

LA Unscripted | March 22nd, 2023

It's a city where anything can happen So what could go wrong or Right As I hit up L A unscripted from Boccie Silver Lake It's patio perfection with palm trees fire pits and small plates to share Hi everyone I'm David Devin and we go off script So you don't have to Today we are at the Hillside Haven Bakari where under the twinkling lights a unique Mediterranean menu offers mouthwatering delights from the moment you check in at the host stand and walk through those big doors Welcome to Bakri Silver We think Bakri Silver Lake is one of the most unique places to dine in L A uh like dining in a tree house We get a lot of Tulum vibes from people or I feel like I'm on vacation or I feel like I'm not in L A anymore which is exactly what we're going for A lot of people feel like they're in a little country house in Italy which is exactly what we're going for Design wise I would describe Bakri as a neighborhood restaurant with uh Mediterranean small plates a craft cocktail program and a pretty extensive wine list I'm bringing a lot of my mother my grandmother channeling into the menu I was born and raised in Israel a Yemenite Jew I moved here when I was 24 years old I think our concept for our small plates and the variety that we have I believe we have about 36 dishes on the menu and they're rotating rotating as the season goes by The idea behind it is to allow people to experiment and try new things One of my most memorable memorable dishes on the menu is the dessert It's Malaby it's rosewater custard It's very very traditional Middle Eastern Israeli kind of dessert I lost my dad in 2009 So when I was a kid I remember my dad taking us to get this Malaby finally nailed on a recipe I think two years after my dad passed and I took it to my brother who lives in here in L A He finished both both desserts He's like do you remember when dad used to take us on the way to the airport with his Volkswagen And all I could do is like I was I was I was definitely crying and I had a bunch of goose bumps That was a moment where I knew that I'm I do what I do for a reason and it felt good connection to unlock a memory with a taste We take a lot of pride in Bakri being approachable not only from a price standpoint But from a service standpoint we want to be a neighborhood spot a place where we know your name and get this on Thursday Friday and Saturday night you can toast to a nightcap By the way I highly recommend the Mad Mango shower It's amazing Those Kraft cocktails like these flow until two ami mean that's way past my bedtime But someone younger Jasmine Simpkins is here with another spot to stop by They say black don't crack But today I'm going to

introduce you to one leading doctor who knows all the secrets to having rich melanated skin I'm Doctor Paul Wallace I'm the medical director and owner of Wallace Skin and Body Institute Wallace Skin and Body Institute is made up of three parts general dermatology cosmetic dermatology And we do clinical trials for skin skin is it's the largest organ in the body And there's just so many things that it does that people don't really understand And what I wanted to do was to be able to focus especially on the darker skin pigments because they've been left out I always thought I was going to be more of a surgeon and that's the direction that I took things changed and I ended up doing cosmetic surgery I did um a 22 years in the military where I was able to do a lot with regards to skin burns in particular I'm proud to say for the last 30 plus years I've been a ringside physician so specializing in combat medicine and I'm also the medical director for the World Boxing Council So what are some of the services you do provide here I do cosmetic and general dermatology General dermatology is focused specifically with regards to diseases that can be psoriasis that can be atopic dermatitis on the cosmetic side all the neurotoxins That's the different types of Botox and things from there to get rid of the wrinkles suit We do fillers that helps to lift the cheeks to help to give a more youthful look We do tightening of the skin Um We do tattoo removal We have more lasers um in this office that can work in skin of color than probably any other office west of the Mississippi This is the room where we do a computerized facial analysis so that each individual um we're able to find what things in terms of the texture pore size bacteria cap What are the keys to good skin Obviously there's the saying black don't crack but clearly we still need to go to a dermatologist The biggest secret water hydration Ideally 50% of your body weight and ounces of water per day Oh and protect You've got to have your sun protection I don't care if you're blue black you have to have sun protection My travels to the continent of Africa um South America um throughout Asia I've been able to bring a little bit of all of that uh back because I believe both in Western medicine and Eastern medicine So there's some herbal things there's some topical things there's some things that you can use at home And uh we put all of those together individually for each patient I know I know I'm in a bar while I sip Let's get the DEETs from Doug Cheers look pretty 50 years Baron hats has been making custom hats Many of them for the Hollywood elite for the last 25 Mark Mejia has been the master hat maker and I'll tell you I don't know if there's a hat he can't make This is the showroom for Baron hats here in DTL A This is where you can come and actually pick something out Have a

