



WEEK 27: Sunday, 26 June - Saturday, 2 July 2022 - ALL MARKETS

| Date | Start Time | Title | Episode Title | Digital Egg Synopsis | Country of Origin | Language | Repeat | Classification | Closed Cap |
|------------|------------|---|--|--|-------------------|-------------|--------|----------------|------------|
| 2022-06-26 | 0500 | Martha Bakes | Frangipane | Martha showcases the versatility of frangipane, playing with flavour and presentation in four outstanding recipes. | USA | English-100 | | G | |
| 2022-06-26 | 0530 | Jimmy Shu's Taste of The Territory | Fresh Produce | Jimmy visits the bustling Rapid Creek markets and it's abuzz with activity from the produce growers, food stalls, and locals doing their weekly shop. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-06-26 | 0600 | Jimmy Shu's Taste of The Territory | Flavour | The dry season in the Top End is a time for festivals, and one of the most popular is Glenti, a Greek cultural festival. Jimmy meets some of the Greek community and learns how to make dolmades. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-06-26 | 0630 | Cheese Slices | Twins Of The Mediterranean: Corsica And Sardinia | Despite being close neighbours, these two large islands in the Mediterranean have distinctly different cheese traditions. | AUSTRALIA | English-100 | | G | |
| 2022-06-26 | 0700 | Cheese Slices | Cheeses Of Quebec | The Canadian province of Quebec is undergoing a cheese-making revival. Will visits Quebec to find out whether the original French settlers have had any influence on this renaissance. | AUSTRALIA | English-100 | | PG | |
| 2022-06-26 | 0730 | Heston's Great British Food | Roast Beef Dinner | Heston discovers the origins of the great British roast, before serving up a spectacular roast beef dinner to the people who make it possible - butchers and farmers. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-06-26 | 0825 | Poh & Co. Bitesize | Love...And Pizza! | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-06-26 | 0830 | Ainsley's Australian Market Menu | Ainsley's Market Menu Series 1 Ep 4 | Ainsley heads south to Tasmania to take in Hobart's famous Salamanca market. Known for its rich soil, clean air, pure water, and passionate growers, Ainsley's on a mission to find fresh produce. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-06-26 | 0930 | Jamie's Food Escapes | Marrakesh | This is Jamie's first time in Marrakesh and his excitement shines through as he explores the city and its extraordinary cuisine born out of the French, Arab and Berber cultures. | UNITED KINGDOM | English-100 | | PG | |
| 2022-06-26 | 1030 | Remarkable Places To Eat | Paris | Fred and his former boss, chef Michel Roux Jr., are in Paris experiencing the signature dish of a classic restaurant and enjoying the simple pleasures of a perfect ham baguette. | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 2022-06-26 | 1140 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 18 | Husband and wife pop stars Andy Scott-Lee and Michelle Heaton are aiming for the high notes in the kitchen today as Ainsley Harriott hosts the classic 20-minute cooking challenge. | UNITED KINGDOM | English-100 | | G | |
| 2022-06-26 | 1225 | Poh & Co. Bitesize | Family | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-06-26 | 1230 | How To Cook Like Heston | Beef | Heston challenges the way that beef is typically cooked and confronts one of the biggest culinary myths out there - searing a steak doesn't in fact keep in the meat's juices. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-06-26 | 1300 | How To Cook Like Heston | Eggs | Heston Blumenthal reveals the secret to a great boiled egg, the perfect poached egg, and his signature scotch egg. He also challenges his local Holyport Women's Institute to scramble eggs. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-06-26 | 1330 | Bake With Anna Olson | Cake Cookies | Exactly as they sound, cake cookies are soft and moist like a cake, but you bake them on a tray like a traditional cookie. Anna demonstrates the cake-like batter and how to achieve the best results. | CANADA | English-100 | | G | |
| 2022-06-26 | 1400 | The Cook Up With Adam Liaw | Refugee: Our Own Cuisine | It's Refugee week, to start the week off, Adam, Bavan Foods owner Krishna Vijitha and, Iranian refugee and senior client chef at The House Of Welcome Alieyah Tooba. | AUSTRALIA | English-100 | RPT | PG | |
| 2022-06-26 | 1430 | The Cook Up With Adam Liaw | Refugee: Vip | Adam and guests Ethiopian refugee Sara Taddasse and Burmese refugee Sally Win are in the Cook Up kitchen to create VIP,very important plate, dishes. | AUSTRALIA | English-100 | RPT | PG | |
| 2022-06-26 | 1500 | The Cook Up With Adam Liaw | Refugee: In A Nutshell | Afghan refugee and owner of Zac's Great Food Zac Zikiriya, and advocate for refugee and migrant women Rosemary Kariuki join Adam in the Cook Up kitchen to create some nutty inspired dishes. | AUSTRALIA | English-100 | RPT | PG | |
| 2022-06-26 | 1530 | The Cook Up With Adam Liaw | Refugee: Curry | In the Cook Up kitchen, we have Lentil As Anything owner and creator Shanaka Fernando and chef colleague and Sri Lankan refugee Chandra Kanapathipillai to create their ultimate curries with Adam. | AUSTRALIA | English-100 | RPT | PG | Y |

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|------------|------|---|---|--|----------------|-------------|-----|----|---|
| 2022-06-26 | 1600 | The Cook Up With Adam Liaw | Refugee: Yemen | To round out our refugee week, the Cook Up kitchen and Adam host soccer legend and refugee advocate Craig Foster and Yemen refugee Fatima Awad Ali Salim to create dishes inspired by Yemen. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2022-06-26 | 1630 | Chuck And The First People's Kitchen | Wikwemioong | Chuck visits Wikwemikong and experiences wild rice recipes. | CANADA | English-100 | RPT | G | |
| 2022-06-26 | 1700 | Chuck And The First People's Kitchen | Miawpukek | Chuck is invited in Miawpukek for a moose hunt with community members. | CANADA | English-100 | RPT | G | |
| 2022-06-26 | 1730 | Classic Mary Berry | Classic Comforts | Mary indulges her love of comfort food with homely recipes to warm the heart, including eggs Benedict-Florentine, lamb shanks, and deliciously rich chocolate truffle pots. | UNITED KINGDOM | English-100 | | G | |
| 2022-06-26 | 1800 | Mary Makes It Easy | Date Night | Preparing a meal for a special someone is nerve wracking for cooks at any level. Mary settles your nerves for date night by serving up four recipes sure to impress your special guest. | CANADA | English-100 | | PG | |
| 2022-06-26 | 1830 | Cook Like An Italian With Silvia Colloca | For The Love Of Eggs | In Italy, the culinary tradition of the egg is inextricably linked to pasta and pastries, in this episode Silvia explores 3 very different kinds of dishes all born of Italy's love of eggs. | AUSTRALIA | English-100 | | PG | |
| 2022-06-26 | 1900 | The Cook And The Chef | Fresh Or Frozen | Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's fish wontons and garlic prawns. | AUSTRALIA | English-100 | | G | |
| 2022-06-26 | 1930 | The Cook And The Chef | Blondes Have More Fun | Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, and coconut. | AUSTRALIA | English-100 | | G | |
| 2022-06-26 | 2000 | Jack Stein: Inside The Box | Bangkok | It's the classic roast pork bun and Jack is adamant that he can make Thai locals learn to love British applesauce as much as he does by luring them in with a Thai style larb-spiced pork. | AUSTRALIA | English-100 | | PG | |
| 2022-06-26 | 2030 | Rick Stein's Long Weekends | Copenhagen | Rick Stein eats his way around design-loving Copenhagen, the home of Hans Christian Anderson - and the latest in fine dining. | UNITED KINGDOM | English-100 | | G | |
| 2022-06-26 | 2140 | Jamie & Jimmy's Food Fight Club | Cheese | Jamie and Jimmy put British cheeses nose-to-nose with their French rivals. Alan Carr pops into the cafe for a dangerous game of 'fig roll roulette'. | UNITED KINGDOM | English-100 | | PG | |
| 2022-06-26 | 2235 | Jamie & Jimmy's Food Fight Club | Sausages | Jimmy and Jamie pitch British sausages against their German rivals, and Gwyneth Paltrow comes to the cafe to cook pasta with the boys and face a food fight of her own. | UNITED KINGDOM | English-100 | | PG | |
| 2022-06-26 | 2330 | Remarkable Places To Eat | San Sebastian | Nisha Katona takes Fred to San Sebastian for a mind-blowing meal at one of the world's top restaurants and to visit a tiny sports bar to learn the secrets of the perfect tortilla. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-06-26 | 2435 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 19 | Ainsley Harriott hosts the classic 20-minute cooking challenge with Radio Two host Ken Bruce and fellow radio presenter Lynn Bowles. | UNITED KINGDOM | English-100 | | G | |
| 2022-06-26 | 2525 | Poh & Co. Bitesize | Poh & Co. Bitesize Series 2 Ep 3 | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-06-26 | 2530 | Chuck And The First People's Kitchen | Wikwemioong | Chuck visits Wikwemikong and experiences wild rice recipes. | CANADA | English-100 | RPT | G | |
| 2022-06-26 | 2600 | Chuck And The First People's Kitchen | Miawpukek | Chuck is invited in Miawpukek for a moose hunt with community members. | CANADA | English-100 | RPT | G | |
| 2022-06-26 | 2630 | Classic Mary Berry | Classic Comforts | Mary indulges her love of comfort food with homely recipes to warm the heart, including eggs Benedict-Florentine, lamb shanks, and deliciously rich chocolate truffle pots. | UNITED KINGDOM | English-100 | | G | |
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| 2022-06-27 | 1300 | John Torode's Asia | Mumbai | John Torode heads to Mumbai on the west coast of India, where he begins his culinary exploration with a guided tour of the street food served on Chowpatty Beach. | UNITED KINGDOM | English-100 | | G | |
| 2022-06-27 | 1330 | Sourced | Thailand | Guy takes a trip on the floating markets of Thailand, gathers barnacles on the deadly cliffs of Portugal, and throws a drool-worthy feast in Melbourne. | USA | English-100 | | PG | |
| 2022-06-27 | 1400 | Nigellissima | Nigellissima Series 1 Ep 1 | Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's also a mid-week family feast of tagliata - a juicy steak cut into thin slices. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-06-27 | 1430 | Nigellissima | Nigellissima Series 1 Ep 2 | Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-06-27 | 1500 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 60 | Matt kicks things off with a simple snack to serve when having friends over - karaage chicken. He's then joined by Georgia Barnes and together they cook a classic with a twist - nachos. | AUSTRALIA | English-100 | | G | |
| 2022-06-27 | 1530 | Pati's Mexican Table | Super Sonoran | Following a trip to the resort town of Puerto Penasco, Pati prepares three unique classic Sonoran recipes - each one a meal in itself: pescado zarandeado, a gallina pinta soup, and rice with clams. | USA | English-100 | | G | |
| 2022-06-27 | 1600 | Shane Delia's Spice Journey Turkey | Food Culture At The Dawn Of Civilisation | From a pistachio plantation in Gaziantep to an Assyrian kitchen in Midyat, Shane's palate is introduced to an ancient heritage that's still evolving today. | AUSTRALIA | English-100 | RPT | PG | Y |

