

LA Unscripted | May 30th, 2023

From hotspots to hidden gems This is your guide to all things local The L A unscripted way from Salty Girl on the Sunset Strip seafood towers tinned fish lobster rolls It is a fish This nautical New England eatery is making a splash And so oh so for the next half hour everything is fishy is lau tackles local fantastic seafood spots Sure to get you hooked first stop revealing what it means to be a salty girl The quality of lobster in this is outstanding Oh you wouldn't dare me to eat the bone Oh my God There's no question that there was a need for this kind of seafood on the west coast It's not just about New England seafood but we're addressing the fish that people do eat in Los Angeles So we have every iteration of seafood and fish Salty girl is a seafood bar that lives on Sunset Boulevard in West Hollywood I had this notion of putting together seafood from Spain in Tins in Portugal That is so beautiful You know I've married it kind of with a New England seafood concept and it's really worked well My dad was an avid sailor And it happens that my mom and my sister were not crazy about sailing So I by default became his sailing buddy So I wound up in the galley always preparing lunch for everybody And we would sail up and down the east coast And on our journeys we would be eating fresh crab and fresh lobster right off of the lobster men's boat If you were going to make a commercial of what a lobster roll should look like This looks like an ad campaign It was an experience that I don't think you ever forget that kind of taste that you have of your first bite of something that's so fresh right out of the ocean No Life This is my favorite lobster roll I have ever had in my entire life bar None By far it is insane The first location of ours is in Boston It started very small 30 seats and we had that for about five years It's now 260 seats in Boston Dark crab toast believe it or not Our steak tartare is a signature dish People in L A have not had a fried clam in a long time So people are ordering two baskets of fried clams because they're like this brings me home back to the coast We're really known for our lobster waffle It's uh we serve it a brunch here Corn butter and a gorgeous maple syrup It's a tad bit spicy chopped lobster Yeah So it's kind of like a New England treat You've got corn and lobster and maple syrup I don't think you can do any better She's not listening There's layers of flavor and it gets a little spicy at the end Oh my God And that syrup and the tender tender of the lobster and the butter and the the waffle itself is oh my God That is insane I think when a lot of people think of seafood restaurants they think of fresh seafood You don't really think of tinned

seafood So tell me a little bit about that Tinned seafood has been a part of our brand since day one You know we have about 100 different tins on our menu really ranging from sardines to mackerel to Mussels as you have on your they're all curated by Cathy and myself and you know we've picked them for the restaurant and they're great Well I think the experience when a guest comes to the restaurant is to have a smattering of the tinned fish so that they can taste every iteration And really it's almost like the cry of the sea I think salty girl for me means a confluence of things One I think it speaks to really women Two I think it speaks quite literally to loving salt three I think it speaks to a lifestyle growing up on a boat in the sea and the heartiness that it requires to endure that Do you ever get sick of eating Lobster Never I would not either Not a day has gone by that I have not thought about that lobster roll All right now casting a wide net across town Our Olivia de Bartoli reels in vegan sushi Who knew the American idea of sushi really started in Los Angeles And it's sort of spread throughout the the world Actually this one looks delicious It is the crunch Hi I'm Graham I'm a sushi chef here at Kamu in DTL A Kamu is a small family run sushi company that started in 2016 in Silver Lake just because we don't want anybody to be left out We want to be inclusive to anybody that really wants to enjoy sushi We have a very specific specialty role section that was curated by our owner Harry And we also have a very large selection of vegetarian and vegan options and with the ability to make certain things vegan or vegetarian if need be ok I'm just going to go for it Kombu is a type of dried kelp mainly It's the basis for making your dashi which is the base for your miso soup And it was also just the name of their Shibas Bu is a rescue Shiba Inu that our owners Harry and Susie rescued in 2014 And uh he has become the namesake for their company We've got the licensing available so people can bring their dogs inside if they'd like to Um we've got a ample patio space at both locations We make sure that there's plenty of water bowls and we also have a few menu items just for the dog It's real simple just brown rice and salmon fresh salmon and it's just a wonderful treat when you bring your puppet Yeah and healthy and delicious for your dog This is uh the arts district Um We're just kind of like wedged in between the river skid row and little Tokyo And it's just really up and coming Most of the people are really fantastic and uh and everybody's really accepted us into the neighborhood And I love that you know you can still enjoy sushi and be vegan And it's like some of the greatest sushis that there is from f fish to Caviar clams and crustaceans today We are luring you in with so how sensational seafood

