in Darwin she meets Top End food legend, Jimmy Shu.	AUSTRALIA	English-100	2017	RPT	G	Y	
20/07/2026	1800	Travel	Andy's East Coast Kitchen Crawl	Northeastern P.E.I	1	2	On Prince Edward Island's Northeast shore, Andy hits the boardwalk for hyperlocal seafood favourites, boards a mussel farming boat and joins the team at Chef Michael Smith celebrated Inn at Bay Fort Fortune.	CANADA	English-100	2025				
20/07/2026	1830	Cooking	Everyday Gourmet: French Edition	Episode 11	1	11	Coming up today an elegant Smoked Salmon and Leek Terrine, Followed by tender Scallops Baked in Vermouth, celebrating Normandy's finest seafood.	AUSTRALIA	English-100	2024		G		
20/07/2026	1900	Cooking	The Cook Up With Adam Liaw	Laughably Easy Dinners	9	67	It's laughs galore as Adam, comedian Ting Lim and cook Khanh Ong share their laughably easy dinner recipes.	AUSTRALIA	English-100	2025		G	Y	
20/07/2026	1930	Cooking	Donal Skehan: Home Cook	Weekday Rush	1	1	Donal shares his quick fix weekday recipes that come to the rescue time and time again, starting with his chicken satay served family style with rice and greens.	IRELAND	English-100	2023	RPT	G		
20/07/2026	2000	Travel	Guillaume's Paris	Ep 3	1	3	Guillaume Brahimi discovers some of the wonderful bistros in the 5th and 6th arrondissements, and meets Yves Camdeborde, the creator of the 'Bistronomy' food movement which has taken over Paris and the world.	AUSTRALIA	English-100	2022	RPT	G	Y	Y
20/07/2026	2030	Travel	Adam Liaw's North American Fan Feasts	Mexico City I	1	3	Adam Liaw is in Mexico City where the locals love two things more than any other - food and sport - so Adam explores the ancient island farms of Xochimilco and the origins of some of Mexico's most popular street foods, to cycling the Reforma and the extraordinary spectacle of Lucha Libre.	AUSTRALIA	English-100	2026		PG	Y	Y
20/07/2026	2100	Travel	Pati's Mexican Table	Living Legacy	14	3	Pati visits Xochimilco's canals and chinampas, meeting locals working to protect the axolotl.	USA	English-100	2025		PG		Y
20/07/2026	2130	Food Lifestyle	Come Dine With Me UK	South Wales: Richard	22	7	It's the second night of the competition and the turn of account executive Ricard to host, not in his house but next door in the pub he runs with his partner.	UNITED KINGDOM	English-100	2025	RPT	PG		
20/07/2026	2200	Food Lifestyle	Come Dine With Me UK	South Wales: Daffyd	22	8	Third to host in South Wales is hotel receptionist and aspiring personal trainer Daffyd, who's hosting a healthy vegetarian-ish dinner party, as he hopes to impress his guests.	UNITED KINGDOM	English-100	2025	RPT	PG		
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20/07/2026	2300	Food Lifestyle	Cheese Slices	USA - New Farmstead Producers Of Washington State	7	7	Will travels to Seattle in the Pacific North West of the United States to meet the founder of Beecher's cheddar cheese in the famous Pike Street market. After a lesson in how to make the word's best 'mac and cheese', Will heads inland to meet some of the state's new farmstead cheese makers.	AUSTRALIA	English-100	2014	RPT	G		
20/07/2026	2330	Travel	Taiwan Bites	Braised Pork Rice	1	1	A staple on the tables of Taiwanese restaurants worldwide, the braised pork rice has been a favourite of the working classes for decades. Eric uncovers the origins of this humble dish.	TAIWAN	English-100	2022	RPT	PG		Y
20/07/2026	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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21/07/2026	600	Travel	Luke Nguyen's Railway Vietnam	Ep 6	1	6	Luke visits Hue, famous for its royal heritage, ancient imperial architecture, and rich royal cuisine that inspires Luke. He also visits Con Hen Village, where they specialise in the technique of swirling and de-shelling baby clams, a skill that goes back hundreds of years.	AUSTRALIA	English-100	2019	RPT	PG	Y	Y
21/07/2026	630	Cooking	Kriel Kitchen	Patty Mamid: Creamy Chilli Squid & Soybean Seafood Soup	3	1	Patty Mamid shows us how to prepare creamy chilli squid and soybean seafood soup. Drawing on her multicultural heritage, Patty cooks up two dishes of her own making.	AUSTRALIA	English-100	2014	RPT	G	Y	
21/07/2026	700	Cooking	Rachael Ray's Meals in Minutes	Lamb Chops With Dr. Ian	3A	1	Dr. Ian joins Rachael in her upstate kitchen to cook one of his mom's favorite dishes, spiced lamb chops topped with Rachael's mom's signature mint sauce.	USA	English-100	2025	RPT	PG		
21/07/2026	730	Cooking	My Market Kitchen	Ep 21	7	21	Laura's \$20 Feed a Family challenge features her quick and delicious Spanakopita dish. Mike is then joined in the Market Kitchen by farmer Catherine Velsha for an Asian-influenced dish, Aged Kingfish with Spring Onion Dressing. To wrap this episode, Mike makes a classic French dish, Ratatouille.	AUSTRALIA	English-100	2022	RPT	G		
21/07/2026	800	Cooking	Lidia's Kitchen	Tried & True	11	2	When it comes to a surefire win, you can't go wrong with barbecue. Of course, in Lidia's Kitchen, it's with an Italian twist! To start an American classic, Four Cheese Baked Macaroni.	USA	English-100	2024	RPT	G		
21/07/2026	830	Cooking	Be My Guest With Ina Garten	Nicole Mann	5	1	The incredible astronaut Nicole Mann, who has commanded a space station and walked in space twice, is joining Ina at the barn to cook and she is over the moon!	USA	English-100	2024	RPT	G		
21/07/2026	900	Cooking	Freshly Picked	Ep 2	3	2	In this episode Simon makes delicious farfalle with fried veggies, as well as fruitly baked oats - sweet and satisfying.	AUSTRALIA	English-100	2022	RPT	G		
21/07/2026	930	Cooking	Food Safari Earth	Flowers	1	7	Maeve celebrates the culinary power of flowers across a delicious range of traditional dishes from around the world. She visits pioneering saffron growers in Tasmania, and joins the harvest of the little mauve crocus flower and the careful drying and preserving of saffron. Italian-born chef Alessandro Pavoni, a master of saffron risotto, shares his secrets. And in Darwin she meets Top End food legend, Jimmy Shu.	AUSTRALIA	English-100	2017	RPT	G	Y	
21/07/2026	1000	Travel	Andy's East Coast Kitchen Crawl	Northeastern P.E.I	1	2	On Prince Edward Island's Northeast shore, Andy hits the boardwalk for hyperlocal seafood favourites, boards a mussel farming boat and joins the team at Chef Michael Smith celebrated Inn at Bay Fort Fortune.	CANADA	English-100	2025	RPT			
21/07/2026	1030	Cooking	Everyday Gourmet: French Edition	Episode 11	1	11	Coming up today an elegant Smoked Salmon and Leek Terrine, Followed by tender Scallops Baked in Vermouth, celebrating Normandy's finest seafood.	AUSTRALIA	English-100	2024	RPT	G		
21/07/2026	1100	Cooking	The Cook Up With Adam Liaw	Laughably Easy Dinners	9	67	It's laughs galore as Adam, comedian Ting Lim and cook Khanh Ong share their laughably easy dinner recipes.	AUSTRALIA	English-100	2025	RPT	G	Y	
21/07/2026	1130	Travel	Taiwan Bites	Beef Noodle Soup	1	2	Beef noodles are iconic in a Taiwanese menu, and yet beef wasn't widely eaten on the island almost 70 years ago. From New York to Taiwan, Eric uncovers how cows changed the Taiwanese diet.	TAIWAN	English-100	2022	RPT	PG	I	Y
21/07/2026	1225	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	
21/07/2026	1230	Travel	Luke Nguyen's Railway Vietnam	Ep 7	1	7	Luke's next stop is Ninh Binh, which is a scenic wonderland with its majestic rolling mountains and intricate waterways. An early start at the local market, Luke meets a rice farmer who also catches and sells tiny rice paddy crabs. She offers to take Luke out on her canoe for a spot of crab hunting.	AUSTRALIA	English-100	2019	RPT	PG	Y	Y
21/07/2026	1300	Travel	Luke Nguyen's Railway Vietnam	Ep 8	1	8	Luke visits Hai Phong, a major industrial city and the second largest in the northern part of Vietnam. This is a special visit for Luke as it's the birthplace of his partner Lynne, where he'll meet her family - some of which he has never met.	AUSTRALIA	English-100	2019	RPT	PG	Y	Y
21/07/2026	1330	Travel	Food Trail South Africa	Pretoria & Soweto	1	9	Warren travels to Pretoria and Johannesburg; there he meets chef Xoliswa, personal cook to the former president Nelson Mandela and learns to cook samp risotto.	AUSTRALIA	English-100	2021	RPT	G		Y
21/07/2026	1400	Cooking	Flat Out Food	Game	5	3	Jenn travels north to the Saskatchewan River Delta to explore the cultural significance of hunting and trapping in Indigenous traditions, while embarking on a moose-tracking adventure herself. She then visits an elk farm and learns how to prepare gourmet dishes using game meat.	CANADA	English-100	2025	RPT	PG		