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|------------|------|---|---|--|----------------|-----------------------|-----|--|----|---|
| 2022-06-27 | 1630 | Struggle Meals | Instant Gratification | Carbs are loved the world over! Endlessly versatile, cheap, and super filling - Frankie shares his tricks for pasta, pizza dough, and delicious, easy ramen. | USA | English-100 | | | PG | |
| 2022-06-27 | 1700 | My Market Kitchen | My Market Kitchen Series 4 Ep 61 | Elena is in the My Market Kitchen today cooking up a delicious Crispy Eggplant dish. Khanh shows us his Thai Style Pumpkin Soup, followed by a Gluten Free Focaccia. | AUSTRALIA | | | | PG | |
| 2022-06-27 | 1730 | Make This Tonight | Nick's Og Fried Chicken, Biscuits And Fingerling Potato Salad | Chef Nick goes old school and takes us on a trip down south, and shows us his tricks for extra crispy fried chicken and flakey-af biscuits. Then Chef Akira puts a new and delicious twist on a classic. | USA | English-100 | | | PG | |
| 2022-06-27 | 1800 | The Cook And The Chef | Lemon Myrtle And Pizzas | The little village of Nimbin, in the Byron Bay Hinterland, has embraced its reputation as Australia's hippie capital and the influence of the counter culture extends way beyond the main street. | AUSTRALIA | English-100 | | | G | |
| 2022-06-27 | 1830 | Rick Stein's Cornwall | Rick Stein's Cornwall Series 2 Ep 13 | On the banks of the River Tamar, Rick visits a little-known mausoleum with a rather macabre story. | UNITED KINGDOM | English-100 | | | PG | |
| 2022-06-27 | 1900 | The Cook Up With Adam Liaw | One Pot Wonders | Actress Pia Miranda and hospitality consultant Justin North join Adam in the Cook Up kitchen to create some easy dishes that only require one pot. | AUSTRALIA | English-100 | RPT | | PG | Y |
| 2022-06-27 | 1930 | Food Safari Earth | Food Safari Earth Series 1 Ep 6 | Maeve explores the marvellous abundance of summer vegetables and fruits in dishes from around the world. | AUSTRALIA | English-100 | RPT | | G | Y |
| 2022-06-27 | 2000 | Taste Of France | Quinsou | In Paris lies a very elegant yet humble restaurant called Quinsou, created by chef Antonin Bonnet. We'll learn about Antonin's story and how he matches sustainability with elegance and excellence. | SWEDEN | English-50; French-50 | | | G | |
| 2022-06-27 | 2030 | Hairy Bikers Go North | North Yorkshire | On this leg, the bikers will be exploring the wild lands of the Yorkshire moors and the amazing producers that call the North York Moors National Park their home. | UNITED KINGDOM | English-100 | | | PG | |
| 2022-06-27 | 2140 | Top Chef | Roaring Munchies | The chefs walk in on an epic battle of Last Chance Kitchen and are drafted into the fight. Once Tom declares a winner, the chefs immediately begin a challenge making dishes based on Prohibition Era. | USA | English-100 | | | PG | |
| 2022-06-27 | 2235 | The Cook Up With Adam Liaw | One Pot Wonders | Actress Pia Miranda and hospitality consultant Justin North join Adam in the Cook Up kitchen to create some easy dishes that only require one pot. | AUSTRALIA | English-100 | RPT | | PG | Y |
| 2022-06-27 | 2305 | On Country Kitchen | On Country Kitchen | Mark and Derek visit a kitchen garden, help out at a goat dairy, and eat abalone burgers on the beach. Atop Cambewarra mountain, the boys hear the story of the black cockatoo. | AUSTRALIA | English-100 | RPT | | G | |
| 2022-06-27 | 2335 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 20 | TV and Radio medical pundits Dr Mark Porter and Dr Mark Hamilton swap stethoscopes for chopping boards as Ainsley Harriott hosts the classic 20-minute cooking challenge. | UNITED KINGDOM | English-100 | | | G | |
| 2022-06-27 | 2425 | Poh & Co. Bitesize | Poh & Co. Bitesize Series 2 Ep 4 | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | | G | Y |
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| 2022-06-27 | 2640 | Top Chef | Roaring Munchies | The chefs walk in on an epic battle of Last Chance Kitchen and are drafted into the fight. Once Tom declares a winner, the chefs immediately begin a challenge making dishes based on Prohibition Era. | USA | English-100 | | | PG | |
| 2022-06-27 | 2730 | Sourced | Thailand | Guy takes a trip on the floating markets of Thailand, gathers barnacles on the deadly cliffs of Portugal, and throws a drool-worthy feast in Melbourne. | USA | English-100 | | | PG | |
| 2022-06-27 | 2800 | Nigellissima | Nigellissima Series 1 Ep 1 | Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's also a mid-week family feast of tagliata - a juicy steak cut into thin slices. | UNITED KINGDOM | English-100 | RPT | | G | Y |
| 2022-06-27 | 2830 | Nigellissima | Nigellissima Series 1 Ep 2 | Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken. | UNITED KINGDOM | English-100 | RPT | | G | Y |
| 2022-06-28 | 0500 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 60 | Matt kicks things off with a simple snack to serve when having friends over - karaage chicken. He's then joined by Georgia Barnes and together they cook a classic with a twist - nachos. | AUSTRALIA | English-100 | | | G | |