selection maybe make uh some different choices on brim width crown height and so we can pick and make the right hat custom for you So you've made all these hats handmade Oh yeah Every one of these are all handmade So one thing I'm noticing in your showroom is all these films Quentin Tarantino films We're looking at western films Jim Carrey and the mask Are you responsible for these hats Yeah these are hats I've made Yeah Sure I mean this looks like you're Hollywood's go to hat Yeah Right Yeah that's what we do I mean that's 70% of what we do is motion picture television commercials So there's not many like you not like this come on back to the shop So all these machines are specifically made for a specific job in hat making It's 100 years old This trade what we're doing is very old and the machinery that's attached to it is old So this goes back to the early 19 hundreds So Doug have a seat right here This is called a conform made in France in the late 18 hundreds Here we go There we go Got you We're gonna use this pattern here and put it into something called the vermilion which is this and this is gonna give me the shape of your head and the size of your head And then from that we're going to make a wooden custom block for you For the general public We make blocks like this for you We're gonna make you a custom block that looks something like these Here's a couple of custom blocks you can see So this is Sylvester Stallone Right Right Yes Sure For a project that we had some project that we were working was a rocky Yeah Right Right Yeah So this is gonna process gonna soften the felt and there's the beginning of the actual blocking of a hat This is the beginning It comes over to this table and we can do all kinds of things with it And there you have a fedora Oh Man I like it And here you go Doug ready I like this is there like a like a Fred Astaire thing You go Oh ok All right I feel like a different person I love it and hats off to that All right you guys we have more coming up a unscripted from Buck Silver Lake We'll be right back Welcome back everyone to a scripted I'm David Devin and we want you to consider us your GPS to all things good Today we're at Baker Silver Lake on Sunset where small bites serve up big taste And I'm joined again with Chef El How are you Good to see you I am so excited So I've been to your restaurant you know I love it I haven't tried though all of your signature dishes What should we try today I think we should go for the pork belly and the best cake So we start with the savory and then we finish with the OK Tell me a little bit about this breaks for 24 hours and then we reduce all the braising liquid OK To almost like a glaze of syrup OK So many amazing dishes here So while I finish this let's see what Olivia de Bortoli is up to Pork belly is delicious W Star Matt Barr

plays a Texas cowboy on TV but is still an L A guy So he brought us to the Sunset Strip for a little taste of Texas in L A My husband was killed who killed him Walker Independence Classic Western You know everything I grew up loving He's kind of diverse characters in this town of Independence Texas in the late 18 hundreds and kind of follows the origin of Abby Walker who runs into Hoyt Rollins who I play and they sort of take on this crooked sheriff in this mystery of who killed her husband Westerns are having a moment because I think you know we live in these Uber political times and I think there's something kind of refreshing about the simplicity of Westerns born and raised in Texas And even though I've lived in L A for many years there's something about Texans We were raised with really ingrained values and I always love that kind of work hard play hard mentality This I feel like is a little piece of Texas Why do you want to bring us here to just in case I'm a huge fan of Tex Mex it does it just takes you back home every time you're ever around even the smell of like chips and guac you know makes me happy So it's kind of hard to find Tex Mex in L A It's one of our few little refuge here Hello I'm Gil the general manager here just in Quesos It's uh a plan words you know a pun just in case one of the owners of Fonzo is from San Antonio and he wanted a place to remind him of home Tex Mex is Texas cuisine It's a mixture of Mexican and seasons from Texas flavors our case So it's very hard to find in L A You got to start with K will go Oh That's probably our biggest drop We're in the middle of three live music venues Probably 90% of our business is local So we get to know everybody Our staff is local That's where we get it from We represent everything that Texas and L A has to offer We have our tacos There's a brisket shrimp steak and chicken It's about the big sellers of all of them Look at this Texas size burrito right here We cut it in half So we have two sauces red and green The red is a little more spicier and this will be one of our chickens that we put in there and then we have ribs You've got to try one of those and it's southern style We bake them overnight and then we make them to order during the day You gotta come check this out and these are our this is your tex Mex Perfect example of what Texas is all about God bless Texas right And our famous queso This is in front of me for it is hard to get queso It's our chef's recipe and the owner a scripted from Baker and Silver Lake comes right back Dessert Why yes please you know that's always the answer for me And on the bottom of Bakri's menu right here it says the best cake you've ever had Of course I'm a journalist I do my research so I demanded a taste and we have it right here Tell me a little bit about the best cake I'm about to ever