spots next up being in the know on where to go crazy for cru crudo was something that I was already known for working with local fish and working with these sort of Italian flavors but with an L A palate So doing something that was really seafood forward that was choosing things the right way was super important to me and you get the halibut today just scaled right now Thank you So Wednesday markets are the biggest market right down the street in Santa Monica We get fish and uh produce from there as Well so it's our big receiving day Uh We take in everything and then just got some uni and oysters Uh all came in from Santa Barbara this morning So Koido is a small shop Uh We're a fish market and raw bar in Santa Monica So we sell low intervention wine fish by the pound But we also do small plates of crudo and vegetables all day long and you can come by and have either a Oikari tasting menu or a quick light lunch We have the uni tacos Beautiful started cooking in Italy Uh That's where I like really got to build a passion and like really real respect for local ingredients sourced in the right way handled the right way with like love The menu is really inspired by classic Southern Italian plate ups where when you're traveling through Sicily or Positano or the Malfi or kind of these like Mediterranean Islands even in Southern Spain you get something that is pristine quality pulled out of the water by someone you know sliced and topped with olive oil and that's about it So we take that just a step further We're gonna slice a little fish and garnish Rita together This is a halibut that we just had come in this morning Like Captain Vin Crudo we wanted to really lean into the fact that we're just specializing in raw fish and not sushi not ceviche not mariscos Like we wanted to highlight this as its own type of food group Noo is in reference to a lot of things you know the fish is mostly comes and then is plated naked But it's also like because it's our first passion project It's also like us putting ourselves out there to the world kind of naked you know and vulnerable and look how pretty and like snow white It is like it's just beautiful So this is our favorite part We lay these out ok on the plate and then you're gonna dress them So the dashi right there is made from the halibut bones from the halibut from last week Oh really And that is our hal start to finish Looks It looks gorgeous I down a one piece It is so rich It is delicious Thankfully from day one Credo has been the top seller So now we're serving people like you know they're clamoring for abalone They're like eating pres out of our hand like it's like just a dream come true Coming up You better believe we have more local locations Making waves on the West Coast Scripted from Salty Girl in West Hollywood will be right back Don't go sailing away just yet Welcome back

to the show that shows you what to do and where to go I'm David De but for this seafood special consider me So cows Captain of Press Station today we set our Sonar to Salty girl in West Hollywood and foodies agree The Sunset boulevard stand out is a catch for its cocktails too including the kumquat with its ginger sesame kumquat syrup Japanese whiskey and egg whites and Oh cheers Wow All right Where do you like to locally Carpe Diem Let me know and be sure to tag KTL A unscripted when you're out and about just like her Olivia who's swimming all over town for tonight's fish frenzy It's time to get electric at the only eel specialty restaurant in L A So we unagi specialty restaurant so that you has your more unique texture can compare any other fish So we have a nine in nationwide And also we wanted to try and bring us a little bit of the Japanese history to the US How amazing Japanese unagi can be So I'm going to grab it This was already steamed I'm going to dip in the eel sauce just submerge it like that OK Drip drip drip drip OK And then I'm gonna put it right here Mm Look at that sizzle the vitamin So the benefit of eating up the nai is vitamin ABC de and more are there so many beneficial to eating out Nai I'm going to become the chef today You're going to show me how to make stuff right first I need the chef Thank you so much I have the chef coat on So I really should be the chef right So I'm gonna try to prepare my own eel So push these down first and then take it out Oh I got one We have all the food in front of us and I'm so excited to try before we start a little fun Fact we got an email from this restaurant You guys are fans of the show So we really appreciate it Do you love our show Yes thank you so much OK So you said just eat it as is just to get the pure taste of the eel and the rice right So go now OK here we go Like I said I wasn't a fan of eel So we'll try see how this goes Oh my God that's so good That's completely different from any eel I've ever had in my life See anything is possible when you live life unscripted So don't go anywhere We'll be right back I might need another One of these a has been diving into favorite local fish fair and here it salty girl we are up to our gills in good food I stuffed like an absolute blowfish But you know this salty girl always has room for dessert Joining me now is been and then you are the creator of Sweet Boy which goes with Salty Girl Tell me how that started a month into the pandemic I was baking cookies for friends and posting a couple and somebody DM me and ordered a box of cookies and ended up gifting them to Busy Phillips the actress the actress Busy Phillips and she ended up posting the next day and I woke up with 300 orders and I had a business My mom and I have always had amazing chemistry in the kitchen I grew up