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|------------|------|---|---|--|----------------|-----------------------|-----|--|----|---|
| 2022-06-28 | 0530 | Pati's Mexican Table | Super Sonoran | Following a trip to the resort town of Puerto Penasco, Pati prepares three unique classic Sonoran recipes - each one a meal in itself: pescado zarandeado, a gallina pinta soup, and rice with clams. | USA | English-100 | | | G | |
| 2022-06-28 | 0600 | Shane Delia's Spice Journey Turkey | Food Culture At The Dawn Of Civilisation | From a pistachio plantation in Gaziantep to an Assyrian kitchen in Midyat, Shane's palate is introduced to an ancient heritage that's still evolving today. | AUSTRALIA | English-100 | RPT | | PG | Y |
| 2022-06-28 | 0630 | Struggle Meals | Instant Gratification | Carbs are loved the world over! Endlessly versatile, cheap, and super filling - Frankie shares his tricks for pasta, pizza dough, and delicious, easy ramen. | USA | English-100 | | | PG | |
| 2022-06-28 | 0700 | My Market Kitchen | My Market Kitchen Series 4 Ep 61 | Elena is in the My Market Kitchen today cooking up a delicious Crispy Eggplant dish. Khanh shows us his Thai Style Pumpkin Soup, followed by a Gluten Free Focaccia. | AUSTRALIA | | | | PG | |
| 2022-06-28 | 0730 | Make This Tonight | Nick's Og Fried Chicken, Biscuits And Fingerling Potato Salad | Chef Nick goes old school and takes us on a trip down south, and shows us his tricks for extra crispy fried chicken and flakey-af biscuits. Then Chef Akira puts a new and delicious twist on a classic. | USA | English-100 | | | PG | |
| 2022-06-28 | 0800 | Rick Stein's Cornwall | Rick Stein's Cornwall Series 2 Ep 13 | On the banks of the River Tamar, Rick visits a little-known mausoleum with a rather macabre story. | UNITED KINGDOM | English-100 | | | PG | |
| 2022-06-28 | 0830 | Hairy Bikers Go North | North Yorkshire | On this leg, the bikers will be exploring the wild lands of the Yorkshire moors and the amazing producers that call the North York Moors National Park their home. | UNITED KINGDOM | English-100 | | | PG | |
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| 2022-06-28 | 1030 | Taste Of France | Quinsou | In Paris lies a very elegant yet humble restaurant called Quinsou, created by chef Antonin Bonnet. We'll learn about Antonin's story and how he matches sustainability with elegance and excellence. | SWEDEN | English-50; French-50 | | | G | |
| 2022-06-28 | 1100 | The Cook Up With Adam Liaw | One Pot Wonders | Actress Pia Miranda and hospitality consultant Justin North join Adam in the Cook Up kitchen to create some easy dishes that only require one pot. | AUSTRALIA | English-100 | RPT | | PG | Y |
| 2022-06-28 | 1130 | Food Safari Earth | Food Safari Earth Series 1 Ep 6 | Maeve explores the marvellous abundance of summer vegetables and fruits in dishes from around the world. | AUSTRALIA | English-100 | RPT | | G | Y |
| 2022-06-28 | 1200 | My Market Kitchen | My Market Kitchen Series 4 Ep 61 | Elena is in the My Market Kitchen today cooking up a delicious Crispy Eggplant dish. Khanh shows us his Thai Style Pumpkin Soup, followed by a Gluten Free Focaccia. | AUSTRALIA | | | | PG | |
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| 2022-06-28 | 1300 | John Torode's Asia | Amritsar | John Torode is in the holy city of Amritsar in the Punjab region of northern India, only a few miles from the border with Pakistan, where his first outing takes him to the Golden Temple. | UNITED KINGDOM | English-100 | | | G | |
| 2022-06-28 | 1330 | Sourced | Japan | Guy discovers that island life is not all ocean swims and sunbathing - at least not while sourcing matcha in Japan, deadly stone fish in the Philippines, and local ingredients in Ocras Island. | USA | English-100 | | | PG | |
| 2022-06-28 | 1400 | Nigellissima | Nigellissima Series 1 Ep 3 | Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash. | UNITED KINGDOM | English-100 | RPT | | G | Y |
| 2022-06-28 | 1430 | Nigellissima | Nigellissima Series 1 Ep 4 | Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding. | UNITED KINGDOM | English-100 | RPT | | G | Y |
| 2022-06-28 | 1500 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 61 | Matt prepares a quick haloumi and lentil salad, while Courtney is joined by guest Scotty McRae, and together they cook black pepper crab. | AUSTRALIA | English-100 | | | G | |
| 2022-06-28 | 1530 | Pati's Mexican Table | Cooking For My Crew In Sonora | As they travel through Mexico's vast state of Sonora, Pati gets inspired and decides to cook a meal for her crew. Pati prepares caldo de queso, grilled asparagus, and chicken covered in pecan sauce. | USA | English-100 | | | G | |
| 2022-06-28 | 1600 | Shane Delia's Spice Journey Turkey | Trabzon - A Hungering For Hamsi | Shane journeys across the Pontic Mountains to reach the Black Sea port town of Trabzon where he tracks down a very special fish, the hamsi, and recipes for this special creature. | AUSTRALIA | English-100 | RPT | | G | Y |
| 2022-06-28 | 1630 | Struggle Meals | Cauliflower Star Power | Frankie highlights the versatility of cauliflower, as well as roasts a big chuck roast that stretches over three dishes. | USA | English-100 | | | PG | |
| 2022-06-28 | 1700 | My Market Kitchen | My Market Kitchen Series 4 Ep 62 | Churrasco Beef is on the menu today. Followed by Cauliflower and Brussel Sprouts with Hoda Kobeissi. Elena then shows us an easy way to cook a Whole Roast Trout with Green Mash. | AUSTRALIA | | | | PG | |
| 2022-06-28 | 1730 | Make This Tonight | Lonley Hearts Mezze | Chef Parisa creates the ultimate sharing table full of cozy and colorful Mezze bites such as Red Beet Labneh, Herby Spinach Dip, Za'atar Crisps and Lavash Pizza. | USA | English-100 | | | PG | |
| 2022-06-28 | 1800 | The Cook And The Chef | Coffee And Macadamia Nuts | This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee. | AUSTRALIA | English-100 | | | G | |

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|------------|------|---|--|---|----------------|-------------|-----|----|---|
| 2022-06-28 | 1830 | Rick Stein's Cornwall | Rick Stein's Cornwall Series 2 Ep 14 | In the town of Looe, Rick discovers a time when the Cornish were taken as slaves by Barbary Pirates. He joins one of the last fishing boats in St Mawes and uses the catch of Lemon Sole in a dish. | UNITED KINGDOM | English-100 | | PG | |
| 2022-06-28 | 1900 | The Cook Up With Adam Liaw | Modern Classics | Adam, food writer Kate Gibbs, and former MasterChef contestant Aaron Harvie are in the Cook Up kitchen taking classic dishes and giving them a modern take. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2022-06-28 | 1930 | Food Safari Earth | Food Safari Earth Series 1 Ep 7 | Maeve celebrates the culinary power of flowers across a delicious range of traditional dishes from around the world and visits pioneering saffron growers in Tasmania. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-06-28 | 2000 | Cook Like An Italian With Silvia Colloca | Cook Like An Italian With Silvia Colloca Series 3 Ep 7 | Let's face it - when it comes to Italian food, carbs are king. Pizza, pasta, panini - it can feel impossible to enjoy Italian cuisine with a gluten-free lifestyle. | AUSTRALIA | English-100 | | PG | |
| 2022-06-28 | 2030 | Rick Stein's India | Madurai And Kerala | Rick Stein arrives in the southern town of Madurai in Tamil Nadu - the land of temples. Here he learns the art of temple cooking and perfects the knack of eating with his hands. | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 2022-06-28 | 2140 | Top Chef | Carne! | Lena Waithe surprises the chefs, by challenging them to make their best version of the trademark Kentucky dish, the Hot Brown. | USA | English-100 | | PG | |
| 2022-06-28 | 2235 | The Cook Up With Adam Liaw | Modern Classics | Adam, food writer Kate Gibbs, and former MasterChef contestant Aaron Harvie are in the Cook Up kitchen taking classic dishes and giving them a modern take. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2022-06-28 | 2305 | On Country Kitchen | On Country Kitchen | Mark and Derek visit a chicken farm with a view, take in an afternoon of fishing together and learn about the methode traditionnelle of sparkling winemaking. Mark takes Derek sightseeing. | AUSTRALIA | English-100 | RPT | PG | |
| 2022-06-28 | 2335 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 21 | Ainsley Harriott hosts the classic 20-minute cooking challenge. His guests today are round-the-world yachtswoman Tracy Edwards and mountaineer Annabelle Bond. | UNITED KINGDOM | English-100 | | G | |
| 2022-06-28 | 2425 | Poh & Co. Bitesize | Poh & Co. Bitesize Series 2 Ep 5 | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-06-28 | 2430 | The Cook And The Chef | Coffee And Macadamia Nuts | This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee. | AUSTRALIA | English-100 | | G | |
| 2022-06-28 | 2500 | John Torode's Asia | Amritsar | John Torode is in the holy city of Amritsar in the Punjab region of northern India, only a few miles from the border with Pakistan, where his first outing takes him to the Golden Temple. | UNITED KINGDOM | English-100 | | G | |
| 2022-06-28 | 2530 | Rick Stein's India | Madurai And Kerala | Rick Stein arrives in the southern town of Madurai in Tamil Nadu - the land of temples. Here he learns the art of temple cooking and perfects the knack of eating with his hands. | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 2022-06-28 | 2640 | Top Chef | Carne! | Lena Waithe surprises the chefs, by challenging them to make their best version of the trademark Kentucky dish, the Hot Brown. | USA | English-100 | | PG | |
| 2022-06-28 | 2730 | Sourced | Japan | Guy discovers that island life is not all ocean swims and sunbathing - at least not while sourcing matcha in Japan, deadly stone fish in the Philippines, and local ingredients in Ocras Island. | USA | English-100 | | PG | |
| 2022-06-28 | 2800 | Nigellissima | Nigellissima Series 1 Ep 3 | Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-06-28 | 2830 | Nigellissima | Nigellissima Series 1 Ep 4 | Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-06-29 | 0500 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 61 | Matt prepares a quick haloumi and lentil salad, while Courtney is joined by guest Scotty McRae, and together they cook black pepper crab. | AUSTRALIA | English-100 | | G | |
| 2022-06-29 | 0530 | Pati's Mexican Table | Cooking For My Crew In Sonora | As they travel through Mexico's vast state of Sonora, Pati gets inspired and decides to cook a meal for her crew. Pati prepares caldo de queso, grilled asparagus, and chicken covered in pecan sauce. | USA | English-100 | | G | |
| 2022-06-29 | 0600 | Shane Delia's Spice Journey Turkey | Trabzon - A Hungering For Hamsi | Shane journeys across the Pontic Mountains to reach the Black Sea port town of Trabzon where he tracks down a very special fish, the hamsi, and recipes for this special creature. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-06-29 | 0630 | Struggle Meals | Cauliflower Star Power | Frankie highlights the versatility of cauliflower, as well as roasts a big chuck roast that stretches over three dishes. | USA | English-100 | | PG | |
| 2022-06-29 | 0700 | My Market Kitchen | My Market Kitchen Series 4 Ep 62 | Churrasco Beef is on the menu today. Followed by Cauliflower and Brussel Sprouts with Hoda Kobeissi. Elena then shows us an easy way to cook a Whole Roast Trout with Green Mash. | AUSTRALIA | | | PG | |