have So Majel dates we have brown butter brown brown sugar caramel sauce Omar Globe It is warm and delicious It's like maple leaf bacons of salt chewy but soft dana Uh Save save me a bite Please save me a bite And from the best cake ever to what may be the best wellness hack ever And just in time because I need to kick whatever this is getting those vitamins consistently and feeling you know that you're getting that boost often kind of helps you just be more productive it helps you sleep So IV therapy is pretty well known in the health care space And what we do is we skip the gut all together We place an IV in the arm and it allows for hydration We get vitamins minerals and other things that we can do directly in the vein instead of in the gut taking it orally You or more in the IV MauA is a mobile Wellness service where we specialize in mobile IV SI V therapy in general and ad therapy and lab services And we'll be introducing more services too But the goal is to make everything convenient in the comfort of your own home We come to you whether it's your office your home your workplace outside wherever is comfortable for you That's where we do At least it's something that's been around for a while and we only send registered nurses to the home And because of that they have all the training that you would need They also are very well versed in IV therapy And so all of them are really good And our whole goal is the experience making sure that they're getting that vein the first time making the patient feel comfortable and ensuring like I got this I can do it and give them the best experience possible We have the Revive the Beauty IV We've got the hangover IV the fat burner We have a migraine IV as well That really helps Um We've got a recovery IV So post race or muscle recovery whatever you need for like after a workout And then we have just our regular hydrate which is just fluids without any vitamins How do you um like know how to do that Do what like stab people So our first one that we're going to do is B 12 That is all your vitamin That is everything great And so now I just sit and wait Now we just wait and everyone here wants to be well and that is such a huge part of this is we really focus on preventative health and taking action on your own health taking it into your own hands And I think that's perfect for LA I think a lot of people really focus on their health here and I think we fit right into that mold where we can help you do that and achieve your goals and want even more healthy vibes I hear Dana is taking on the newest and hardest workout class in L A You know one of the best parts about living in L A is every single time you turn around there's a brand new workout this time It's solid core in Culver City Although I've been told I have a pretty solid core Oh solid core

is a high intensity low impact 50 minute full body workout We're using resistance based training um with a mega performer and it's all about becoming the strongest version of yourself This is not Pilates So we um do use a Pilates Inspired machine However this is really aligned more with strength training principles We'll do a lot of things that you'll see at the gym bicep curls crunches lunges planks but we're just taking it up a notch So it is Pilates inspired However we really align with strength training principles Dana welcome to solid courses So thank you so much So at this particular location we have 16 machines This is medieval you know it looks like a nice this is nice to meet you You guys will be best friends today It really is an experience Our lights are down the music is loud and So it really just provides a place for you to really come and be yourself wherever you are your journey and really just focus on you for 50 minutes and getting stronger We have about eight springs that have different levels of tension which means you're really able to kind of coordinate and do what feels best for your body no matter where you are and your exercise journey It's a good sign that I can already feel it and the exercise hasn't started yet Is that weird I got you don't worry All right So and five we got that high plank extension in that carriage out bottom half of your body is in an isometric hold And then you're slowly yeah bringing that carriage in so slow and steady Right early bird does not get the warm up solid It looks like it's not hard but it is so hard You really And then what we have for you today because we know you can do it It's called a Devil's ladder Oh I don't know I don't like the name Devil's ladder You're going who names that devil's ladder You're going to walk your hands one by one down to this gray platform and nice work Dana And then down to this underbar Ok And then all the way to the hold and then you're gonna reverse it on the way back Yeah you can yeah you go fight for this You got it right back to that platform Beautiful work right back up to those bars Oh my that's what I'm talking about My that was hard You know what the devil's OK OK They named it right Solid core is really different because you really have an opportunity to focus in on you This is for anyone anyone who's ready to work and anyone who's ready to try something different and challenge themselves And sadly it is time for me to leave this gorgeous tree house Thank you to my new favorite restaurant Bakari for letting us party on your patio Where will we pop up next You never know We'll see you next time