

LA Unscripted | April 21st, 2023

From hot spots and hidden gems to lots of local flavor It's your guide to L A the unscripted way And tonight it's viewers choice ever wonder where we get some of our best stories from you Our amazing viewers tonight we pay homage to our fellow unscripted whose emails have sent us all over town First stop A ghost kitchen with a former celebrity chef Mamma Mia I love my quesadilla Ever thought of putting shrimp or bacon on your quesadilla Well quesadilla Mia did and now we're going inside their ghost kitchen where they're taking the cheesy treat to new levels I guess you can call it a new food concept Um a kind of a spin on a traditional Mexican dish Um You wouldn't want to think about it more like a pizza Um So quesadillas that you can kind of create with whatever ingredients you want um and make it your own you know hence the name quesadilla Mia which means my quesadilla People don't know that you can really put anything into a quesadilla you know much like you can with the burritos But for some reason people have just been scared to do it of course I have your you know your regular chicken shrimp steak Um But then we kind of get a little bit different We have an Italian risotto quesadilla with caramelized mushrooms We have a braised beef short rib quesadilla with caramelized onions You can kind of get on the vegetarian side Quinoa roasted corn with kale We have a sweet potato and black bean quesadilla but we have a variety of quesadillas But the real big thing of it is that you can make your own and build your own Sometimes you order them and we have quesadillas that are about you know almost three or four inches thick and you know hey if you like it I love it You ready to make a uh Yeah let's do it So we use fresh fresh tortillas every time Um And for this one we're gonna use a sun dried tomato and basil tortilla Um And you know it's good when you do the Happy Dance I started out cooking roughly about uh I guess you could say almost about 15 years ago Now I had a long career in finance and banking Um you know and I was good at it but I didn't necessarily love it you know so I quit my job went to culinary school started working in a few restaurants had a catering business with a partner um worked as a private chef for about five years But you know I was still missing that one thing which was doing something that I could personalize and make my own The idea for quesadilla Mia started roughly about 34 years ago while I was still working as a private chef Pretty much everything I've done in culinary from going to culinary school doing catering at multiple different events private chef Everything has kind of prepared me for what I

do now Quesadilla Mia we're trying to take quesadillas to the next level and get people on to the quesadilla training Thank you Jasmine And this next viewer just so happens to have the coolest job So when she wrote in to dare me to visit I just had to go so get ready for some lions and tigers and me dancing with a bird Sorry in advance America's teaching zoo is a living breathing classroom for the exotic animal training and management program And it's where the creatures are the teachers as a resident of L A the San Fernando Valley I am a big fan of L A unscripted and I thought why not dare Dana I'm Mara Rodriguez at Moore Park College And I would like to dare Dana to come get wild with us at America's Teaching Zoo We're sitting on this beautiful hilltop at Moore Park College and we are on five acres everything from a wildlife theater to a play yard for our tigers Ira's Kingdom and Clarence the Galapagos Tortoises Barn Come out of your show Oh that was a good bite Oh my God He's amazing We house 125 animals representing 110 species Some of them come from other zoos and we're a sanctuary home for pets that were confiscated and we're being held illegally Ok We are going to bottle feed the tigers I think they want something when he was confiscated He was being kept illegally as a pet believe it or not Oh my God Yummy Yummy Oh my God I'm feeding a tiger Jackson is roughly seven years old She was a confiscated pet Somebody tried to keep her illegally and then realized they couldn't handle it and then they surrendered her no matter what the animal and what their story is America's teaching zoo is a forever home for every animal that steps foot paw or wing into the zoo Ira is an African lion and not only is he king of the jungle he's king of the campus here at America's teaching zoo It's the experience our students need to go out and work anywhere everything from zoo keeping and maybe a veterinary technician which are the obvious ones But then there's other jobs like training dolphins for the Navy or seeing eye dogs guide dogs of America I mean how often do you get to bottle feed a tiger Right Ok The sweaters are off and the tank tops are on and it's time right now is the time to start thinking about the beach the barbecue this summer and getting that summer body where you want it I came here to my go for everything Doctor Ava and another season another treatment So today what we're going to do is body contouring So it is a triple procedure We're going to do a combination of treatments You're going to have the ultimate contour We're going put on a body sculp patch and then we're going to put on this incredible cream from Elastin that helps contour the body So Dr Eva you know me I have a trainer we do the rose we do the boxing like I really work hard on my arms But the