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|------------|------|---|--|---|----------------|-------------|-----|----|---|
| 2022-06-29 | 0730 | Make This Tonight | Lonley Hearts Mezze | Chef Parisa creates the ultimate sharing table full of cozy and colorful Mezze bites such as Red Beet Labneh, Herby Spinach Dip, Za'atar Crisps and Lavash Pizza. | USA | English-100 | | PG | |
| 2022-06-29 | 0800 | Rick Stein's Cornwall | Rick Stein's Cornwall Series 2 Ep 14 | In the town of Looe, Rick discovers a time when the Cornish were taken as slaves by Barbary Pirates. He joins one of the last fishing boats in St Mawes and uses the catch of Lemon Sole in a dish. | UNITED KINGDOM | English-100 | | PG | |
| 2022-06-29 | 0830 | Rick Stein's India | Madurai And Kerala | Rick Stein arrives in the southern town of Madurai in Tamil Nadu - the land of temples. Here he learns the art of temple cooking and perfects the knack of eating with his hands. | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 2022-06-29 | 0940 | Top Chef | Carne! | Lena Waithe surprises the chefs, by challenging them to make their best version of the trademark Kentucky dish, the Hot Brown. | USA | English-100 | | PG | |
| 2022-06-29 | 1030 | Cook Like An Italian With Silvia Colloca | Cook Like An Italian With Silvia Colloca Series 3 Ep 7 | Let's face it - when it comes to Italian food, carbs are king. Pizza, pasta,panini - it can feel impossible to enjoy Italian cuisine with a gluten-free lifestyle. | AUSTRALIA | English-100 | | PG | |
| 2022-06-29 | 1100 | The Cook Up With Adam Liaw | Modern Classics | Adam, food writer Kate Gibbs, and former MasterChef contestant Aaron Harvie are in the Cook Up kitchen taking classic dishes and giving them a modern take. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2022-06-29 | 1130 | Food Safari Earth | Food Safari Earth Series 1 Ep 7 | Maeve celebrates the culinary power of flowers across a delicious range of traditional dishes from around the world and visits pioneering saffron growers in Tasmania. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-06-29 | 1200 | My Market Kitchen | My Market Kitchen Series 4 Ep 62 | Churrasco Beef is on the menu today. Followed by Cauliflower and Brussel Sprouts with Hoda Kobeissi. Elena then shows us an easy way to cook a Whole Roast Trout with Green Mash. | AUSTRALIA | | | PG | |
| 2022-06-29 | 1230 | Make This Tonight | Lonley Hearts Mezze | Chef Parisa creates the ultimate sharing table full of cozy and colorful Mezze bites such as Red Beet Labneh, Herby Spinach Dip, Za'atar Crisps and Lavash Pizza. | USA | English-100 | | PG | |
| 2022-06-29 | 1300 | John Torode's Asia | Beijing | As a lifelong lover of Chinese food, when John arrives in Beijing, he is understandably elated. He heads straight to Beijing's most loved Peking duck restaurant in the heart of the Hutongs. | UNITED KINGDOM | English-100 | | G | |
| 2022-06-29 | 1330 | Sourced | Markets | Green markets, fish markets, all the markets! Guy heads to Italy, Japan, and California's Central Coast and discovers where some of the oldest, most sacred, and freshest ingredients come from. | USA | English-100 | | PG | |
| 2022-06-29 | 1400 | Nigellissima | Nigellissima Series 1 Ep 5 | Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-06-29 | 1430 | Nigella Bites | TV Dinners | Nigella Lawson rustles up a selection of TV dinners for those occasions when time is of the essence, including Thai yellow pumpkin and seafood curry and linguine with garlic oil and pancetta. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-06-29 | 1500 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 62 | Matt kicks things off with big, bold flavours from India with his Bombay potato salad, while guest Scotty McRae joins Courtney and together they cook octopus with sweet and sour tomatoes. | AUSTRALIA | English-100 | | G | |
| 2022-06-29 | 1530 | Pati's Mexican Table | Sabores Nortenos | Pati is inspired by Sonora, Mexico's 'northern flavours'. In her kitchen, she makes pork chops and corn, chile and cheese tamales. In Sonora, she visits a hacienda and tries tamales and enchiladas. | USA | English-100 | | G | |
| 2022-06-29 | 1600 | Shane Delia's Spice Journey Turkey | Ordu - Where Georgia's Always On Your Mind | In Ordu, Shane is introduced to a cuisine whose culinary heritage lies to the north in Georgia, the former Soviet state. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2022-06-29 | 1630 | Struggle Meals | Traveling For Your Tastebuds | You don't have to travel half way around the world to try a different cuisine - Frankie shows that Italian and Filipino foods are accessible right here, right now. | USA | English-100 | | G | |
| 2022-06-29 | 1700 | My Market Kitchen | My Market Kitchen Series 4 Ep 63 | Today on My Market Kitchen, Elena cooks up a quick Balsamic and oregano roasted onion which is a perfect side to complement your next dinner. Then Khanh shows us his Yoghurt Panna Cotta. | AUSTRALIA | | | PG | |
| 2022-06-29 | 1730 | Make This Tonight | Retro Cool Beef Bourguignon With Cream Roasted Potato | Chef Royce is doing a grown-up version of a retro classic - Beef Bourguignon, accompanied by Garlic Green Beans and the creamiest roasted Yukon Gold Potatoes. | USA | English-100 | | PG | |
| 2022-06-29 | 1800 | The Cook And The Chef | Cheese And Crabs | When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country. | AUSTRALIA | English-100 | | G | |
| 2022-06-29 | 1830 | Rick Stein's Cornwall | Rick Stein's Cornwall Series 2 Ep 15 | In this his last programme of the series, Rick takes us to the Rame Peninsula. Far from the traditional tourist track this part of Cornwall is famed for its cliffs and beaches. | UNITED KINGDOM | English-100 | | PG | |
| 2022-06-29 | 1900 | The Cook Up With Adam Liaw | Prunes | SBS News presenter Janice Petersen and actor Dane Simpson join Adam Liaw in the Cook Up kitchen to create some prune inspired dishes. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2022-06-29 | 1930 | Food Safari Earth | Food Safari Earth Series 1 Ep 8 | Maeve O'Meara explores the concept of vegetable parcels - the delights of stuffing, wrapping, and rolling vegetables for taste, texture, and presentation. | AUSTRALIA | English-100 | RPT | G | Y |