21/07/2026	1430	Cooking	Kriel Kitchen	Neville Poelina: Orange Duck & Curry Bush Turkey	3	2	Neville Poelina will show us how to make two delicious dishes with duck and bush turkey - making the most out of his outdoor forty-four gallon homemade bush oven.	AUSTRALIA	English-100	2014	RPT	G		Y	
21/07/2026	1500	Cooking	Rachael Ray's Meals In Minutes	Fishwiches	3A	2	Rachael shows how to recreate a world-famous fast food fish sandwich at home, complete with her signature tartar sauce and served on soft brioche buns with crispy french fries.	USA	English-100	2025		PG			
21/07/2026	1530	Cooking	My Market Kitchen	Ep 22	7	22	Mike cooks his 15 minute Jalapeno Glazed Chicken Ribs for Laura. Then he treats Bill, the market manager, to a super indulgent Chocolate Tres Leches. To wrap up the show, Mike is joined by wine expert Adam Walls, who perfectly pairs wine with a delectable cheeseboard.	AUSTRALIA	English-100	2022	RPT	G			
21/07/2026	1600	Cooking	Lidia's Kitchen	Good Friends & Good Food	11	3	The best part about gathering around the table is sharing good food with good company.	USA	English-100	2024	RPT	PG			
21/07/2026	1630	Cooking	Be My Guest With Ina Garten	David Remnick	5	2	It's a dream come true for Ina who is joined by her friend David Remnick the incredible Pulitzer prize winning author, journalist and editor, who is spending an amazing day at the barn. Ina's welcoming her fabulous guest Belgium waffles before digging deep and talking to him about his amazing career including adventures in Moscow. Then it's a Chicken Parmesan cooking class served with a simple salad and vinaigrette for David, Ina's favorite go-to meal, followed by dinner in the garden with David's wife Esther and Jeffrey.	USA	English-100	2024	RPT	G			
21/07/2026	1700	Cooking	Freshly Picked	Ep 3	3	3	Straight from the Vegan Italian Kitchen, Nadia Fragnito is back today with her sensational custard horns. Following up, Simon makes cheesy and spicy hot dogs and a Fruity green salad.	AUSTRALIA	English-100	2022	RPT	G			
21/07/2026	1730	Cooking	Food Safari Earth	Stuffed, Wrapped And Rolled	1	8	Maeve O'Meara explores the concept of vegetable parcels - the delights of stuffing, wrapping, and rolling vegetables for taste, texture, and presentation. Exploring the amazing versatility of cuisines, simple ingredients are used to create incredibly delicious results using the technique of stuffing vegetables.	AUSTRALIA	English-100	2017	RPT	G		Y	
21/07/2026	1800	Travel	Andy's East Coast Kitchen Crawl	Dartmouth	1	3	After a stop at his favourite market, he samples locally-sourced sushi, learns the secret behind Chef Renee Lavallee's legendary seafood chowder and sips on local hard cider.	CANADA	English-100	2025					
21/07/2026	1830	Cooking	Everyday Gourmet: French Edition	Episode 12	1	12	Kicking off todays show is Justine's garden fresh Chilled Creamy Pea and Mint Soup. Gabriel Gate prepares a very elegant Minted Salmon Tartare with Avocado & Hazelnuts.	AUSTRALIA	English-100	2024		G			
21/07/2026	1900	Cooking	The Cook Up With Adam Liaw	Short Cup Soup	9	68	If you want soup and you want it now, don't miss these short cut soup recipes from Adam, bestselling cookbook author Brendan Pang and award-winning comedian Annie Louey.	AUSTRALIA	English-100	2025		G		Y	
21/07/2026	1930	Travel	Luca's Key Ingredient	Episode 6	5	6	Get ready for creamy, melting perfection. This episode is a tribute to Provolone Valpadana PDO-rich, creamy, and full of character.	AUSTRALIA	English-100	2025		PG			
21/07/2026	2000	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
21/07/2026	2030	Travel	Eva Longoria: Searching For Mexico	Veracruz	1	6	Arriving at the port of Veracruz, Eva walks in the footsteps of her ancestor, Lorenzo Longoria, who arrived in this exact spot 400 years ago, just a century after the first conquistadors.	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	PG	a l s	Y	Y
21/07/2026	2125	Cooking	Destination Flavour Fillers	Episode 1	1	1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G		Y	
21/07/2026	2130	Food Lifestyle	Come Dine With Me UK	South Wales: Sophie	22	9	Fourth to host in South Wales is children's doctor Sophie, who despite usually being a vegan has decided to cook meat for her diners in an attempt to grab the grand.	UNITED KINGDOM	English-100	2025	RPT	PG			
21/07/2026	2200	Food Lifestyle	Come Dine With Me UK	South Wales: Sandra	22	10	It's the final night of the competition and the turn of civil servant Sandra to host.	UNITED KINGDOM	English-100	2025	RPT	PG			
21/07/2026	2230	Cooking	The Cook Up With Adam Liaw	Short Cup Soup	9	68	If you want soup and you want it now, don't miss these short cut soup recipes from Adam, bestselling cookbook author Brendan Pang and award-winning comedian Annie Louey.	AUSTRALIA	English-100	2025	RPT	G		Y	
21/07/2026	2300	Food Lifestyle	Cheese Slices	New Zealand	7	8	New Zealand produces more than 30 percent of the world's traded commodity dairy products and the giant cooperative system will not pick up milk from farms with less than 50 cows. But in the past two decades, Dutch migrant cheese makers have introduced a range of new artisan cheese types. After visiting old friends at Canterbury cheese mongers in Christchurch, Will meets up with some of the pioneers of this new movement, and learns about their battle for the right to make cheese from raw milk.	AUSTRALIA	English-100	2014	RPT	G			
21/07/2026	2330	Travel	Taiwan Bites	Beef Noodle Soup	1	2	Beef noodles are iconic in a Taiwanese menu, and yet beef wasn't widely eaten on the island almost 70 years ago. From New York to Taiwan, Eric uncovers how cows changed the Taiwanese diet.	TAIWAN	English-100	2022	RPT	PG	I		Y
21/07/2026	2425	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia 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	
21/07/2026	2430	Travel	Luca's Key Ingredient	Episode 6	5	6	Get ready for creamy, melting perfection. This episode is a tribute to Provolone Valpadana PDO-rich, creamy, and full of character.	AUSTRALIA	English-100	2025	RPT	PG			

21/07/2026	2500	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
21/07/2026	2530	Travel	Eva Longoria: Searching For Mexico	Veracruz	1	6	Arriving at the port of Veracruz, Eva walks in the footsteps of her ancestor, Lorenzo Longoria, who arrived in this exact spot 400 years ago, just a century after the first conquistadors.	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	PG	a l s	Y	Y
21/07/2026	2625	Cooking	Destination Flavour Fillers	Episode 1	1	1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G		Y	
21/07/2026	2630	Food Lifestyle	Come Dine With Me UK	South Wales: Sophie	22	9	Fourth to host in South Wales is children's doctor Sophie, who despite usually being a vegan has decided to cook meat for her diners in an attempt to grab the grand.	UNITED KINGDOM	English-100	2025	RPT	PG			
21/07/2026	2700	Food Lifestyle	Come Dine With Me UK	South Wales: Sandra	22	10	It's the final night of the competition and the turn of civil servant Sandra to host.	UNITED KINGDOM	English-100	2025	RPT	PG			
21/07/2026	2730	Cooking	The Cook Up With Adam Liaw	Short Cup Soup	9	68	If you want soup and you want it now, don't miss these short cut soup recipes from Adam, bestselling cookbook author Brendan Pang and award-winning comedian Annie Louey.	AUSTRALIA	English-100	2025	RPT	G		Y	
21/07/2026	2800	Food Lifestyle	Cheese Slices	New Zealand	7	8	New Zealand produces more than 30 percent of the world's traded commodity dairy products and the giant cooperative system will not pick up milk from farms with less than 50 cows. But in the past two decades, Dutch migrant cheese makers have introduced a range of new artisan cheese types. After visiting old friends at Canterbury cheese mongers in Christchurch, Will meets up with some of the pioneers of this new movement, and learns about their battle for the right to make cheese from raw milk.	AUSTRALIA	English-100	2014	RPT	G			
21/07/2026	2830	Travel	Food Trail South Africa	Pretoria & Soweto	1	9	Warren travels to Pretoria and Johannesburg; there he meets chef Xoliswa, personal cook to the former president Nelson Mandela and learns to cook samp risotto.	AUSTRALIA	English-100	2021	RPT	G			Y
22/07/2026	500	Cooking	Flat Out Food	Game	5	3	Jenn travels north to the Saskatchewan River Delta to explore the cultural significance of hunting and trapping in Indigenous traditions, while embarking on a moose-tracking adventure herself. She then visits an elk farm and learns how to prepare gourmet dishes using game meat.	CANADA	English-100	2025	RPT	PG			
22/07/2026	530	Travel	Luke Nguyen's Railway Vietnam	Ep 7	1	7	Luke's next stop is Ninh Binh, which is a scenic wonderland with its majestic rolling mountains and intricate waterways. An early start at the local market, Luke meets a rice farmer who also catches and sells tiny rice paddy crabs. She offers to take Luke out on her canoe for a spot of crab hunting.	AUSTRALIA	English-100	2019	RPT	PG		Y	Y