truth is there's all these backless dresses I want to wear and for some reason there's just that little bulge Well we can control fashion but when you have just a little bit left over then that is where I come in Ok doctor my back is all yours exposed and everything What is the tool you're actually putting on me So what you can see when you look at your back is that you have a little extra bulge We're going to use a device called the ultimate contour which uses a special type of ultrasound to literally break up the fat And so the fat is going to dissolve and over time this whole area is going to tighten up and shrink but this treatment can be done anywhere on your body not just for the back That's absolutely right We do it a lot on the abdomen also on the outer thigh anywhere where you feel a little bit uncomfortable about how you look So Dr Eva how many of these treatments am I going to need to be some already Probably four Ok Maybe six Ok And how many weeks apart they're done every single week Ok So we finish step one now at step two Yes So the step two is the patch So these patches are designed to be used every day because they're going to deliver an optimal combination of vitamins and minerals that are going to reduce inflammation and help with the actual removal of these destroyed fat cells and lymphatic cleansing and lymphatic cleansing Ok Dr Eva step one was the device to kill the fat Step two was the patch to drain the fat and now I cannot wait What is step three Ok So step three is this Elastin product transformed body treatment So we just rub a little bit on And what this does is it helps with tissue tightening and also assists in draining out these destroyed fat cells So you're gonna get tighter skin and smoother skin and this whole area is gonna just shrink up So it's safe for all skin types and ideal for men and women So today what I experienced is the triple threat of fat right You blasted the fat you drained the fat and you contoured the fat That's exactly right Ok Now we only have one thing to do Go shopping the other side We'll be right back Welcome back to L A in scripted viewers choice special as we highlight all the cool places you sent us right now A cool new store one viewer just put us into I think in total we have about 80 different skews of products These are non alcoholic wines everything on this shelf has been alcohol removed Traditional reds cabernets ras temper sparkling options sparkling roses sparkling Riesling It is a pretty new concept in general Most people are pretty excited about it My name is Jillian Barkley I'm the founder of Softs Beer So generally soft spirits are alcohol replacement So that can be substitutes for liquor non-alcoholic wines non-alcoholic beers things that can be used in classic cocktails just without the alcohol So up on the top shelf here we have all of our whiskey

alternatives Here are all of the gin replacements that we carry Tequilas are down here and then on the bottom shelf we have different types of rum We see a wide range of clientele A lot of people are either sober or in recovery There are a lot of pregnant people who come in Some people take medications that don't agree with alcohol Some people have religious reasons for abstaining So there's a lot of different reasons why people may not want to drink but they don't want to just have a Coca Cola or a club soda So this is a great way to just have a replacement something where you can still participate not feel like a party pooper but just you know not have to worry about all the side effects that come with alcohol The only aspect you'll be missing is that deep burn that comes with ethanol I had stopped drinking a few years ago I really liked the tradition and the ritual that came with drinking but health wise it just wasn't working out So I started seeking out alternatives Um But they were really hard to find I started kind of amassing my own collection and decided that this was something that could definitely be a there used to be you know maybe one or two options in a traditional wine store that were kind of pushed away to the bottom corner of the shelf And now I'm definitely seeing you know liquor stores and wine shops are featuring non alcoholic sections So I think it definitely is starting to catch on in the mainstream and you know the mocktail market is huge right now especially with millennials We love a feel good story and what better way to celebrate student athletes than to introduce them to their favorite Olympian Chloe Kim Last month Musoni Fast Max launched its small but mighty campaign to remind everyone it provides powerful multi symptom relief in just one dose as part of the campaign m is supporting small but mighty communities by donating a total of \$100,000 to 5 Y MC A chapters across the country The first one to receive that donation is the We East Y MC A right here in Los Angeles is a safe space for a lot of our young people especially our families and our kids that are in the area It's a very vulnerable community here and a lot of our families are socio economically challenged And so having the y create access and pathways for things that they normally won't have It's really important and key So a donation like \$20,000 from us must be really exciting What are your plans with it We are so excited for the donations Super grateful for making this donation It's going to actually provide opportunities for girls to go snowboarding which is an opportunity that they normally would not have or access to We love to provide opportunities for non traditional sports So this does that teaming up with me Next is one of the most celebrated winter athletes in recent years two time