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|------------|------|---|--|---|----------------|-------------|-----|----|---|
| 2022-06-29 | 2000 | Nigellissima | Nigellissima Series 1 Ep 6 | Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-06-29 | 2030 | Extreme Food Phobics | Extreme Food Phobics Series 1 Ep 2 | This episode features a mum of two whose restrictive diet of chips has resulted in a type 2 diabetes diagnosis, and an air stewardess, who is scared of onions and garlic. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-06-29 | 2125 | Poh & Co. Bitesize | Poh & Co. Bitesize Series 2 Ep 3 | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-06-29 | 2130 | Top Chef | Whatever Floats Your Boat | With more shoreline than Florida, Kentucky is a hotbed for houseboats. For this elimination challenge, the chefs are split into two teams and tasked with throwing raging party in Lake Cumberland. | USA | English-100 | | PG | |
| 2022-06-29 | 2225 | Destination Flavour - Japan | Destination Flavour Japan Bitesize Series 1 Ep 4 | 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-100 | RPT | G | Y |
| 2022-06-29 | 2230 | The Cook Up With Adam Liaw | Prunes | SBS News presenter Janice Petersen and actor Dane Simpson join Adam Liaw in the Cook Up kitchen to create some prune inspired dishes. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2022-06-29 | 2300 | On Country Kitchen | On Country Kitchen | Mark and Derek visit a mushroom farm, help out at a community garden, and get their hands sticky in confectionary making. At Mount Keira lookout, Mark tells Derek the story of the mountain. | AUSTRALIA | English-100 | RPT | G | |
| 2022-06-29 | 2330 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 22 | Ainsley Harriott welcomes stylist Nicky Hambleton-Jones and hairdresser Andrew Barton alongside Tony Tobin and Lesley Waters as he hosts the classic 20-minute cooking challenge. | UNITED KINGDOM | English-100 | | G | |
| 2022-06-29 | 2420 | Poh & Co. Bitesize | Poh & Co. Bitesize Series 2 Ep 6 | Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-06-29 | 2430 | The Cook And The Chef | Cheese And Crabs | When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country. | AUSTRALIA | English-100 | | G | |
| 2022-06-29 | 2500 | John Torode's Asia | Beijing | As a lifelong lover of Chinese food, when John arrives in Beijing, he is understandably elated. He heads straight to Beijing's most loved Peking duck restaurant in the heart of the Hutongs. | UNITED KINGDOM | English-100 | | G | |
| 2022-06-29 | 2530 | Extreme Food Phobics | Extreme Food Phobics Series 1 Ep 2 | This episode features a mum of two whose restrictive diet of chips has resulted in a type 2 diabetes diagnosis, and an air stewardess, who is scared of onions and garlic. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-06-29 | 2625 | Poh & Co. Bitesize | Poh & Co. Bitesize Series 2 Ep 3 | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-06-29 | 2630 | Top Chef | Whatever Floats Your Boat | With more shoreline than Florida, Kentucky is a hotbed for houseboats. For this elimination challenge, the chefs are split into two teams and tasked with throwing raging party in Lake Cumberland. | USA | English-100 | | PG | |
| 2022-06-29 | 2725 | Destination Flavour - Japan | Destination Flavour Japan Bitesize Series 1 Ep 4 | 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-100 | RPT | G | Y |
| 2022-06-29 | 2730 | Sourced | Markets | Green markets, fish markets, all the markets! Guy heads to Italy, Japan, and California's Central Coast and discovers where some of the oldest, most sacred, and freshest ingredients come from. | USA | English-100 | | PG | |
| 2022-06-29 | 2800 | Nigellissima | Nigellissima Series 1 Ep 5 | Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-06-29 | 2830 | Nigella Bites | TV Dinners | Nigella Lawson rustles up a selection of TV dinners for those occasions when time is of the essence, including Thai yellow pumpkin and seafood curry and linguine with garlic oil and pancetta. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-06-30 | 0500 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 62 | Matt kicks things off with big, bold flavours from India with his Bombay potato salad, while guest Scotty McRae joins Courtney and together they cook octopus with sweet and sour tomatoes. | AUSTRALIA | English-100 | | G | |
| 2022-06-30 | 0530 | Pati's Mexican Table | Sabores Nortenos | Pati is inspired by Sonora, Mexico's 'northern flavours'. In her kitchen, she makes pork chops and corn, chile and cheese tamales. In Sonora, she visits a hacienda and tries tamales and enchiladas. | USA | English-100 | | G | |
| 2022-06-30 | 0600 | Shane Delia's Spice Journey Turkey | Ordu - Where Georgia's Always On Your Mind | In Ordu, Shane is introduced to a cuisine whose culinary heritage lies to the north in Georgia, the former Soviet state. | AUSTRALIA | English-100 | RPT | PG | Y |

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|------------|------|---|---|---|----------------|-------------|-----|--|----|---|
| 2022-06-30 | 0630 | Struggle Meals | Traveling For Your Tastebuds | You don't have to travel half way around the world to try a different cuisine - Frankie shows that Italian and Filipino foods are accessible right here, right now. | USA | English-100 | | | G | |
| 2022-06-30 | 0700 | My Market Kitchen | My Market Kitchen Series 4 Ep 63 | Today on My Market Kitchen, Elena cooks up a quick Balsamic and oregano roasted onion which is a perfect side to complement your next dinner. Then Khanh shows us his Yoghurt Panna Cotta. | AUSTRALIA | | | | PG | |
| 2022-06-30 | 0730 | Make This Tonight | Retro Cool Beef Bourguignon With Cream Roasted Potato | Chef Royce is doing a grown-up version of a retro classic - Beef Bourguignon, accompanied by Garlic Green Beans and the creamiest roasted Yukon Gold Potatoes. | USA | English-100 | | | PG | |
| 2022-06-30 | 0800 | Rick Stein's Cornwall | Rick Stein's Cornwall Series 2 Ep 15 | In this his last programme of the series, Rick takes us to the Rame Peninsula. Far from the traditional tourist track this part of Cornwall is famed for its cliffs and beaches. | UNITED KINGDOM | English-100 | | | PG | |
| 2022-06-30 | 0830 | Extreme Food Phobics | Extreme Food Phobics Series 1 Ep 2 | This episode features a mum of two whose restrictive diet of chips has resulted in a type 2 diabetes diagnosis, and an air stewardess, who is scared of onions and garlic. | UNITED KINGDOM | English-100 | RPT | | G | Y |
| 2022-06-30 | 0925 | Poh & Co. Bitesize | Poh & Co. Bitesize Series 2 Ep 3 | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | | G | Y |
| 2022-06-30 | 0930 | Top Chef | Whatever Floats Your Boat | With more shoreline than Florida, Kentucky is a hotbed for houseboats. For this elimination challenge, the chefs are split into two teams and tasked with throwing raging party in Lake Cumberland. | USA | English-100 | | | PG | |
| 2022-06-30 | 1025 | Destination Flavour - Japan | Destination Flavour Japan Bitesize Series 1 Ep 4 | 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-100 | RPT | | G | Y |
| 2022-06-30 | 1030 | Nigellissima | Nigellissima Series 1 Ep 6 | Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil. | UNITED KINGDOM | English-100 | RPT | | G | Y |
| 2022-06-30 | 1100 | The Cook Up With Adam Liaw | Prunes | SBS News presenter Janice Petersen and actor Dane Simpson join Adam Liaw in the Cook Up kitchen to create some prune inspired dishes. | AUSTRALIA | English-100 | RPT | | PG | Y |
| 2022-06-30 | 1130 | Food Safari Earth | Food Safari Earth Series 1 Ep 8 | Maeve O'Meara explores the concept of vegetable parcels - the delights of stuffing, wrapping, and rolling vegetables for taste, texture, and presentation. | AUSTRALIA | English-100 | RPT | | G | Y |
| 2022-06-30 | 1200 | My Market Kitchen | My Market Kitchen Series 4 Ep 63 | Today on My Market Kitchen, Elena cooks up a quick Balsamic and oregano roasted onion which is a perfect side to complement your next dinner. Then Khanh shows us his Yoghurt Panna Cotta. | AUSTRALIA | | | | PG | |
| 2022-06-30 | 1230 | Make This Tonight | Retro Cool Beef Bourguignon With Cream Roasted Potato | Chef Royce is doing a grown-up version of a retro classic - Beef Bourguignon, accompanied by Garlic Green Beans and the creamiest roasted Yukon Gold Potatoes. | USA | English-100 | | | PG | |
| 2022-06-30 | 1300 | John Torode's Asia | Hong Kong Traditional | John Torode finds himself in the bustling metropolis of Hong Kong looking for traditional dishes. His first stop is the Lan Kwai Fong district where he explores the markets. | UNITED KINGDOM | English-100 | | | G | |
| 2022-06-30 | 1330 | Sourced | From Volcanoes To Redwoods | From Sicilian pistachios grown in the shadow of Mount Etna, to an epic feast under the California Redwoods, Guy travels to some of the most visually stunning areas in the world. | USA | English-100 | | | PG | |
| 2022-06-30 | 1400 | Nigella Bites | Comfort Food | Nigella Lawson shares recipes of her favourite comfort foods. First up are rich and creamy mashed potatoes, which can also be used as leftovers to make Salmon Cakes. | UNITED KINGDOM | English-100 | RPT | | G | Y |
| 2022-06-30 | 1430 | Nigella Bites | All-Day Breakfast | Why be constrained by a time table? Enjoy breakfast food day or night. For Nigella Lawson breakfast starts with pancakes and muffins. | UNITED KINGDOM | English-100 | RPT | | G | Y |
| 2022-06-30 | 1500 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 63 | Matt demonstrates how to smoke salmon, and uses it to fill bagels. Guest Scotty McRae joins Courtney in the kitchen, and together they make whitebait fritters and pickled mussels. | AUSTRALIA | English-100 | | | G | |
| 2022-06-30 | 1530 | Plat du Tour | Plat Du Tour Series 1 (30min Version) Ep 1 | Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffle, as well as a traditional bouillabaisse, and finishes with an ile flottante. | | English-100 | | | PG | |
| 2022-06-30 | 1600 | Shane Delia's Spice Journey Turkey | Istanbul Secrets: The Culinary Underbelly | Back in Istanbul, Shane peeks behind the veil to discover a side of this city, and its culinary traditions, rarely seen by visitors. | AUSTRALIA | English-100 | RPT | | PG | Y |
| 2022-06-30 | 1630 | Struggle Meals | Street Food Faves At Home | Frankie makes street food at home, and it's fresher, healthier, and cheaper! Then get ready, because you've never seen rice like this before. | USA | English-100 | | | PG | |
| 2022-06-30 | 1700 | My Market Kitchen | My Market Kitchen Series 4 Ep 64 | Elena and Khanh are in the My Market Kitchen today cooking up a Thai Green Papaya Salad. Khanh takes us to his restaurant, The George on Collins for a Smokey Sriracha Noodles recipe. Then Rob Rees and Elena are show us a Twice-Baked Cheese Souffle | AUSTRALIA | | | | PG | |