22/07/2026	600	Travel	Luke Nguyen's Railway Vietnam	Ep 8	1	8	Luke visits Hai Phong, a major industrial city and the second largest in the northern part of Vietnam. This is a special visit for Luke as it's the birthplace of his partner Lynne, where he'll meet her family - some of which he has never met.	AUSTRALIA	English-100	2019	RPT	PG		Y	Y
22/07/2026	630	Cooking	Kriel Kitchen	Neville Poelina: Orange Duck & Curry Bush Turkey	3	2	Neville Poelina will show us how to make two delicious dishes with duck and bush turkey - making the most out of his outdoor forty-four gallon homemade bush oven.	AUSTRALIA	English-100	2014	RPT	G		Y	
22/07/2026	700	Cooking	Rachael Ray's Meals In Minutes	Fishwiches	3A	2	Rachael shows how to recreate a world-famous fast food fish sandwich at home, complete with her signature tartar sauce and served on soft brioche buns with crispy french fries.	USA	English-100	2025	RPT	PG			
22/07/2026	730	Cooking	My Market Kitchen	Ep 22	7	22	Mike cooks his 15 minute Jalapeno Glazed Chicken Ribs for Laura. Then he treats Bill, the market manager, to a super indulgent Chocolate Tres Leches. To wrap up the show, Mike is joined by wine expert Adam Walls, who perfectly pairs wine with a delectable cheeseboard.	AUSTRALIA	English-100	2022	RPT	G			
22/07/2026	800	Cooking	Lidia's Kitchen	Good Friends & Good Food	11	3	The best part about gathering around the table is sharing good food with good company.	USA	English-100	2024	RPT	PG			
22/07/2026	830	Cooking	Be My Guest With Ina Garten	David Remnick	5	2	It's a dream come true for Ina who is joined by her friend David Remnick the incredible Pulitzer prize winning author, journalist and editor, who is spending an amazing day at the barn. Ina's welcoming her fabulous guest Belgium waffles before digging deep and talking to him about his amazing career including adventures in Moscow. Then it's a Chicken Parmesan cooking class served with a simple salad and vinaigrette for David. Ina's favorite go-to meal, followed by dinner in the garden with David's wife Esther and Jeffrey.	USA	English-100	2024	RPT	G			
22/07/2026	900	Cooking	Freshly Picked	Ep 3	3	3	Straight from the Vegan Italian Kitchen, Nadia Fragnito is back today with her sensational custard horns. Following up, Simon makes cheesy and spicy hot dogs and a fruity green salad.	AUSTRALIA	English-100	2022	RPT	G			
22/07/2026	930	Cooking	Food Safari Earth	Stuffed, Wrapped And Rolled	1	8	Maeve O'Meara explores the concept of vegetable parcels - the delights of stuffing, wrapping, and rolling vegetables for taste, texture, and presentation. Exploring the amazing versatility of cuisines, simple ingredients are used to create incredibly delicious results using the technique of stuffing vegetables.	AUSTRALIA	English-100	2017	RPT	G		Y	
22/07/2026	1000	Travel	Andy's East Coast Kitchen Crawl	Dartmouth	1	3	After a stop at his favourite market, he samples locally-sourced sushi, learns the secret behind Chef Renee Lavallee's legendary seafood chowder and sips on local hard cider.	CANADA	English-100	2025	RPT				
22/07/2026	1030	Cooking	Everyday Gourmet: French Edition	Episode 12	1	12	Kicking off todays show is Justine's garden fresh Chilled Creamy Pea and Mint Soup. Gabriel Gate prepares a very elegant Minted Salmon Tartare with Avocado & Hazelnuts.	AUSTRALIA	English-100	2024	RPT	G			
22/07/2026	1100	Cooking	The Cook Up With Adam Liaw	Short Cup Soup	9	68	If you want soup and you want it now, don't miss these short cut soup recipes from Adam, bestselling cookbook author Brendan Pang and award-winning comedian Annie Louey.	AUSTRALIA	English-100	2025	RPT	G		Y	

22/07/2026	1130	Travel	Taiwan Bites	Breakfast	1	3	Breakfast can be a feast in the Taiwanese style of getting tanked up for the day. With dishes of diverse origins, Eric explores the complex weave of recipes and uncovers memories.	TAIWAN	English-100	2022	RPT	PG		Y	
22/07/2026	1225	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	
22/07/2026	1230	Travel	Luke Nguyen's Railway Vietnam	Ep 9	1	9	Luke's penultimate stop of his train journey is Hanoi, the second largest city of Vietnam located on the Red River. There is one dish Luke always has when he visits Hanoi and that's Bun Cha.	AUSTRALIA	English-100	2019	RPT	PG		Y	Y
22/07/2026	1300	Travel	Luke Nguyen's Railway Vietnam	Ep 10	1	10	Luke visited Sapa high in the hills in Northern Vietnam fifteen years ago. He's pleased to find out that not much has changed, and visits a little girl he befriended during that time. She welcomes him into her house and learns how the local dish of dried buffalo is made. He also goes foraging for botanicals with a scientist who is making Vietnam's very first gin.	AUSTRALIA	English-100	2019	RPT	PG		Y	Y
22/07/2026	1330	Travel	Food Trail South Africa	Johannesburg	1	10	Warren concludes his travels by a vibrant trip to Johannesburg. He creates his spin on the traditional '7 Colours' meal - made up of seven foods, drawn from different cuisines across the country.	AUSTRALIA	English-100	2021	RPT	PG			
22/07/2026	1400	Cooking	Flat Out Food	Sea Buckthorn	5	4	Sea Buckthorn is a unique berry that thrives in harsh growing conditions. Jenn visits an orchard to learn about harvesting and processing the berry for shipment before sampling Italian gelato and other dishes featuring the berry.	CANADA	English-100	2025	RPT	G			
22/07/2026	1430	Cooking	Kriol Kitchen	Denise Andrews Macale: Bush Turkey Stew & Chili Fresh Water Mussels in White Wine	3	3	Denise Andrews Macale, with the help of Mitch and Ali, turns the humble bush turkey into a delicious stew using basic vegetables and Asian sauces to complement the gamey taste of this native bird.	AUSTRALIA	English-100	2014	RPT	G		Y	
22/07/2026	1500	Cooking	Rachael Ray's Meals in Minutes	Curry Fried Chicken With Hot Honey	3A	3	Fried chicken is always a crowd favorite, and Rachael takes it up a notch with a homemade curry and yogurt marinade that transforms her signature 'shake and fry' method into something special.	USA	English-100	2025		PG			
22/07/2026	1530	Cooking	My Market Kitchen	Ep 23	7	23	Mike starts with a recipe he learned in London, Salt Baked Bream. Laura follows with Asian-inspired Satay Chicken Wing Skewers. Mike then returns with his rich and decadent Banoffee Pie Sundae.	AUSTRALIA	English-100	2022	RPT	G			
22/07/2026	1600	Cooking	Lidia's Kitchen	Something Special	11	4	Every so often it's nice to treat yourself and your loved ones to something special and for Lidia and her family, that means lobster night!	USA	English-100	2024	RPT	PG			
22/07/2026	1630	Cooking	Be My Guest With Ina Garten	Emily Mortimer	5	3	It's a perfect day for Ina when the incredible actress and self confessed foodie Emily Mortimer joins her for a fantastic day of cooking and conversation at the barn.	USA	English-100	2024	RPT	G			
22/07/2026	1700	Cooking	Freshly Picked	Ep 4	3	4	In search of tasty fresh vegetables for his Cime Di Rapa Orecchiette, Simon is heading to Kinsfolk Farm today.	AUSTRALIA	English-100	2022	RPT	G			
22/07/2026	1730	Cooking	Food Safari Earth	Tropic And Exotic	1	9	Maeve O'Meara explores the delicious world of tropical fruits and vegetables with recipes from Asia, the Pacific and South America. She explores Australia's enduring love for Asian Flavours with a visit to the master of Thai cuisine, David Thompson, who shares his recipe for the most delicious, all-vegetarian Pad See Ew. Then Colombian-born chef, Oscar Espinosa showcases the power of the power of the plantain, transforming them into crunchy chips, served with a guacamole.	AUSTRALIA	English-100	2017	RPT	G		Y	
22/07/2026	1800	Travel	Andy's East Coast Kitchen Crawl	St. John's	1	4	Andy lands on The Rock in St. John's to eat like a Newfoundlander. He tries moose meat, scrunchions, steamed cod and a local twist on Chinese food. Then it's back home for baked beans and toutsuns.	CANADA	English-100	2025					
22/07/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 1	5	1	Justine jumps back into another exciting season of Everyday Gourmet with some delicious and exciting recipes to inspire your senses and get you cooking up a feast at home.	AUSTRALIA	English-100	2015	RPT	PG			
22/07/2026	1900	Cooking	The Cook Up With Adam Liaw	Fish And Rice	9	69	It's a satisfyingly simple combination tonight, as Adam and his guests, recipe developer Lina Jebelle and chef Rashedul Hasan cook with fish and rice.	AUSTRALIA	English-100	2025		G		Y	
22/07/2026	1930	Travel	Street Food Nomad: Kolkata	Episode 4	1	4	Fuelled by the bustling energy of street vendors, Will seeks inspiration from Indian essentials to ignite his culinary creativity.	AUSTRALIA	English-100	2024	RPT	PG			