basically with a wooden spoon in my hand her sous chef So when the opportunity came up and she decided to open in Los Angeles it was kind of kit that we decided to start to work together This is apparently one of the crown jewels on the dessert menu What is this So this is a sweet bun which is my variation of a I don't even know where to You just need to dive in like the top or the like oh my God Look at the inside of this And by the way there's all this is this toffee t a lot of my inspiration for all of these dishes is like an homage to fabulous desserts from my childhood that I either grew up cooking with my mom or wanted to re invent They have No but I hear words You just said that's compliment I'm good Oh my God You know trying local spots and reporting back to you is actually my job and I love it so much now where the world can be your oyster Oh everybody always asks us about the name We found the spot for the oysters It's basically as simple as that The restaurant itself is really an homage to east coast seafood restaurants oyster bars clam shacks like that with an emphasis on sustainably caught seafood We have not today not in season but generally an oyster called Little Nam Sake It which is from my parents' Oyster Farm where I grew up on Cape Cod in Massachusetts We sell mostly Cape Cod Maine Prince Edward Island New Brunswick Canada South Carolina and some South Carolina as well where Ari's from but it's our preferred for sure Oyster what we think is the best I've worked with seafood Basically my entire career grew up around it as well So it was just kind of a no brainer especially on this side of town It's really not a lot like it is working with fish like this something you always wanted to do 100% Uh Well I mean there's just so much variety like a cow is a cat right There's hundreds thousands of fish You know you want to get into that Well I'm trying to get into that Well you gotta have a little patience That's not my strong suit Oh I see what you're doing Yeah Yeah I see what you got going there I did it I feel like this is like a biology lesson What is this sauce That's the mignonette mone that Joe's mom came up with Joanne's famous mignonette Those are delicious They're so good They're like meatier A little bit meatier and a little bit saltier Definitely but really smooth and with the acid in Joanne's sauce Oh my God It was so good We've definitely had a tremendous amount of success here And yes that's very surprising I mean everybody knew we all knew it was gonna do well but certainly it's far exceeded our expectations I'm a fan of our uh clam frites personally Uh huge fan We don't do it every day but when we have them in we get great little neck clams from the northeast and uh just simply steam them big fan of the crab cocktail Chilled crab dip with Ritz Crackers right behind us is the toast

scallop Tostada is our most popular for sure Super delicious This is the scallop Tostada scallop Tostada It's definitely our most popular thing We tell every table as well that they can miss it So I've never had a scallop and a Tostada together Neither have I That is delicious Oh my glove And as we talked about earlier best wedge salad in town So the trick that we do here to start is we'll actually kind of crush this a bit OK So that all the dressing can get inside of it Nick Keys You gotta get a little bit in every bite right You got a little blue cheese a little bacon a little tomato a little bacon little tomato perfect bite As soon as we met each other it was it was for sure You know I was going to say love at first sight But I guess that yeah it is what it is Love at first sight Like it worked out right away Do you want to go into our first date or what What are you making So we're going to make a Sicilian crudo OK Japanese Komachi OK With some olive oil lemon juice capers red onion Very simple preparation OK You guys that is so fresh and delicious It's buttery but the fish is almost buttery I don't know if I've ever tasted anything that fresh Oh Shucks I really love living life unscripted and so does Doug Cok So here we are at San Pedro fish market is our main hallway I like the swordfish Salmon is always great Makes you feel a little bit healthy but go with that today I think we're gonna try super tray That's all right with you Sounds good to me Can we add one of these giant king crab legs because they're beautiful And then for you know for people that are not comfortable waiting in line and coming down here we can ship to them too We have uh national shipping and you can also download our app where you can order and have it delivered to your house from any of our six locations that we now have You got the shrimp the veggies the potatoes Well that is the whole tray Swordfish salmon sea bass shrimp We should have a king crab leg mixed in there somewhere And there we go you wanna carry the tray or you wanna carry the hot sauce I'll get the tray The pressure is on right now All right Here we go Lobster I see the trying to find there's our king crab That's a crab leg shrimp veggies potatoes garlic bread Yeah So it's a full feast All right let's dig in Awesome A little bit of fish Some shrimp might as well go with the uh king crab we were looking at So you've taken this vision from your your family and you kind of just ran with it It's a family k growing So the business gotta keep up You know we've been down here since 1956 We're like a hit in 65 years Still family owned and operated My brothers and I and Tommy Jr our fathers and grandfathers started the business when they were 15 years old and now we run it and our kids are coming to work here So this tray right here could just be delivered to your house You can order a version

of this Yeah just like this And you can either have it sent to your house you can come pick it up or we have a raw version that you can cook on your own and we can ship it anywhere in the country So we're doing everything we can to keep people safe comfortable happy and well fed Did you ever get sick of seafood No Dear God we are out of time but don't be a dumb that I said that come back from war spot Where will we be next off Script Drop us a line and suggest your local go to we'll see you next time everyone