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|------------|------|--|---|---|----------------|-------------|-----|----|---|
| 2022-06-30 | 1730 | Make This Tonight | Iconic Persian Stew | Chef Einat shares her family recipes for Ghormeh Sabzi - lamb stew with chickpeas, spinach, and spices along with her perfect Pilaf Rice and refreshingly simple Fresh Herb Salad | USA | English-100 | | PG | |
| 2022-06-30 | 1800 | The Cook And The Chef | Bananas And Artichokes | On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes. | AUSTRALIA | English-100 | | G | |
| 2022-06-30 | 1830 | Rick Stein's Taste Of The Sea | Rick Stein's Taste Of The Sea Series 1 Ep 1 | You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes. | UNITED KINGDOM | English-100 | | PG | |
| 2022-06-30 | 1900 | The Cook Up With Adam Liaw | Wine | Zero Waste warrior Sarah Wilson and Three Blue Ducks owner Mark LaBrooy join Adam in the Cook Up kitchen to create dishes that make wine the hero. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2022-06-30 | 1930 | Food Safari Earth | Food Safari Earth Series 1 Ep 9 | Maeve O'Meara explores the delicious world of tropical fruits and vegetables with recipes from Asia, the Pacific and South America. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-06-30 | 2000 | Nigella Feasts | Food To Go | This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-06-30 | 2030 | Michel Roux's French Country Cooking | Michel Roux's French Country Cooking Series 1 Ep 8 | Michel Roux continues on his food adventure, looking for the best produce he can find to bring back to his holiday kitchen. Today he visits a pig farm in search of the best cuts for a delicious pork. | UNITED KINGDOM | English-100 | | PG | |
| 2022-06-30 | 2125 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 8 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-06-30 | 2130 | Top Chef | Music City USA | The chefs take a roadtrip to Nashville and have the honor of cooking on the stage of the Grand Ole Opry for country music sensation Hunter Hayes. | USA | English-100 | | PG | |
| 2022-06-30 | 2225 | Destination Flavour - Japan | Destination Flavour Japan Bitesize Series 1 Ep 5 | 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-100 | RPT | G | Y |
| 2022-06-30 | 2230 | The Cook Up With Adam Liaw | Wine | Zero Waste warrior Sarah Wilson and Three Blue Ducks owner Mark LaBrooy join Adam in the Cook Up kitchen to create dishes that make wine the hero. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2022-06-30 | 2300 | On Country Kitchen | On Country Kitchen | Mark and Derek host a dinner party at Silos Estate to thank everyone. They visit a cattle farm and collect native berries and bimbaldas with Noel Butler. | AUSTRALIA | English-100 | RPT | G | |
| 2022-06-30 | 2330 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 23 | In this special Sport Relief edition, comedian and TV presenter Nick Hancock joins forces with former England cricket captain Allan Lamb and chefs Lesley Waters and Richard Phillips. | UNITED KINGDOM | English-100 | | G | |
| 2022-06-30 | 2420 | Poh & Co. Bitesize | Poh & Co. Bitesize Series 2 Ep 7 | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-06-30 | 2430 | The Cook And The Chef | Bananas And Artichokes | On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes. | AUSTRALIA | English-100 | | G | |
| 2022-06-30 | 2500 | John Torode's Asia | Hong Kong Traditional | John Torode finds himself in the bustling metropolis of Hong Kong looking for traditional dishes. His first stop is the Lan Kwai Fong district where he explores the markets. | UNITED KINGDOM | English-100 | | G | |
| 2022-06-30 | 2530 | Michel Roux's French Country Cooking | Michel Roux's French Country Cooking Series 1 Ep 8 | Michel Roux continues on his food adventure, looking for the best produce he can find to bring back to his holiday kitchen. Today he visits a pig farm in search of the best cuts for a delicious pork. | UNITED KINGDOM | English-100 | | PG | |
| 2022-06-30 | 2625 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 8 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-06-30 | 2630 | Top Chef | Music City USA | The chefs take a roadtrip to Nashville and have the honor of cooking on the stage of the Grand Ole Opry for country music sensation Hunter Hayes. | USA | English-100 | | PG | |
| 2022-06-30 | 2725 | Destination Flavour - Japan | Destination Flavour Japan Bitesize Series 1 Ep 5 | 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-100 | RPT | G | Y |
| 2022-06-30 | 2730 | Sourced | From Volcanoes To Redwoods | From Sicilian pistachios grown in the shadow of Mount Etna, to an epic feast under the California Redwoods, Guy travels to some of the most visually stunning areas in the world. | USA | English-100 | | PG | |
| 2022-06-30 | 2800 | Nigella Bites | Comfort Food | Nigella Lawson shares recipes of her favourite comfort foods. First up are rich and creamy mashed potatoes, which can also be used as leftovers to make Salmon Cakes. | UNITED KINGDOM | English-100 | RPT | G | Y |

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|------------|------|--|---|---|----------------|-------------|-----|----|---|
| 2022-06-30 | 2830 | Nigella Bites | All-Day Breakfast | Why be constrained by a time table? Enjoy breakfast food day or night. For Nigella Lawson breakfast starts with pancakes and muffins. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-07-01 | 0500 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 63 | Matt demonstrates how to smoke salmon, and uses it to fill bagels. Guest Scotty McRae joins Courtney in the kitchen, and together they make whitebait fritters and pickled mussels. | AUSTRALIA | English-100 | | G | |
| 2022-07-01 | 0530 | Plat du Tour | Plat Du Tour Series 1 (30min Version) Ep 1 | Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffle, as well as a traditional bouillabaisse, and finishes with an ile flottante. | | English-100 | | PG | |
| 2022-07-01 | 0600 | John Torode's Asia | Hong Kong Traditional | John Torode finds himself in the bustling metropolis of Hong Kong looking for traditional dishes. His first stop is the Lan Kwai Fong district where he explores the markets. | UNITED KINGDOM | English-100 | | G | |
| 2022-07-01 | 0630 | Struggle Meals | Street Food Faves At Home | Frankie makes street food at home, and it's fresher, healthier, and cheaper! Then get ready, because you've never seen rice like this before. | USA | English-100 | | PG | |
| 2022-07-01 | 0700 | My Market Kitchen | My Market Kitchen Series 4 Ep 64 | Elena and Khanh are in the My Market Kitchen today cooking up a Thai Green Papaya Salad. Khanh takes us to his restaurant, The George on Collins for a Smokey Sriracha Noodles recipe. Then Rob Rees and Elena are show us a Twice-Baked Cheese Souffle | AUSTRALIA | | | PG | |
| 2022-07-01 | 0730 | Make This Tonight | Iconic Persian Stew | | USA | English-100 | | PG | |
| 2022-07-01 | 0800 | Rick Stein's Taste Of The Sea | Rick Stein's Taste Of The Sea Series 1 Ep 1 | You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes. | UNITED KINGDOM | English-100 | | PG | |
| 2022-07-01 | 0830 | Michel Roux's French Country Cooking | Michel Roux's French Country Cooking Series 1 Ep 8 | Michel Roux continues on his food adventure, looking for the best produce he can find to bring back to his holiday kitchen. Today he visits a pig farm in search of the best cuts for a delicious pork. | UNITED KINGDOM | English-100 | | PG | |
| 2022-07-01 | 0925 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 8 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-07-01 | 0930 | Top Chef | Music City USA | The chefs take a roadtrip to Nashville and have the honor of cooking on the stage of the Grand Ole Opry for country music sensation Hunter Hayes. | USA | English-100 | | PG | |
| 2022-07-01 | 1025 | Destination Flavour - Japan | Destination Flavour Japan Bitesize Series 1 Ep 5 | 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-100 | RPT | G | Y |
| 2022-07-01 | 1030 | Nigella Feasts | Food To Go | This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-07-01 | 1100 | The Cook Up With Adam Liaw | Wine | Zero Waste warrior Sarah Wilson and Three Blue Ducks owner Mark LaBrooy join Adam in the Cook Up kitchen to create dishes that make wine the hero. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2022-07-01 | 1130 | Food Safari Earth | Food Safari Earth Series 1 Ep 9 | Maeve O'Meara explores the delicious world of tropical fruits and vegetables with recipes from Asia, the Pacific and South America. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-07-01 | 1200 | My Market Kitchen | My Market Kitchen Series 4 Ep 64 | Elena and Khanh are in the My Market Kitchen today cooking up a Thai Green Papaya Salad. Khanh takes us to his restaurant, The George on Collins for a Smokey Sriracha Noodles recipe. Then Rob Rees and Elena are show us a Twice-Baked Cheese Souffle | AUSTRALIA | | | PG | |
| 2022-07-01 | 1230 | Make This Tonight | Iconic Persian Stew | Chef Einat shares her family recipes for Ghormeh Sabzi - lamb stew with chickpeas, spinach, and spices along with her perfect Pilaf Rice and refreshingly simple Fresh Herb Salad | USA | English-100 | | PG | |
| 2022-07-01 | 1300 | John Torode's Asia | Hong Kong Modern | Inspired by a breathtaking view of the skyline, John Torode begins his exploration of Hong Kong's modern cuisine with an introduction to Cha Chaan Teng for breakfast. | UNITED KINGDOM | English-100 | | PG | |
| 2022-07-01 | 1330 | Sourced | Regional Favorites | Whether it's mole in Mexico or tiramisu in Italy, Guy gets a taste of regional specialties and uncovers the ingredients that give them their characteristic flavour. | USA | English-100 | | PG | |
| 2022-07-01 | 1400 | Nigella Bites | Trashy | Nigella Lawson turns her back on food snobs, preparing the type of recipes most chefs wouldn't be seen dead making, including ham baked in cola and a chocolate lime cheesecake. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-07-01 | 1430 | Nigella Bites | Temple Food | For anyone suffering after a heavy night of partying, Nigella Lawson has just the tonic, offering suggestions for dishes that cleanse the mind and body. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-07-01 | 1500 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 64 | Matt prepares his version of a cauliflower and broccoli bake, while guest Scotty McRae joins Courtney in the kitchen to make Indian-spiced lamb cutlets. | AUSTRALIA | English-100 | | G | |