22/07/2026	2000	Cooking	Frugal Foodie	Slow Cooker Cooking	1	10	Let the slow cooker do the work with Steph's Pulled Chicken Tortillas, Slow cooked BBQ Beef and her scrumptious Lemon Self Saucing Pudding.	AUSTRALIA	English-100	2024		G			
22/07/2026	2030	Travel	Jose Andres And Family In Spain	Lanzarote	1	6	On Spain's volcanic island of Lanzarote, Chef Jose Andres and his three daughters discover how the resourceful local community harnesses their amazing natural environment to produce incredible tastes.	UNITED KINGDOM	English-50; Spanish-50	2022	RPT	G			Y
22/07/2026	2125	Cooking	Destination Flavour Fillers	Episode 2	1	2	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G		Y	
22/07/2026	2130	Food Lifestyle	Come Dine With Me UK	Manchester: Pauline	22	11	This week we're in and around Manchester, and first up is palliative care nurse, and 'never a dull moment' Pauline who's hoping to impress her guests with a family style dinner party.	UNITED KINGDOM	English-100	2025	RPT	PG			

22/07/2026	2200	Food Lifestyle	Come Dine With Me UK	Manchester: Richard	22	12	Second to host this week in Manchester is plumber and adult merchandise director, Richard and he's cooking a rich and indulgent menu.	UNITED KINGDOM	English-100	2025	RPT	PG		
22/07/2026	2230	Cooking	The Cook Up With Adam Liaw	Fish And Rice	9	69	It's a satisfyingly simple combination tonight, as Adam and his guests, recipe developer Lina Jebelle and chef Rashedul Hasan cook with fish and rice.	AUSTRALIA	English-100	2025	RPT	G	Y	
22/07/2026	2300	Food Lifestyle	Cheese Slices	Cheddar Cheese Of England	8	1	Will and daughter Ellie visit England's South West, a region famous for producing the world's finest cheddar cheese. They visit Jamie Montgomery, who makes one of England's benchmark cheddars, and has been busy perfecting some very exciting new regional cheeses.	AUSTRALIA	English-100	2016	RPT	G		
22/07/2026	2330	Travel	Taiwan Bites	Breakfast	1	3	Breakfast can be a feast in the Taiwanese style of getting tanked up for the day. With dishes of diverse origins, Eric explores the complex weave of recipes and uncovers memories.	TAIWAN	English-100	2022	RPT	PG	Y	
22/07/2026	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	
22/07/2026	2430	Travel	Street Food Nomad: Kolkata	Episode 4	1	4	Fuelled by the bustling energy of street vendors, Will seeks inspiration from Indian essentials to ignite his culinary creativity.	AUSTRALIA	English-100	2024	RPT	PG		
22/07/2026	2500	Cooking	Frugal Foodie	Slow Cooker Cooking	1	10	Let the slow cooker do the work with Steph's Pulled Chicken Tortillas, Slow cooked BBQ Beef and her scrumptious Lemon Self Saucing Pudding.	AUSTRALIA	English-100	2024	RPT	G		
22/07/2026	2530	Travel	Jose Andres And Family In Spain	Lanzarote	1	6	On Spain's volcanic island of Lanzarote, Chef Jose Andres and his three daughters discover how the resourceful local community harnesses their amazing natural environment to produce incredible tastes.	UNITED KINGDOM	English-50; Spanish-50	2022	RPT	G	Y	
22/07/2026	2625	Cooking	Destination Flavour Fillers	Episode 2	1	2	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G	Y	
22/07/2026	2630	Food Lifestyle	Come Dine With Me UK	Manchester: Pauline	22	11	This week we're in and around Manchester, and first up is palliative care nurse, and 'never a dull moment' Pauline who's hoping to impress her guests with a family style dinner party.	UNITED KINGDOM	English-100	2025	RPT	PG		
22/07/2026	2700	Food Lifestyle	Come Dine With Me UK	Manchester: Richard	22	12	Second to host this week in Manchester is plumber and adult merchandise director, Richard and he's cooking a rich and indulgent menu.	UNITED KINGDOM	English-100	2025	RPT	PG		
22/07/2026	2730	Cooking	The Cook Up With Adam Liaw	Fish And Rice	9	69	It's a satisfyingly simple combination tonight, as Adam and his guests, recipe developer Lina Jebelle and chef Rashedul Hasan cook with fish and rice.	AUSTRALIA	English-100	2025	RPT	G	Y	
22/07/2026	2800	Food Lifestyle	Cheese Slices	Cheddar Cheese Of England	8	1	Will and daughter Ellie visit England's South West, a region famous for producing the world's finest cheddar cheese. They visit Jamie Montgomery, who makes one of England's benchmark cheddars, and has been busy perfecting some very exciting new regional cheeses.	AUSTRALIA	English-100	2016	RPT	G		
22/07/2026	2830	Travel	Food Trail South Africa	Johannesburg	1	10	Warren concludes his travels by a vibrant trip to Johannesburg. He creates his spin on the traditional '7 Colours' meal - made up of seven foods, drawn from different cuisines across the country.	AUSTRALIA	English-100	2021	RPT	PG		
23/07/2026	500	Cooking	Flat Out Food	Sea Buckthorn	5	4	Sea Buckthorn is a unique berry that thrives in harsh growing conditions. Jenn visits an orchard to learn about harvesting and processing the berry for shipment before sampling Italian gelato and other dishes featuring the berry.	CANADA	English-100	2025	RPT	G		
23/07/2026	530	Travel	Luke Nguyen's Railway Vietnam	Ep 9	1	9	Luke's penultimate stop of his train journey is Hanoi, the second largest city of Vietnam located on the Red River. There is one dish Luke always has when he visits Hanoi and that's Bun Cha.	AUSTRALIA	English-100	2019	RPT	PG	Y	Y
23/07/2026	600	Travel	Luke Nguyen's Railway Vietnam	Ep 10	1	10	Luke visited Sapa high in the hills in Northern Vietnam fifteen years ago. He's pleased to find out that not much has changed, and visits a little girl he befriended during that time. She welcomes him into her house and learns how the local dish of dried buffalo is made. He also goes foraging for botanicals with a scientist who is making Vietnam's very first gin.	AUSTRALIA	English-100	2019	RPT	PG	Y	Y
23/07/2026	630	Cooking	Krial Kitchen	Denise Andrews Macale: Bush Turkey Stew & Chili Fresh Water Mussels in White Wine	3	3	Denise Andrews Macale, with the help of Mitch and Ali, turns the humble bush turkey into a delicious stew using basic vegetables and Asian sauces to complement the gamey taste of this native bird.	AUSTRALIA	English-100	2014	RPT	G	Y	
23/07/2026	700	Cooking	Rachael Ray's Meals in Minutes	Curry Fried Chicken With Hot Honey	3A	3	Fried chicken is always a crowd favorite, and Rachael takes it up a notch with a homemade curry and yogurt marinade that transforms her signature 'shake and fry' method into something special.	USA	English-100	2025	RPT	PG		
23/07/2026	730	Cooking	My Market Kitchen	Ep 23	7	23	Mike starts with a recipe he learned in London, Salt Baked Bream. Laura follows with Asian-inspired Satay Chicken Wing Skewers. Mike then returns with his rich and decadent Banoffee Pie Sundae.	AUSTRALIA	English-100	2022	RPT	G		
23/07/2026	800	Cooking	Lidia's Kitchen	Something Special	11	4	Every so often it's nice to treat yourself and your loved ones to something special and for Lidia and her family, that means lobster night!	USA	English-100	2024	RPT	PG		

23/07/2026	830	Cooking	Be My Guest With Ina Garten	Emily Mortimer	5	3	It's a perfect day for Ina when the incredible actress and self confessed foodie Emily Mortimer joins her for a fantastic day of cooking and conversation at the barn.	USA	English-100	2024	RPT	G	
23/07/2026	900	Cooking	Freshly Picked	Ep 4	3	4	In search of tasty fresh vegetables for his Cme Di Rapa Orecchiette, Simon is heading to Kinsfolk Farm today.	AUSTRALIA	English-100	2022	RPT	G	
23/07/2026	930	Cooking	Food Safari Earth	Tropic And Exotic	1	9	Maeve O'Meara explores the delicious world of tropical fruits and vegetables with recipes from Asia, the Pacific and South America. She explores Australia's enduring love for Asian flavours with a visit to the master of Thai cuisine, David Thompson, who shares his recipe for the most delicious, all-vegetarian Pad See Ew. Then Colombian-born chef, Oscar Espinosa showcases the power of the power of the plantain, transforming them into crunchy chips, served with a guacamole.	AUSTRALIA	English-100	2017	RPT	G	Y
23/07/2026	1000	Travel	Andy's East Coast Kitchen Crawl	St. John's	1	4	Andy lands on The Rock in St. John's to eat like a Newfoundlander. He tries moose meat, scrunchions, steamed cod and a local twist on Chinese food. Then it's back home for baked beans and toutsuns.	CANADA	English-100	2025	RPT		
23/07/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 1	5	1	Justine jumps back into another exciting season of Everyday Gourmet with some delicious and exciting recipes to inspire your senses and get you cooking up a feast at home.	AUSTRALIA	English-100	2015	RPT	PG	
23/07/2026	1100	Cooking	The Cook Up With Adam Liaw	Fish And Rice	9	69	It's a satisfyingly simple combination tonight, as Adam and his guests, recipe developer Lina Jebelle and chef Rashedul Hasan cook with fish and rice.	AUSTRALIA	English-100	2025	RPT	G	Y
