

## LA Unscripted | April 25th, 2022

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 would 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 a burrito 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 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 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 make my own The idea for Caid and 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 and Mia we're trying to take quesadillas to the next level and get people on the quesadilla train 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 some 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 now For wildlife to plant life A viewer dug up this fabulous story for our Megan Tell us meet me in the dirt actually is a celebration of life That's what I think of her As years ago my mother passed away and I wasn't able to deal with the grief of that properly So every day that I would come home from therapy I would get into my I gutted our entire backyard I made a healing garden so that I could see something tangible Uh the healing that was going on on the inside I actually saw something on the outside And so four years later is when this came meet me in the dirt is literal and figurative It's us yes Playing in dirt but it's us playing in dirt It's just getting into what really you know matters to us I do

birthday parties So the people I'm coming into people's homes I park her in front and I bring plantings in for them to you know do together and what do you do You teach them how to show and I do expressive art workshops self care and expressive art workshops Where did you find the Van Girl Look at another Oprah Yeah When budgets are small and especially for something like this you don't need to go out and buy something huge or something big get something that can kind of contain the dream that you have for right now That won't break the bank and that you can put your own sweat and tears in I lay the floors I put up all of the the the wallpaper and the ceiling if you're a beginner when it comes to wanting to have a green thumb Ok What do you recommend Do you start with indoor plants Do you start with an outdoor garden If you want to start with something simple I would get one plant either a Pothos or a snake plant A sing something that it doesn't require a lot of care and that only you know can be maintained in one of pot You would find anything that looks decorative You said that's gonna be a pot that's gonna be a pot So I love things I'm I'm people know me for driving around looking for other people's trash that I call treasure Look things that I can repurpose into a new life Take me inside I want to see how dirty it is Girl Come on come on come on here She is How do you feel when you come inside this oasis Overwhelmed with peace and love I smile every morning every morning I come out about 6 30 to open all the doors The dream is here and now and so we'll do it on the oasis until we get that much larger space so that all of us can experience healing and we can do that with nature I absolutely do not have a green thumb but it does look like an amazing Dreer 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 Sras tapers 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 soft spirits 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 piece birth 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 of service 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 these are functional spirits So these have natural ingredients that can give you a little bit of a mood altering effect This one's a bit euphoric in addition to being bittersweet and herbal some of them are made with hemp Some have Wa GHA for calming properties Some of our night caps even have Melatonin in them We're located in Silver Lake on Sunset Boulevard Some people come with the purpose of they know what they want and they really are excited to try it Other people just kind of wander in off the street and are like what is this you definitely want to give people all the tools to have the best experience possible And you know the mocktail market is huge right now especially with millennials All right we'll be right back with paella and Parkour Not in the same story although that could get interesting Oh my God it's Mother's day And for mother's day I got an early gift for my kids freedom So I get to hang out with Anya and I know that you have all the goods when it comes to like rejuvenation or whatever I need a face mask Stat OK Dana I'm so honored You're here You're one night off you come see me but I have news for you We're not doing a face mask tonight We're actually going to do yoga No yoga for the face Oh this is the new fa O bear I can barely wait to hear all of So the fo bear is FDA cleared non invasive face lifting device that features micro current technology So let me get my bearing So is this kind of like a face lift The bear can train and tone over 60 muscles in your face and neck and you know what Dana living without it would be unbearable But is this like if you're at home safe to use Are you

going to shock yourself We are not because the bear is actually the world's safest micro current device and that is because of its exclusive anti shock technology Ok Well enough talking we should probably try it First of all you need your phone it happens to be in my drawer Now you need to go to the Foreo app You can use any serum with it but four AO has their own are so pretty and sparkly So everybody's all about contour right now So I'm going to put it right on my cheekbones and see if we can lift this slab of meat up So now I turned it on and now I'm going to go to my phone and I'm going to control the bear from my I feel it Wow it's actually really relaxing Ok So you're on two do it all the way up it feels good It feels like I'm a three Ok Keep going four let's go five Bring it on Here's how it works The anti shock system scans and measures skin's resistance to electricity ok And automatically adjusts micro current intensity to maintain an unwavering quality of treatment for maximum safety and comfort It's like a vibrating sensation It feels really good and it's like kind of stress relieving But I like it too because your cheekbone kind of fits right in between Here's the coolest thing about the app what it says start mirror and the app becomes a mirror So watch yourself do it in just two minutes It improves your facial contour sagging an appearance of fine lines and wrinkles within the comfort of your home Amazing I work out a lot I work on a train three times a week I play a lot of tennis but you forget that your face has muscles too and we work out virtually everything from here down But we really never work out the face And this is like the perfect thing to do that This is why the bear is your new best friend other than you And how great is this for mother And it's so portable So think about this you guys you could put this in your car and in traffic you could be just like right You know what I mean You could just be bearing it in traffic You're kind of overbearing right now The retail price is \$299 Go to Sephora dot com to get it This is going to be the hottest Mother's Day gift this year This was such a fun start to our girls night in and I'm going to look snatched when I'm done with this You're going to look amazing But Dana I have a surprise what I invited someone else to our sleepover I hope you know it just girls Well I invited a wolf We're talking about f 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 Paella So we're actually fans 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 Paella 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 going to need a big we can feel so excited OK Hold on Yeah Dana dare complete Oh my God I love this Ok That was so good and it 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 Bertoli to do this one Los Angeles is the greatest city in the world for both Parkour and freerunning And today I'm going to take a crack at it Part to basic definition is getting from point A to point B as quickly and as effectively as you possibly can David Bell was a very huge playing role in Parkour back in 1988 he was doing Parkour in places where people like never really saw it before And because of that a lot of people decided hey let me go out let me try to do some parkour So now it just definitely became this huge thing So what is the difference between Parkour and freerunning Parkour is going from point A to point B as effective as fast as possible Freerunning would be doing so But as stylish aesthetic and as cool as you can make it out to be your own unique style Vortex is a very very unique curriculum We start from level one We build you at basics and fundamentals and then we go all the way from level one to level six But once you go through the ranks you climb up from knowing nothing to pretty much knowing everything You don't have to have any background experience You don't have to be a gymnast You don't have to have any experience in anything as long as you know how to move your body you can come in and learn with All right So Dante you're going to teach me two very basic Park core vaults Is that right I'm going to teach you

the speed vault and the step through vault both very simple vaults but very very cool And are any of these ones that Jackie Chan does by chance Totally Yes I'm going to be like Jackie Chan today So the first vault I'm gonna show you is called the speed vault and here's what it looks like So the first thing you're going to do is you're going to run up to my block and you're going to put one hand on the edge from here You're going to jump as high as you can get your hips all the way up there and clear the block Yeah Oh my God It's not graceful but it's something So for the step through vault you're going to run up to the block you're going to put one hand on top and then your opposite foot So if I use my right hand I use my left from here my bottom foot is going to pick up and I'm going to step through my opening just like that When it comes to Parkour people always think that we're just throwing our bodies or we're doing whatever and we're being super unsafe But the thing is we're always being super careful If you see something very crazy done outside it's taken years of practice Thank you for such a fun show Unscripted fans keep sending us your awesome suggestions at L A unscripted at KT 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