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|------------|------|--------------------------------------|--|---|--|-------------|----------------|-----|----|---|
| 2022-07-01 | 1530 | Plat du Tour | Plat Du Tour Series 1 (30min Version) Ep 2 | Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin. | | English-100 | | | PG | |
| 2022-07-01 | 1600 | Just Jen | Feeling Stuck | Feeling stuck? Jen shares some recipes for the kitchen and home to help you get moving - in more ways than one. | | English-100 | USA | | PG | |
| 2022-07-01 | 1630 | Struggle Meals | Sweet On You | Sweet potatoes and a sweet tooth - Frankie's got you covered with recipes that are cheap and full of nutrition, as well as those for when you want to indulge. | | English-100 | USA | | PG | |
| 2022-07-01 | 1700 | My Market Kitchen | My Market Kitchen Series 4 Ep 65 | On My Market Kitchen today Elena is joined by Kinsan from Asian Inspirations for a traditional Pork & Vegetable Ramen dish. Then Khanh bakes his Classic Chocolate Brownies, followed by Elena's favourite ways to prepare oysters. | | English-100 | AUSTRALIA | | PG | |
| 2022-07-01 | 1730 | Make This Tonight | Count Of Monte Cristo Goes To Cuba, The | Chef Jason merges two iconic sandwiches into a super, savory powerhouse of flavors. Meet the Monte Cristo Cubano, complete with slow-roasted, mojo pork, country ham, and battered swiss cheese. | | English-100 | USA | | PG | |
| 2022-07-01 | 1800 | The Cook And The Chef | Cooking In A Restaurant | Simon is deep in discussion with the Hotel's Maitre d' Atef. Simon and Atef are looking at some changes in the menu and deciding on a corresponding change in the recommended wine match. | | English-100 | AUSTRALIA | | G | |
| 2022-07-01 | 1830 | Rick Stein's Taste Of The Sea | Rick Stein's Taste Of The Sea Series 1 Ep 2 | You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes. | | English-100 | UNITED KINGDOM | | PG | |
| 2022-07-01 | 1900 | The Cook Up With Adam Liaw | Chickpeas | SBS News presenter Janice Petersen and actor Dane Simpson are in the Cook Up kitchen with Adam to create some easy chickpea recipes. | | English-100 | AUSTRALIA | RPT | PG | Y |
| 2022-07-01 | 1930 | Food Safari Earth | Food Safari Earth Series 1 Ep 10 | Maeve O'Meara explores the full bodied flavours of Autumn in culinary adventures that traverse the cuisines of the world. | | English-100 | AUSTRALIA | RPT | G | Y |
| 2022-07-01 | 2000 | Secret Delicious | Mumbai | Food writer Aun Koh travels to Mumbai and discovers a secret 'swine-dine' club and gets acclaimed chef Rahul Akerkar to prepare street foods like Chaat, Sev Puri and his famous off-menu dish. | | English-100 | SINGAPORE | | PG | |
| 2022-07-01 | 2030 | Royal Recipes | Diplomatic Relations | On Royal Recipes Presenter Michael Buerk is joined by chef Paul Ainsworth in the kitchen wing of one of Britain's grandest stately homes. | | English-100 | UNITED KINGDOM | | G | |
| 2022-07-01 | 2125 | Poh & Co. Bitesize | Small Business | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | | English-100 | AUSTRALIA | RPT | G | Y |
| 2022-07-01 | 2130 | Top Chef | Hoop Dreams | Kentucky based Top Chef alum Ed Lee drops by for a Quickfire that's part trivia, part culinary creativity. | | English-100 | USA | | PG | |
| 2022-07-01 | 2225 | Destination Flavour - Japan | Destination Flavour Japan Bitesize Series 1 Ep 6 | 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. | | English-100 | AUSTRALIA | RPT | G | Y |
| 2022-07-01 | 2230 | The Cook Up With Adam Liaw | Chickpeas | SBS News presenter Janice Petersen and actor Dane Simpson are in the Cook Up kitchen with Adam to create some easy chickpea recipes. | | English-100 | AUSTRALIA | RPT | PG | Y |
| 2022-07-01 | 2300 | Just Jen | Feeling Stuck | Feeling stuck? Jen shares some recipes for the kitchen and home to help you get moving - in more ways than one. | | English-100 | USA | | PG | |
| 2022-07-01 | 2330 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 24 | The jokes are flying thick and fast, as Bradley Walsh and Joe Pasquale join chefs Gino D'Acampo and Lesley Waters for today's classic 20-minute cooking challenge, with host Ainsley Harriott. | | English-100 | UNITED KINGDOM | | G | |
| 2022-07-01 | 2420 | Poh & Co. Bitesize | Poh & Co. Bitesize Series 2 Ep 8 | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | | English-100 | AUSTRALIA | RPT | G | Y |
| 2022-07-01 | 2430 | The Cook And The Chef | Cooking In A Restaurant | Simon is deep in discussion with the Hotel's Maitre d' Atef. Simon and Atef are looking at some changes in the menu and deciding on a corresponding change in the recommended wine match. | | English-100 | AUSTRALIA | | G | |
| 2022-07-01 | 2500 | John Torode's Asia | Hong Kong Modern | Inspired by a breathtaking view of the skyline, John Torode begins his exploration of Hong Kong's modern cuisine with an introduction to Cha Chaan Teng for breakfast. | | English-100 | UNITED KINGDOM | | PG | |
| 2022-07-01 | 2530 | Royal Recipes | Diplomatic Relations | On Royal Recipes Presenter Michael Buerk is joined by chef Paul Ainsworth in the kitchen wing of one of Britain's grandest stately homes. | | English-100 | UNITED KINGDOM | | G | |
| 2022-07-01 | 2625 | Poh & Co. Bitesize | Small Business | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | | English-100 | AUSTRALIA | RPT | G | Y |

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|------------|------|---|--|---|----------------|-------------|-----|----|---|
| 2022-07-01 | 2630 | Top Chef | Hoop Dreams | Kentucky based Top Chef alum Ed Lee drops by for a Quickfire that's part trivia, part culinary creativity. | USA | English-100 | | PG | |
| 2022-07-01 | 2725 | Destination Flavour - Japan | Destination Flavour Japan Bitesize Series 1 Ep 6 | 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-100 | RPT | G | Y |
| 2022-07-01 | 2730 | Sourced | Regional Favorites | Whether it's mole in Mexico or tiramisu in Italy, Guy gets a taste of regional specialties and uncovers the ingredients that give them their characteristic flavour. | USA | English-100 | | PG | |
| 2022-07-01 | 2800 | Nigella Bites | Trashy | Nigella Lawson turns her back on food snobs, preparing the type of recipes most chefs wouldn't be seen dead making, including ham baked in cola and a chocolate lime cheesecake. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-07-01 | 2830 | Nigella Bites | Temple Food | For anyone suffering after a heavy night of partying, Nigella Lawson has just the tonic, offering suggestions for dishes that cleanse the mind and body. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-07-02 | 0500 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 64 | Matt prepares his version of a cauliflower and broccoli bake, while guest Scotty McRae joins Courtney in the kitchen to make Indian-spiced lamb cutlets. | AUSTRALIA | English-100 | | G | |
| 2022-07-02 | 0530 | Plat du Tour | Plat Du Tour Series 1 (30min Version) Ep 2 | Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin. | | English-100 | | PG | |
| 2022-07-02 | 0600 | Just Jen | Feeling Stuck | Feeling stuck? Jen shares some recipes for the kitchen and home to help you get moving - in more ways than one. | USA | English-100 | | PG | |
| 2022-07-02 | 0630 | Struggle Meals | Sweet On You | Sweet potatoes and a sweet tooth - Frankie's got you covered with recipes that are cheap and full of nutrition, as well as those for when you want to indulge. | USA | English-100 | | PG | |
| 2022-07-02 | 0700 | My Market Kitchen | My Market Kitchen Series 4 Ep 65 | On My Market Kitchen today Elena is joined by Kinsan from Asian Inspirations for a traditional Pork & Vegetable Ramen dish. Then Khanh bakes his Classic Chocolate Brownies, followed by Elena's favourite ways to prepare oysters. | AUSTRALIA | | | PG | |
| 2022-07-02 | 0730 | Make This Tonight | Count Of Monte Cristo Goes To Cuba, The | Chef Jason merges two iconic sandwiches into a super, savory powerhouse of flavors. Meet the Monte Cristo Cubano, complete with slow-roasted, mojo pork, country ham, and battered swiss cheese. | USA | English-100 | | PG | |
| 2022-07-02 | 0800 | Rick Stein's Taste Of The Sea | Rick Stein's Taste Of The Sea Series 1 Ep 2 | You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes. | UNITED KINGDOM | English-100 | | PG | |
| 2022-07-02 | 0830 | Royal Recipes | Diplomatic Relations | On Royal Recipes Presenter Michael Buerk is joined by chef Paul Ainsworth in the kitchen wing of one of Britain's grandest stately homes. | UNITED KINGDOM | English-100 | | G | |
| 2022-07-02 | 0925 | Poh & Co. Bitesize | Small Business | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-07-02 | 0930 | Top Chef | Hoop Dreams | Kentucky based Top Chef alum Ed Lee drops by for a Quickfire that's part trivia, part culinary creativity. | USA | English-100 | | PG | |
| 2022-07-02 | 1025 | Destination Flavour - Japan | Destination Flavour Japan Bitesize Series 1 Ep 6 | 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-100 | RPT | G | Y |
| 2022-07-02 | 1030 | Secret Delicious | Mumbai | Food writer Aun Koh travels to Mumbai and discovers a secret 'swine-dine' club and gets acclaimed chef Rahul Akerkar to prepare street foods like Chaat, Sev Puri and his famous off-menu dish. | SINGAPORE | English-100 | | PG | |
| 2022-07-02 | 1100 | The Cook Up With Adam Liaw | Chickpeas | SBS News presenter Janice Petersen and actor Dane Simpson are in the Cook Up kitchen with Adam to create some easy chickpea recipes. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2022-07-02 | 1130 | Food Safari Earth | Food Safari Earth Series 1 Ep 10 | Maeve O'Meara explores the full bodied flavours of Autumn in culinary adventures that traverse the cuisines of the world. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-07-02 | 1200 | My Market Kitchen | My Market Kitchen Series 4 Ep 65 | On My Market Kitchen today Elena is joined by Kinsan from Asian Inspirations for a traditional Pork & Vegetable Ramen dish. Then Khanh bakes his Classic Chocolate Brownies, followed by Elena's favourite ways to prepare oysters. | AUSTRALIA | English-100 | | PG | |
| 2022-07-02 | 1230 | Make This Tonight | Count Of Monte Cristo Goes To Cuba, The | Chef Jason merges two iconic sandwiches into a super, savory powerhouse of flavors. Meet the Monte Cristo Cubano, complete with slow-roasted, mojo pork, country ham, and battered swiss cheese. | USA | English-100 | | PG | |
| 2022-07-02 | 1300 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 65 | Matt prepares red curry rice, while Courtney is joined by guest Scotty McRae to make an old favourite - the ultimate cheese toastie! | AUSTRALIA | English-100 | | G | |
| 2022-07-02 | 1330 | How To Cook Like Heston | Chocolate | Heston challenges the way we cook chocolate as he lifts the lid on his magical popping candy, passionfruit gateaux with an exploding base, and an amazing flowerpot tiramisu. | UNITED KINGDOM | English-100 | RPT | G | Y |