23/07/2026	1130	Travel	Taiwan Bites	Taste Of Tradition	1	4	How can a cuisine with less than a hundred years of history be considered traditional? Eric travels from Germany to Taiwan, to unearth connection between his people and the recipes in their culture.	TAIWAN	English-100	2022	RPT	PG	Y
23/07/2026	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
23/07/2026	1230	Travel	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 1	1	1	Luke explores and reminisces about his childhood growing up in Cabramatta. He meets with his high school friend Thai to cook a traditional Vietnamese Curry. Luke then takes us behind the scenes at his Sydney restaurant and cooks mouth-watering Pork Belly and a coconut milk fish.	AUSTRALIA	English-100	2018	RPT	PG	Y
23/07/2026	1300	Travel	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 2	1	2	Luke takes us behind the scenes of his latest venture in Sydney. He explores his innovate machinery and high tech kitchen before meeting Head Chef Kenji to cook popular recipes from their menu. At the Sydney Fish Markets Luke meets with Executive Chef Chase Kajima and they plate up a Kingfish Coveiche before meeting with Paul Carmichael to learn more about Caribbean cuisine. Luke then meets Alan Benson, his photographer for his next book.	AUSTRALIA	English-100	2018	RPT	PG	Y
23/07/2026	1330	Cooking	All Up In My Grill	Apocalypse Burgers	2	1	Chef Dale Talde gives summer a run for its money by cooking on his grill. He gives the people a delicious feast of burgers, fries, lamb, and many more.	USA	English-100	2023	RPT	PG	
23/07/2026	1400	Cooking	Fiat Out Food	Mustard	5	5	Saskatchewan produces nearly 80 percent of all the mustard in Canada and is one of the largest exporters of mustard in the world.	CANADA	English-100	2025	RPT	G	
23/07/2026	1430	Cooking	Kriel Kitchen	Aine Rogers: Crumbed Barra Filets With Salad, Steamed Barra With Ginger And Soy, Curry Barra Soup	3	4	This episode is a salute to the fighting freshwater and saltwater barramundi. Alex Rogers whips up a simple dish with one of his favourite fish.	AUSTRALIA	English-100	2014	RPT	G	Y
23/07/2026	1500	Cooking	Rachael Ray's Meals in Minutes	Eggplant Subs	3A	4	Rachael works her magic in her upstate kitchen, turning a classic eggplant sub into a bold, sausage-style sandwich with a punchy blend of pantry spices.	USA	English-100	2025		PG	
23/07/2026	1530	Cooking	My Market Kitchen	Ep 24	7	24	Laura cooks a show-stopping entertaining dish, Fried Prawn Tacos, with Mike assisting with the guacamole. Next, Laura makes an Aussie treat Craisin Rocky Road. To wrap this episode, Laura prepares a simple Salt and Pepper Squid dish, perfect for when friends come around.	AUSTRALIA	English-100	2022	RPT	G	
23/07/2026	1600	Cooking	Lidia's Kitchen	Meal To Make You Smile, A	11	5	Lidia always says food is meant to bring joy, and this meal will surely bring a smile to any table.	USA	English-100	2024	RPT	G	
23/07/2026	1630	Cooking	Be My Guest With Ina Garten	Ann Patchett	5	4	The award winning novelist and book store owner Ann Patchett is joining Ina for a fun filled day at the barn. Ann's best selling book Tom Lake is set on a cherry orchard so Ina is welcoming her with a simple country dessert, Cherry Clafouti. Ann shares childhood revelations, her winning formula to writing 9 best-selling novels and why she decided to open a bookstore in Nashville. They both love Charlie Birds Farro salad so it's on the menu for lunch along with Ina's Jammy Eggs and Ann's favorite Roasted cauliflower, one delicious grain salad two ways.	USA	English-100	2024	RPT	G	
23/07/2026	1700	Cooking	Freshly Picked	Ep 5	3	5	Today Simon explores hot and spicy flavours of Hot Chili Mama, makes his delicious Cambodian fried rice, and prepares a delectable salad with fresh strawberries and creamy fetta.	AUSTRALIA	English-100	2022	RPT	G	
23/07/2026	1730	Cooking	Food Safari Earth	Autumn	1	10	It's the season of mellow fruitfulness and Maeve is on the road to Victoria's High Country in search of a wild mushroom bounty. Maeve joins her friend, homecook Franca Norris and her father, Angelo Bonacci, on a mushroom hunt amongst the pine trees before discovering the secrets of perfect gnocchi with mushroom sauce. Preserving guru Pietro Demaio then demonstrates how easy it is to bottle your own olives, while acclaimed chef Peter Conisits makes magnificent olive and tomato leffedes with a green olive sauce.	AUSTRALIA	English-100	2017	RPT	G	Y
23/07/2026	1800	Travel	Andy's East Coast Kitchen Crawl	Central P.E.I	1	5	In the home of the world's best oysters, Andy wades into P.E.I.'s aquaculture on an oyster farm, hauls in giant halibut and tastes savoury potato pies.	CANADA	English-100	2025			
23/07/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 2	5	2	Justine is joined by Brent Owens to make a tasty quesadilla, she shows you a great recipe for turning Spanish onions into a gourmet starter and experiences a fantastic flavour hit in the Barossa Valley.	AUSTRALIA	English-100	2015	RPT	G	

23/07/2026	1900	Travel	The Cook Up With Adam Liaw	20 Minute Chicken	8	22	Set your timer because Adam and his guests, comedian Urvi Majumdar and chef Tom Hitchcock are making their best 20 minute chicken dishes.	AUSTRALIA	English-100	2025	RPT	G	Y
23/07/2026	1930	Travel	Adam Richman Eats Italy	Venice	1	4	Adam is in Venice to taste dishes that are not only named after Venice but imbibe the soul of the city from a seafood pasta the original Tramsu.	UNITED KINGDOM	English-100	2025		G	
23/07/2026	2000	Travel	Barossa Gourmet With Justine Schofield	Ep 3	1	3	Justine travels to the beautiful Trevallie Orchard to make a fresh poached peach fool, then meets with head chef Derek Salmon to make gin cured ocean trout with creme fraiche.	AUSTRALIA	English-100	2021	RPT	G	
23/07/2026	2030	Reality	Yes, Chef!	Chefs Rank	1	5	The chefs sit down for a family-style dinner and taste and judge each other's food alongside Jose and Martha, the decision of who enters the cook-off is fully in the chefs hands.	USA	English-100	2025		PG	Y
23/07/2026	2130	Food Lifestyle	Come Dine With Me UK	Manchester: Amy	22	13	It's the third night in and around Manchester and the turn of dental nurse Amy to try and impress her guests with an American themed dinner party.	UNITED KINGDOM	English-100	2025	RPT	PG	
23/07/2026	2200	Food Lifestyle	Come Dine With Me UK	Manchester: Vanessa	22	14	It's the penultimate night in Manchester with cabaret practitioner Vanessa turning her modest Mancunian semi into a Chicago 'Speakeasy' for the evening.	UNITED KINGDOM	English-100	2025	RPT	PG	
23/07/2026	2230	Travel	The Cook Up With Adam Liaw	20 Minute Chicken	8	22	Set your timer because Adam and his guests, comedian Urvi Majumdar and chef Tom Hitchcock are making their best 20 minute chicken dishes.	AUSTRALIA	English-100	2025	RPT	G	Y
23/07/2026	2300	Food Lifestyle	Cheese Slices	Camembert And The Normandy Cheeses	8	2	Revisiting one of his favourite regions in Europe, Will Studd explores the challenges facing the traditional raw milk cheesemakers of Normandy, long renowned for its quality dairy products. Will introduces his daughter Elle to the famous benchmark cheese Camembert de Normandie, and together they visit the last remaining organic, farmhouse producer of this iconic cheese.	AUSTRALIA	English-100	2016	RPT	PG	
23/07/2026	2330	Travel	Taiwan Bites	Taste Of Tradition	1	4	How can a cuisine with less than a hundred years of history be considered traditional? Eric travels from Germany to Taiwan, to unearth connection between his people and the recipes in their culture.	TAIWAN	English-100	2022	RPT	PG	Y
23/07/2026	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
23/07/2026	2430	Travel	Adam Richman Eats Italy	Venice	1	4	Adam is in Venice to taste dishes that are not only named after Venice but imbibe the soul of the city from a seafood pasta the original Tramsu.	UNITED KINGDOM	English-100	2025	RPT	G	
23/07/2026	2500	Travel	Barossa Gourmet With Justine Schofield	Ep 3	1	3	Justine travels to the beautiful Trevallie Orchard to make a fresh poached peach fool, then meets with head chef Derek Salmon to make gin cured ocean trout with creme fraiche.	AUSTRALIA	English-100	2021	RPT	G	
23/07/2026	2530	Reality	Yes, Chef!	Chefs Rank	1	5	The chefs sit down for a family-style dinner and taste and judge each other's food alongside Jose and Martha, the decision of who enters the cook-off is fully in the chefs hands.	USA	English-100	2025	RPT	PG	Y
23/07/2026	2630	Food Lifestyle	Come Dine With Me UK	Manchester: Amy	22	13	It's the third night in and around Manchester and the turn of dental nurse Amy to try and impress her guests with an American themed dinner party.	UNITED KINGDOM	English-100	2025	RPT	PG	