Olympic gold medalist Chloe Kim I grew up in a small and mighty community myself and I always think about how much support I receive from those people and how they got me through such incredibly difficult moments and I've been supporting me through the thick and thin So it's kind of full circle being here today with all of you I think the most memorable moment is honestly maybe my first Olympics just because that was the goal I'd been working towards for so long and to finally be there and do it with my entire family And yeah it was just such a special moment We're here at the Y M C A in Wear and we donated I believe 20,000 \$20,000 to the sports Youth Leadership program What's some advice you would give for like a young athlete wanting to make it to the possibility of a gold medal I really think it takes a lot of hard work and grip but also it just takes a lot of love and a willingness to do it I dedicated my entire life to my sport and really just saw it through through a lot of very tough moments but it all paid off in the end I'm super committed to girls in sports And so our girls being on site they get to see what they can potentially look up to and what their pathways can be whether it's snowboarding golf or basketball or whatever the case may be The opportunities are there Welcome back to L A unscripted viewers choice show and the fans who dared me to make paella I mean is that really a dare I love So we're actually friends of L A unscripted We follow the show Hi I'm Roger and this is Paul We're from Savory Roads catering and we dare Dana to come and make Paella with us Savory Roads is a Paella catering service We specialize in Paella and that's my love my passion We are in a Los Angeles based company but we do travel all over We've done Paellas in San Diego We've done Paellas in San Francisco Palm Springs We've even done one in North Carolina Ok I accept your dare I am so excited I don't know if you know this but I love paella My family loves paella Well we're in for a treat Ok You're cooking it I am cooking it and I got you Someone may die here Apron Oh this is perfect All right So I see a lot of ingredients here Well this is the paella mix and the paella mixa consists of seafood and chicken and I add chorizo because I love chorizo So you can take this to people's homes and you can do parties We can do you know 300 people 500 people We're gonna start with the shrimp And why is that We're gonna season the pan We do a quick sear on the shrimp and then remove it Ok This smells delicious It's better than Chanel better than Chanel It's Paella number five What is it about Paella that you think you love so much I love Paella because Paella is a family dish It's normally eaten around the table on a weekend And traditionally it's eaten right out of the pan Everyone grabs a

spoon and has their side I don't know if anybody else can read it but us but it says lau is this my plate This is your we're gonna need a bigger plate Well we can feel so excited OK Hold on Yeah Dana dare complete Oh my God I love this Ok That was so good And he was even better the next day And you know we don't just get food suggestions from you guys We also get exercise ideas and thankfully you wanted Olivia De Bertolli to do this one Dana do I really need to tell you where I am today I think it's pretty obvious Oh I felt the air on that one I am the Lord mayor of Deptford A uh wondrous pleasure which I have had for the last 13 years This fair has been here for 61 years We are the original We are the largest and this has been my home for as long as I can remember I am Santiago my ladies Santiago how first of all how hard is it to walk on these You know it's not very hard but you know what is hard the ground if I fall This is Clan Tinker family circus y brothers and sisters who perform a variety of acts chug music magic mayhem It's nowhere else I have ever been Can you come and see dragons fly Can you come and see royalty Can you take your ease and have a turkey leg Watch our strong woman and just be in the moment here I do balance and acrobatics I break a lot of things in my show I bend Steele Why did you want to be here and be performing at the Ren Fair Oh my goodness When I wake up in the morning it's kind of really all I want to do with my life is to entertain and hopefully to give some inspiration to anyone of any gender that wants to be strong We started in a backyard believe it or not this is the seed of all the Renaissance Fairs that you will find across the country It started in this much little land and was the pure love of people who wanted to recreate a time immemorial from that small backyard everywhere Now has a Renaissance Fair because of the little seed that bloomed into our garden My town is hundreds strong We have one of the largest casts across the country for a Renaissance fair I tell you three jousts a day and they get bloodier every single time If you found yourself upon our shire you could watch shows that you will see nowhere else Sword swallows fire whips you can eat food You will never have again in your life I think everyone agrees The best thing about the Renaissance Fair is the food You can't come here without having a feast and we're going to have a feast with some friends Right Should we dig in And it can be a Renaissance fair also without the turkey leg Come on Look at this thing It's huge Why would you say this is the perfect L A getaway Well you're amongst the trees and there's water here It's like in the city it's close to the city But you're really in a you're in a little like a like a fish bowl of a place where you come and you would just enjoy the nature and you enjoy this chance to get away from daily

life into this very special magical world I hope that if they are here for the first time and they are leaving through my gates that they will always come back and know that this is their home That's it From the Renaissance Fair back to you Lady Dana Thank you for such a fun show Unscripted fans Keep sending us your awesome suggestions at L A unscripted at KTL A dot com and we'll keep bringing las best hot spots and hidden gems to all of So that's it for us Good night We'll see you next time