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| 2022-07-02 | 1400 | How To Cook Like Heston | Chicken | It might be the most popular meat in the world but Heston Blumenthal thinks the old bird needs a bit of a makeover. First up, he attempts a new way to roast a chicken. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-07-02 | 1430 | Bake With Anna Olson | Ice Cream | Pastry chefs are responsible for making their own ice cream in restaurants, and their creativity can really shine through. Anna prepares green apple sorbet, as well as a classic chocolate gelato. | CANADA | English-100 | | G | |
| 2022-07-02 | 1500 | Bake With Anna Olson | Swiss Meringue | Anna shares her tips and tricks for preparing the perfect Swiss meringue. She makes Swiss meringue raspberry gems, chocolate divinity candy, and a lemon swiss buttercream hatbox cake. | CANADA | English-100 | | G | |
| 2022-07-02 | 1530 | Martha Bakes | Pastry Cream | Learn all the techniques to master one of the building blocks of a great dessert, pastry cream. It's a staple that every baker should know how to make because it has endless applications. | USA | English-100 | | G | |
| 2022-07-02 | 1600 | Martha Bakes | French Meringue | French meringue is one of the most simple, yet mysterious traditions in the world of pastry. Let Martha demystify this classic French technique and unlock a world of heavenly light sweets. | USA | English-100 | | G | |
| 2022-07-02 | 1630 | Jimmy Shu's Taste of The Territory | Seafood | At one of Darwin's wharfs Jimmy meets self-taught chef Rachael Ciesolka, who shows Jimmy how to cook her signature lemon citrus mud crab dish. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-07-02 | 1700 | Jimmy Shu's Taste of The Territory | Bush Foods | Jimmy heads 500km east of Darwin to the remote Arnhem Land coastal community of Maningrida. He visits Maningrida Wild Foods and goes harvesting with local landowners for various bush foods. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-07-02 | 1730 | Cheese Slices | Ancient Cheese Of Portugal, The | Until recently, Portugal's traditional ewe's milk cheeses were rarely found outside the country. Will travels to the rugged mountains of the north to find out more about the king of Portuguese cheese. | AUSTRALIA | English-100 | | G | |
| 2022-07-02 | 1800 | Cheese Slices | Mozzarella And The Cheeses Of Campania | Will journeys to Italy's picturesque Campania region to look at stretched curd cheeses and finds it hard to resist the lingering flavour and sensual texture of buffalo cheese made from raw milk. | AUSTRALIA | English-100 | | G | |
| 2022-07-02 | 1830 | Heston's Great British Food | Puddings | Heston takes on the classic British pudding, making one that looks like a hot dog, another involving a cow's udder, a Victorian sponge, and some custard with nice lumps for a change. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-07-02 | 1925 | Poh & Co. Bitesize | Garden, The | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-07-02 | 1930 | Ainsley's Australian Market Menu | Ainsley's Market Menu Series 1 Ep 5 | Ainsley's journey takes him to the coastal haven of Wollongong for the hustle and bustle of the 'Friday Foragers Market'. There's a big emphasis on organic food. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-07-02 | 2030 | Jamie's Food Escapes | Andalucia | Jamie travels to Andalucia in Southern Spain where he eats heavenly cakes cooked by nuns, and joins in the community festivities as he cooks a giant paella for a whole village. | UNITED KINGDOM | English-100 | | PG | |
| 2022-07-02 | 2125 | Destination Flavour Scandinavia Bitesize | Destination Flavour Scandinavia Bitesize Series 1 Ep 1 | Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-07-02 | 2130 | Jamie & Jimmy's Food Fight Club | Desserts | Jimmy and Jamie want to see if British puds can beat Italian desserts. Jonathan Ross pops into the cafe to cook an extra-special bread and butter pudding with the boys. | UNITED KINGDOM | English-100 | | G | |
| 2022-07-02 | 2225 | Destination Flavour Fillers | Destination Flavour Bitesize Series 1 Ep 8 | Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-07-02 | 2230 | Jamie & Jimmy's Food Fight Club | Beer | Jimmy and Jamie want to see if they can beat the Belgians at their own game - by making a better beer. Jamie and Jimmy set off to find a new generation of artisan beer makers. | UNITED KINGDOM | English-100 | | PG | |
| 2022-07-02 | 2325 | Destination Flavour Fillers | Destination Flavour Bitesize Series 1 Ep 9 | Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-07-02 | 2330 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 25 | No blue flashing lights but plenty of action as Casualty stars Jane Hazlegrove and Marr Bardock join chefs James Tanner and Lesley Waters for another classic 20-minute cooking challenge. | UNITED KINGDOM | English-100 | | G | |
| 2022-07-02 | 2420 | Destination Flavour Scandinavia Bitesize | Destination Flavour Scandinavia Bitesize Series 1 Ep 1 | Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-07-02 | 2430 | Heston's Great British Food | Puddings | Heston takes on the classic British pudding, making one that looks like a hot dog, another involving a cow's udder, a Victorian sponge, and some custard with nice lumps for a change. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-07-02 | 2525 | Poh & Co. Bitesize | Garden, The | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |

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| 2022-07-02 | 2530 | Ainsley's Australian Market Menu | Ainsley's Market Menu Series 1 Ep 5 | Ainsley's journey takes him to the coastal haven of Wollongong for the hustle and bustle of the 'Friday Foragers Market'. There's a big emphasis on organic food. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-07-02 | 2630 | Jamie & Jimmy's Food Fight Club | Desserts | Jimmy and Jamie want to see if British puds can beat Italian desserts. Jonathan Ross pops into the cafe to cook an extra-special bread and butter pudding with the boys. | UNITED KINGDOM | English-100 | | G | |
| 2022-07-02 | 2725 | Destination Flavour Fillers | Destination Flavour Bitesize Series 1 Ep 8 | Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-07-02 | 2730 | Jamie & Jimmy's Food Fight Club | Beer | Jimmy and Jamie want to see if they can beat the Belgians at their own game - by making a better beer. Jamie and Jimmy set off to find a new generation of artisan beer makers. | UNITED KINGDOM | English-100 | | PG | |
| 2022-07-02 | 2825 | Destination Flavour Fillers | Destination Flavour Bitesize Series 1 Ep 9 | Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-07-02 | 2830 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 65 | Matt prepares red curry rice, while Courtney is joined by guest Scotty McRae to make an old favourite - the ultimate cheese toastie! | AUSTRALIA | English-100 | | G | |