23/07/2026	2700	Food Lifestyle	Come Dine With Me UK	Manchester: Vanessa	22	14	It's the penultimate night in Manchester with cabaret practitioner Vanessa turning her modest Mancunian semi into a Chicago 'Speakeasy' for the evening.	UNITED KINGDOM	English-100	2025	RPT	PG	
23/07/2026	2730	Travel	The Cook Up With Adam Liaw	20 Minute Chicken	8	22	Set your timer because Adam and his guests, comedian Urvi Majumdar and chef Tom Hitchcock are making their best 20 minute chicken dishes.	AUSTRALIA	English-100	2025	RPT	G	Y
23/07/2026	2800	Food Lifestyle	Cheese Slices	Camembert And The Normandy Cheeses	8	2	Revisiting one of his favourite regions in Europe, Will Studd explores the challenges facing the traditional raw milk cheesemakers of Normandy, long renowned for its quality dairy products. Will introduces his daughter Elle to the famous benchmark cheese Camembert de Normandie, and together they visit the last remaining organic, farmhouse producer of this iconic cheese.	AUSTRALIA	English-100	2016	RPT	PG	
23/07/2026	2830	Cooking	All Up In My Grill	Apocalypse Burgers	2	1	Chef Dale Talde gives summer a run for its money by cooking on his grill. He gives the people a delicious feast of burgers, fries, lamb, and many more.	USA	English-100	2023	RPT	PG	
24/07/2026	500	Cooking	Flat Out Food	Mustard	5	5	Saskatchewan produces nearly 80 percent of all the mustard in Canada and is one of the largest exporters of mustard in the world.	CANADA	English-100	2025	RPT	G	
24/07/2026	530	Travel	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 1	1	1	Luke explores and reminisces about his childhood growing up in Cabramatta. He meets with his high school friend Thai to cook a traditional Vietnamese Curry. Luke then takes us behind the scenes at his Sydney restaurant and cooks mouth-watering Pork Belly and a coconut milk fish.	AUSTRALIA	English-100	2018	RPT	PG	Y
24/07/2026	600	Travel	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 2	1	2	Luke takes us behind the scenes of his latest venture in Sydney. He explores his innovate machinery and high tech kitchen before meeting Head Chef Kenji to cook popular recipes from their menu. At the Sydney Fish Markets Luke meets with Executive Chef Chase Kojima and they plate up a Kingfish Ceviche before meeting with Paul Carmichael to learn more about Caribbean cuisine. Luke then meets Alan Benson, his photographer for his next book.	AUSTRALIA	English-100	2018	RPT	PG	Y

24/07/2026	630	Cooking	Kriel Kitchen	Alex Rogers: Crumbed Barra Fillets With Salad, Steamed Barra With Ginger And Soy, Curry Barra Soup	3	4	This episode is a salute to the fighting freshwater and saltwater barramundi. Alex Rogers whips up a simple dish with one of his favourite fish.	AUSTRALIA	English-100	2014	RPT	G		Y
24/07/2026	700	Cooking	Rachael Ray's Meals In Minutes	Eggplant Subs	3A	4	Rachael works her magic in her upstate kitchen, turning a classic eggplant sub into a bold, sausage-style sandwich with a punchy blend of pantry spices.	USA	English-100	2025	RPT	PG		
24/07/2026	730	Cooking	My Market Kitchen	Ep 24	7	24	Laura cooks a show-stopping entertaining dish, Fried Prawn Tacos, with Mike assisting with the guacamole. Next, Laura makes an Aussie treat Crasin Rocky Road. To wrap this episode, Laura prepares a simple Salt and Pepper Squid dish, perfect for when friends come around.	AUSTRALIA	English-100	2022	RPT	G		
24/07/2026	800	Cooking	Lidia's Kitchen	Meal To Make You Smile, A	11	5	Lidia always says food is meant to bring joy, and this meal will surely bring a smile to any table.	USA	English-100	2024	RPT	G		
24/07/2026	830	Cooking	Be My Guest With Ina Garten	Ann Patchett	5	4	The award winning novelist and book store owner Ann Patchett is joining Ina for a fun filled day at the barn. Ann's best selling book Tom Lake is set on a cherry orchard so Ina is welcoming her with a simple country dessert, Cherry Clafouti. Ann shares childhood revelations, her winning formula to writing 9 best-selling novels and why she decided to open a bookstore in Nashville. They both love Charlie Birds Farro salad so it's on the menu for lunch along with Ina's Jammy Eggs and Ann's favorite Roasted cauliflower, one delicious grain salad two ways.	USA	English-100	2024	RPT	G		
24/07/2026	900	Cooking	Freshly Picked	Ep 5	3	5	Today Simon explores hot and spicy flavours of Hot Chili Mama, makes his delicious Cambodian fried rice, and prepares a delectable salad with fresh strawberries and creamy fetta.	AUSTRALIA	English-100	2022	RPT	G		
24/07/2026	930	Cooking	Food Safari Earth	Autumn	1	10	It's the season of mellow fruitfulness and Maeve is on the road to Victoria's High Country in search of a wild mushroom bounty. Maeve joins her friend, homecook Franca Norris and her father, Angelo Bonacci, on a mushroom hunt amongst the pine trees before discovering the secrets of perfect gnocchi with mushroom sauce. Preserving guru Pietro Demaio then demonstrates how easy it is to bottle your own olives, while acclaimed chef Peter Conisits makes magnificent olive and tomato lekftedes with a green olive sauce.	AUSTRALIA	English-100	2017	RPT	G		Y
24/07/2026	1000	Travel	Andy's East Coast Kitchen Crawl	Central P.E.I	1	5	In the home of the world's best oysters, Andy wades into P.E.I.'s aquaculture on an oyster farm, hauls in giant halibut and tastes savoury potato pies.	CANADA	English-100	2025	RPT			
24/07/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 2	5	2	Justine is joined by Brent Owens to make a tasty quesadilla, she shows you a great recipe for turning Spanish onions into a gourmet starter and experiences a fantastic flavour hit in the Barossa Valley.	AUSTRALIA	English-100	2015	RPT	G		
24/07/2026	1100	Travel	The Cook Up With Adam Liaw	20 Minute Chicken	8	22	Set your timer because Adam and his guests, comedian Urvi Majumdar and chef Tom Hitchcock are making their best 20 minute chicken dishes.	AUSTRALIA	English-100	2025	RPT	G		Y
24/07/2026	1130	Travel	Taiwan Bites	Bubble Tea	1	5	It's been decades since Taiwan took the world by storm with its invention of bubble tea. Eric travels to Poland, the last frontier of the bubble tea invasion to understand its appeal.	TAIWAN	English-100	2022	RPT	PG	a I	Y
24/07/2026	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
24/07/2026	1230	Travel	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 3	1	3	Escaping the hustle and bustle of Sydney, Luke visits the Blue Mountains in New South Wales. Overlooking the majestic ranges, Luke cooks seared Lamb Cutlets with an Asian Salsa Verde, and meets up with his old friend Huong to have an Eastern high tea. Utilising the local produce, Luke cooks a pan seared Quail at Echoes Restaurant. He meets with the top chefs from the area and discovers their signature dishes.	AUSTRALIA	English-100	2018	RPT	PG		Y
24/07/2026	1300	Travel	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 4	1	4	On the sunshine coast of Australia, Luke meets with a local fisherman to learn about where his produce comes from and they go out netting for Spanner Crabs. Inspired by his newfound knowledge of Spanner Crabs, Luke mixes a Spanner crab with pomelo salad. Then, with the executive chef at the Spirit House, Luke cooks grilled kingfish with a Thai influence.	AUSTRALIA	English-100	2018	RPT	G		Y
24/07/2026	1330	Cooking	All Up In My Grill	Sausage Egg & Cheese All Day Long	2	2	Chef Dale Talde brings out the best of brunch with sweet and savoury hits such as bacon wrapped dates stuffed with chorizo, maple sausage, egg, and cheese fried rice and BBQ duck, egg, and corn scallion pancake sandwiches.	USA	English-100	2023	RPT	G		
24/07/2026	1400	Cooking	Flat Out Food	Coffee	5	6	Jenn learns how ethically sourced coffee makes its way to Saskatchewan and explores the processes of roasting, cupping, and using coffee beyond brewing the perfect cup of joe.	CANADA	English-100	2025	RPT	G		
24/07/2026	1430	Cooking	Kriel Kitchen	Maria Morgan: Ox Tail Stew & Veggie Bake	3	5	Marie Morgan draws on the Kimberley history of station and mission days. Marie shares with us a family recipe that takes us back to a simpler time.	AUSTRALIA	English-100	2014	RPT	G		Y
24/07/2026	1500	Cooking	Rachael Ray's Meals In Minutes	Italian Dips	3A	5	Rachael puts an Italian spin on the classic French dip, marinating steak in bold Italian seasonings for a warm, comforting sandwich perfect for cooler days.	USA	English-100	2025		PG		
24/07/2026	1530	Cooking	My Market Kitchen	Ep 25	7	25	Laura is joined in the Market Kitchen by vegetable farmer Catherine Velisha as they pickle celery, probably the most underrated pickle. Mike then cooks a beautiful vegetarian dish, Fried Tofu with Bang Bang Sauce, an ideal mid-week meal. To wrap the show, Laura makes and shares her popular Sausage Rolls.	AUSTRALIA	English-100	2022	RPT	G		
24/07/2026	1600	Cooking	Lidia's Kitchen	Something For Everyone	11	6	It's important to Lidia to be inclusive at the dinner table, and cook dishes that meet the dietary restrictions of all- from vegetarian to gluten-free.	USA	English-100	2024	RPT	G		
24/07/2026	1630	Cooking	Be My Guest With Ina Garten	Eric Ripert	6	1	The incredible chef and world class restaurateur behind the three Michelin star Le Bernardin restaurant in New York, Eric Ripert, is cooking at the barn and sharing career highs, childhood lows and life-changing stories.	USA	English-100	2024	RPT	G		

24/07/2026	1700	Cooking	Freshly Picked	Ep 6	3	6	First up, Simon wraps tabbouleh with tempeh for toothsome flavours and then bakes an avocado that's cheesy and creamy. Rebecca Veale from Humble Jumble is also in the kitchen today to make her famous sticky date pudding.	AUSTRALIA	English-100	2022	RPT	PG		
24/07/2026	1730	Cooking	Food Safari Earth	Sweet And Sour	1	11	Maeev explores the sweet power of onions with Spanish chef, Pablo Tordesillas Garcia and discovers the delights of a Catalanian favourite - char-grilled baby leeks with romesco sauce. Sicilian-Australian chef, Rosa Mitchell recalls a symphony of recipes from her heritage in her Melbourne restaurant, Rosa's Canteen - and shares her version of caponata - a sweet-sour vegetable dish that epitomises what the Italians refer to as 'agrodolce'.	AUSTRALIA	English-100	2017	RPT	G		Y
24/07/2026	1800	Travel	Andy's East Coast Kitchen Crawl	Cape Breton Island	1	6	Andy explores the west side of Cape Breton Island where he learns to make fresh curd on a dairy farm gets the inside scoop on an award-winning chowder and joins Chef Bryan Ricard's beachside crab boil.	CANADA	English-100	2025				
24/07/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 3	5	3	Get inspired on today's show with Justine's Asian duck breast salad, a recipe for easy potato fritters and a delicious baked apple tart by dessert extraordinaire, Kirsten Tibbatts.	AUSTRALIA	English-100	2015	RPT	G		
24/07/2026	1900	Travel	The Cook Up With Adam Liaw	Forever Pasta	8	23	What pasta recipes do Adam and his guests, pastry prince Adriano Zumbo and comedy queen Alex Ward, come back to again and again? Find out as they make their forever pastas.	AUSTRALIA	English-100	2025	RPT	G		Y
24/07/2026	1930	Travel	No Taste Like Home	Awkwafina's Korean Homecoming	1	2	Awkwafina lost her mom when she was very young. Antoni curates a culinary voyage of discovery to help her reconnect with her mother's Korean heritage.	USA	English-100	2024		PG	a l	Y
24/07/2026	2030	Travel	La Dolce Vita	Episode 1	1	1	Master pastry chefs Paco and Jacob Torrealbanca travel around Spain, a country where sweets have been closely linked to religious festivities.	SPAIN	Spanish-60; French-20; Italian-20	2024		PG	l	Y
24/07/2026	2130	Food Lifestyle	Come Dine With Me UK	Manchester: Danny	22	15	Our final host of the competition in Manchester is professional crooner Danny.	UNITED KINGDOM	English-100	2025	RPT	PG		
24/07/2026	2200	Food Lifestyle	Come Dine With Me UK	Bedfordshire And Cambridgeshire: Michelle	22	16	This week's competition is in Bedford & Cambridgeshire, where first to host is teaching assistant Michelle.	UNITED KINGDOM	English-100	2025	RPT	PG		
24/07/2026	2230	Travel	The Cook Up With Adam Liaw	Forever Pasta	8	23	What pasta recipes do Adam and his guests, pastry prince Adriano Zumbo and comedy queen Alex Ward, come back to again and again? Find out as they make their forever pastas.	AUSTRALIA	English-100	2025	RPT	G		Y
24/07/2026	2300	Food Lifestyle	Cheese Slices	Shepherds Cheeses Of The Pyrenees	8	3	After more than a decade, Will Studd returns to the Pyrenees Mountains, home to some of the world's oldest shepherd's cheeses and one of the last strongholds of traditional artisan cheese making in Western Europe. Beginning his journey in the Basque region of Spain, Will introduces his daughter Ellie to cheese maker Peio Etxeteku of Agour dairy. Peio shows off his new cheese facility in the Iraty Valley and discusses the many challenges now facing the regions traditional Cheesemakers.	AUSTRALIA	English-100	2016	RPT	G		
24/07/2026	2330	Travel	Taiwan Bites	Bubble Tea	1	5	It's been decades since Taiwan took the world by storm with its invention of bubble tea. Eric travels to Poland, the last frontier of the bubble tea invasion to understand its appeal.	TAIWAN	English-100	2022	RPT	PG	a l	Y
24/07/2026	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
24/07/2026	2430	Travel	No Taste Like Home	Awkwafina's Korean Homecoming	1	2	Awkwafina lost her mom when she was very young. Antoni curates a culinary voyage of discovery to help her reconnect with her mother's Korean heritage.	USA	English-100	2024	RPT	PG	a l	Y
24/07/2026	2530	Travel	La Dolce Vita	Episode 1	1	1	Master pastry chefs Paco and Jacob Torrealbanca travel around Spain, a country where sweets have been closely linked to religious festivities.	SPAIN	Spanish-60; French-20; Italian-20	2024	RPT	PG	l	Y
24/07/2026	2630	Food Lifestyle	Come Dine With Me UK	Manchester: Danny	22	15	Our final host of the competition in Manchester is professional crooner Danny.	UNITED KINGDOM	English-100	2025	RPT	PG		
24/07/2026	2700	Food Lifestyle	Come Dine With Me UK	Bedfordshire And Cambridgeshire: Michelle	22	16	This week's competition is in Bedford & Cambridgeshire, where first to host is teaching assistant Michelle.	UNITED KINGDOM	English-100	2025	RPT	PG		
24/07/2026	2730	Travel	The Cook Up With Adam Liaw	Forever Pasta	8	23	What pasta recipes do Adam and his guests, pastry prince Adriano Zumbo and comedy queen Alex Ward, come back to again and again? Find out as they make their forever pastas.	AUSTRALIA	English-100	2025	RPT	G		Y
24/07/2026	2800	Food Lifestyle	Cheese Slices	Shepherds Cheeses Of The Pyrenees	8	3	After more than a decade, Will Studd returns to the Pyrenees Mountains, home to some of the world's oldest shepherd's cheeses and one of the last strongholds of traditional artisan cheese making in Western Europe. Beginning his journey in the Basque region of Spain, Will introduces his daughter Ellie to cheese maker Peio Etxeteku of Agour dairy. Peio shows off his new cheese facility in the Iraty Valley and discusses the many challenges now facing the regions traditional Cheesemakers.	AUSTRALIA	English-100	2016	RPT	G		
24/07/2026	2830	Cooking	All Up In My Grill	Sausage Egg & Cheese All Day Long	2	2	Chef Dale Talde brings out the best of brunch with sweet and savoury hits such as bacon wrapped dates stuffed with chorizo, maple sausage, egg, and cheese fried rice and BBQ duck, egg, and corn scallion pancake sandwiches.	USA	English-100	2023	RPT	G		
25/07/2026	500	Cooking	Flat Out Food	Coffee	5	6	Jenn learns how ethically sourced coffee makes its way to Saskatchewan and explores the processes of roasting, cupping, and using coffee beyond brewing the perfect cup of joe.	CANADA	English-100	2025	RPT	G		

25/07/2026	530	Travel	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 3	1	3	Escaping the hustle and bustle of Sydney, Luke visits the Blue Mountains in New South Wales. Overlooking the majestic ranges, Luke cooks seared Lamb Cutlets with an Asian Salsa Verde, and meets up with his old friend Huong to have an Eastern high tea. Utilising the local produce, Luke cooks a pan seared Quail at Echoes Restaurant. He meets with the top chefs from the area and discovers their signature dishes.	AUSTRALIA	English-100	2018	RPT	PG		Y
25/07/2026	600	Travel	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 4	1	4	On the sunshine coast of Australia, Luke meets with a local fisherman to learn about where his produce comes from and they go out netting for Spanner Crabs. Inspired by his newfound knowledge of Spanner Crabs, Luke mixes a Spanner crab with pomelo salad. Then, with the executive chef at the Spirit House, Luke cooks grilled kingfish with a Thai influence.	AUSTRALIA	English-100	2018	RPT	G		Y
25/07/2026	630	Cooking	Kriol Kitchen	Maria Morgan: Ox Tail Stew & Veggie Bake	3	5	Marie Morgan draws on the Kimberley history of station and mission days. Marie shares with us a family recipe that takes us back to a simpler time.	AUSTRALIA	English-100	2014	RPT	G		Y
25/07/2026	700	Cooking	Rachael Ray's Meals in Minutes	Italian Dips	3A	5	Rachael puts an Italian spin on the classic French dip, marinating steak in bold Italian seasonings for a warm, comforting sandwich perfect for cooler days.	USA	English-100	2025	RPT	PG		
25/07/2026	730	Cooking	My Market Kitchen	Ep 25	7	25	Laura is joined in the Market Kitchen by vegetable farmer Catherine Velsha as they pickle celery, probably the most underrated pickle. Mike then cooks a beautiful vegetarian dish, Fried Tofu with Bang Bang Sauce, an ideal mid-week meal. To wrap the show, Laura makes and shares her popular Sausage Rolls.	AUSTRALIA	English-100	2022	RPT	G		
25/07/2026	800	Cooking	Lidia's Kitchen	Something For Everyone	11	6	It's important to Lidia to be inclusive at the dinner table, and cook dishes that meet the dietary restrictions of all- from vegetarian to gluten-free.	USA	English-100	2024	RPT	G		
25/07/2026	830	Cooking	Be My Guest With Ina Garten	Eric Ripert	6	1	The incredible chef and world class restaurateur behind the three Michelin star Le Bernardin restaurant in New York, Eric Ripert, is cooking at the barn and sharing career highs, childhood lows and life-changing stories.	USA	English-100	2024	RPT	G		
25/07/2026	900	Cooking	Freshly Picked	Ep 6	3	6	First up, Simon wraps tabbouleh with tempeh for toothsome flavours and then bakes an avocado that's cheesy and creamy. Rebecca Veale from Humble Jumble is also in the kitchen today to make her famous sticky date pudding.	AUSTRALIA	English-100	2022	RPT	PG		
25/07/2026	930	Cooking	Food Safari Earth	Sweet And Sour	1	11	Marve explores the sweet power of onions with Spanish chef, Pablo Tordeillas Garcia and discovers the delights of a Catalanian favourite - char-grilled baby leeks with romesco sauce. Sicilian-Australian chef, Rosa Mitchell recalls a symphony of recipes from her heritage in her Melbourne restaurant, Rosa's Canteen - and shares her version of caponata - a sweet-sour vegetable dish that epitomises what the Italians refer to as 'agrodolce'.	AUSTRALIA	English-100	2017	RPT	G		Y
25/07/2026	1000	Travel	Andy's East Coast Kitchen Crawl	Cape Breton Island	1	6	Andy explores the west side of Cape Breton Island where he learns to make fresh curd on a dairy farm gets the inside scoop on an award-winning chowder and joins Chef Bryan Picard's beachside crab boil.	CANADA	English-100	2025	RPT			
25/07/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 3	5	3	Get inspired on today's show with Justine's Asian duck breast salad, a recipe for easy potato fritters and a delicious baked apple tart by dessert extraordinaire, Kristen Tibballs.	AUSTRALIA	English-100	2015	RPT	G		
25/07/2026	1100	Travel	The Cook Up With Adam Liaw	Forever Pasta	8	23	What pasta recipes do Adam and his guests, pastry prince Adriano Zumbo and comedy queen Alex Ward, come back to again and again? Find out as they make their forever pastas.	AUSTRALIA	English-100	2025	RPT	G		Y
25/07/2026	1130	Travel	No Taste Like Home	Awkwafina's Korean Homecoming	1	2	Awkwafina lost her mom when she was very young. Antoni curates a culinary voyage of discovery to help her reconnect with her mother's Korean heritage.	USA	English-100	2024	RPT	PG	a l	Y
25/07/2026	1230	Travel	La Dolce Vita	Episode 1	1	1	Master pastry chefs Paco and Jacob Torrelblanca travel around Spain, a country where sweets have been closely linked to religious festivities.	SPAIN	Spanish-60; French-20; Italian-20	2024	RPT	PG	I	Y
25/07/2026	1330	Cooking	Rachael Ray's Meals in Minutes	Italian Dips	3A	5	Rachael puts an Italian spin on the classic French dip, marinating steak in bold Italian seasonings for a warm, comforting sandwich perfect for cooler days.	USA	English-100	2025	RPT	PG		
25/07/2026	1400	Cooking	My Market Kitchen	Ep 25	7	25	Laura is joined in the Market Kitchen by vegetable farmer Catherine Velsha as they pickle celery, probably the most underrated pickle. Mike then cooks a beautiful vegetarian dish, Fried Tofu with Bang Bang Sauce, an ideal mid-week meal. To wrap the show, Laura makes and shares her popular Sausage Rolls.	AUSTRALIA	English-100	2022	RPT	G		
25/07/2026	1430	Cooking	Lidia's Kitchen	Something For Everyone	11	6	It's important to Lidia to be inclusive at the dinner table, and cook dishes that meet the dietary restrictions of all- from vegetarian to gluten-free.	USA	English-100	2024	RPT	G		
25/07/2026	1500	Cooking	Be My Guest With Ina Garten	Eric Ripert	6	1	The incredible chef and world class restaurateur behind the three Michelin star Le Bernardin restaurant in New York, Eric Ripert, is cooking at the barn and sharing career highs, childhood lows and life-changing stories.	USA	English-100	2024	RPT	G		
25/07/2026	1530	Travel	Hairy Bikers Go West	Devon	1	7	The Bikers travel to Devon and Dorset for the final leg of their Go West Tour, discovering rare hidden food gems amongst the stunning coast and countryside.	UNITED KINGDOM	English-100	2024	RPT	G		
25/07/2026	1635	Travel	Hairy Bikers Go West	Coming Home For Christmas	1	8	The Hairy Bikers are back on the road searching for wonderful seasonal ingredients to create a festive banquet to thank all those who've helped Dave throughout his recent struggles.	UNITED KINGDOM	English-100	2024	RPT	PG		
25/07/2026	1740	Cooking	Hot Dish With Franco	That's Amore!	1	6	Franco Norega recreates his Italian grandmother's favorite dishes! A Prosciutto Flatbread Pizza with melty caramelized onions and sweet balsamic vinegar glaze is the perfect appetizer.	USA	English-70; Spanish-30	2023	RPT	PG	I	

25/07/2026	1805	Cooking	Flat Out Food	Sage	6	3	Jenn meets Robyn and Josh, who grow produce in tunnels, to learn how sage is cultivated in a northern climate.	CANADA	English-100	2025		G			
25/07/2026	1830	Cooking	Dinner With Gavin Rossdale	Tom Jones	1	3	World-renowned singing icon Sir Tom Jones is welcomed by Gavin to a night filled with playful banter and swapping stories of their legendary careers in the music industry.	USA	English-100	2025		PG			
25/07/2026	1930	Cooking	Jamie's Ultimate Veg	Ep 3	1	3	Jamie packs in the veg with his big, bold black bean burger. He gets inspired by some gorgeous greens in the Middle East, and creates some crunch with a double corn salad.	UNITED KINGDOM	English-100	2019	RPT	G			
25/07/2026	2030	Culture & Society	Rick Stein's Australia	Sydney	1	1	Rick Stein retraces his first steps in Sydney, reconnecting with old friends and exciting new influences to explore how the culinary landscape is evolving.	AUSTRALIA	English-100	2025	RPT	PG	a w		Y
25/07/2026	2140	Travel	John And Lisa's Food Trip Down Under	John And Lisa Wave Goodbye With A WA Sunset	1	5	Chefs John Torode and Lisa Faulkner tuck into a lavish smoked meat banquet and have a behind-the-scenes tour at the very first winery in Western Australia, before John finally gets a taste of childhood.	USA	English-100	2024	RPT	G			
25/07/2026	2235	Travel	Eating Inn	Ritz Carlton Millenia, Singapore Pt 2 Summer Pavilion	2	17	One of the few Michelin starred Cantonese Restaurants in the region is Summer Pavilion. Chef Phil takes us through what it takes to present some of the region's most outstanding modern Cantonese cuisine. Chef Cheung Sui Kong shows us the way while providing some intriguing insights into an authentic but contemporary Cantonese kitchen.	SINGAPORE	English-100	2023	RPT	PG	a w		Y
25/07/2026	2330	Travel	Hairy Bikers Go West	Devon	1	7	The Bikers travel to Devon and Dorset for the final leg of their Go West Tour, discovering rare hidden food gems amongst the stunning coast and countryside.	UNITED KINGDOM	English-100	2024	RPT	G			
25/07/2026	2435	Travel	Hairy Bikers Go West	Coming Home For Christmas	1	8	The Hairy Bikers are back on the road searching for wonderful seasonal ingredients to create a festive banquet to thank all those who've helped Dave throughout his recent struggles.	UNITED KINGDOM	English-100	2024	RPT	PG			
25/07/2026	2540	Cooking	Dinner With Gavin Rossdale	Tom Jones	1	3	World-renowned singing icon Sir Tom Jones is welcomed by Gavin to a night filled with playful banter and swapping stories of their legendary careers in the music industry.	USA	English-100	2025	RPT	PG			
25/07/2026	2640	Cooking	Jamie's Ultimate Veg	Ep 3	1	3	Jamie packs in the veg with his big, bold black bean burger. He gets inspired by some gorgeous greens in the Middle East, and creates some crunch with a double corn salad.	UNITED KINGDOM	English-100	2019	RPT	G			
25/07/2026	2740	Travel	John And Lisa's Food Trip Down Under	John And Lisa Wave Goodbye With A WA Sunset	1	5	Chefs John Torode and Lisa Faulkner tuck into a lavish smoked meat banquet and have a behind-the-scenes tour at the very first winery in Western Australia, before John finally gets a taste of childhood.	USA	English-100	2024	RPT	G			
25/07/2026	2835	Cooking	Hot Dish With Franco	That's Amore!	1	6	Franco Noriega recreates his Italian grandmother's favorite dishes! A Prosciutto Flatbread Pizza with melty caramelized onions and sweet balsamic vinegar glaze is the perfect appetizer.	USA	English-70; Spanish-30	2023	RPT	PG	I		