

LA Unscripted | February 3rd, 2022

It's a city where anything can happen So what could go wrong or right as I hit up L A unscripted from Golden Road Brewing in Atwater Village cheers probes Salute Chin Chin No matter how you say it there is always something to cheer about here at Golden Road Brewing And if you mention Ellie scripted at any of their pub locations you get 10% off your total That's right today Hi Dana Devin dropping discounts You're welcome And what goes best with your favorite brewski Let me know But if you're looking for something new to pair with your suds and stout are relatively new vegan Jasmine Simpkins suggests You say cheese My name is Ian Martin I am the co founder and head of R and D at Misha's Kind Foods Misha's is the Derry Dairy Company So what we want to do is supply plant based options for uh most of our dairy favorites We've been in operation for about three years Um I've been a vegan for about 11 years and there's definitely was a need and there still is a need for um healthy alternatives My son was definitely the inspiration for it I wanted to leave a green imprint on the planet I wanted to make a better world for him And if it wasn't for him I probably wouldn't have started this He had been working on this for a while He'd been working on I think the cheese for at least a few years I tasted it and it was it was awful I immediately understood it But there was also something that was uh it wasn't quite there So I was like listen you know maybe try this maybe this a little bit He'd go back no ego He would just go back and do it better and better and better and better Well we actually started out doing um blocks one day Our cheeses didn't set um one of the fridges went out and I said you know what this week let's just do spreads and we did spreads at the market and I think we did a little bit better And so I thought to myself wait this can be done in two days rather than six weeks I said let's continue with spreads and we'll get back to the you know to the rounds at another time Right now We have seven that are available for purchase So Jasmine we have an exclusive today Hot off the press We just perfected a new flavor and you are going to be the first taste buds This is just plain cream cheese It has been requested for about two years and we finally gotten it down Wow this is really good I would just eat this by itself Now this is something that we try to tell our clients at our farmers markets Um This is not just for spreading on crackers and bagels but you can actually use this as a dairy component or the cream component in any dish I am going to do a pasta just a spaghetti I'm going to use black truffle and we're going to make a pasta sauce out of this

We want to make sure that everything we give people whether it be our cheese our milk our desserts whatever it is is well rounded but deeply experiential Plus the other thing that is hugely important for us is that it's cost effective We are dedicated to our employees We're dedicated to the planet We're dedicated to the place where in which we work to the places where we sell to the people we sell to all of it that we feel responsible And so we want to make sure we give the best to all those folks You know cheese also goes with wine and now how to blend your own bottle at home Megan and I tried our hands at being winemakers and I highly suggest it So Dana here's another dare OK How will you make your own wine How about I drink my own wine You drink your own wine we drink your own wine Yeah I love that No no Are you more of a red or anything wet drinker OK We've got Michael and Magdalena and we're gonna go through how to blend our own wine right How did you guys get started with this idea We went on a trip to Argentina where we actually did a blending experience there and we kind of came back and said how does this not exist in L A We basically created blending as the main concept for our winery So not only do we produce blends but we invite customers to come in to our blending classes to learn a little bit about wine figure out what they like about wine and then blend their own wine to go And then we actually created a like a a reference booklet to actually guide people through uh e exactly what you would have experienced in class but on your own So we have the booklet here and what I noticed is that it says red wine blending So Dana is this all red wine Is the question Yeah Are we doing just red wine No When you come into the class you kind of learn about each of the individual wines and then start blending to your own flavor profile You can kind of figure out that even if you're not constantly a red wine drinker you'll find something that you like The first thing to do is to make sure that the three beakers that came in the kit have wine in them I challenge you to blend 12 and three first and then we'll get a double job What I want you to do is this is a 50 mL graduated cylinder So I'd like to go a little bit heavier on two versus three So fill 30 mL of number two the cabernet and then top it off up to the 50 with 20 mL of three Wow that is so much better Now when we get really serious about wine blending sometimes we really only wanna add small fractions of a percent of a wine maybe dip this into wine Number one try to extract I actually like it more It added one more like dimension What would you pair this with by the way if this was like if this is a wine what would you pair this with I mean honestly the first thing that comes to mind is pizza Uh we're gonna be like hammered

and having the best wine ever and drinking pizza drinking pizza H it seems like a lot of a listers are adding mixologists to their stats Now Basketball great lebron James taking on tequila Lebron James is a backer What was it about Lobo's 1707 that made him want to jump in We just known each other through common friends and he's a tequila drinker and he knew that I was doing a tequila and he tried it and he said do you actually want to hear exactly what I told Diego when I told him the state the safer Ok Because it might be some kids here in this interview I told him it was the best tequila that I ever had in my life And then after that he was like why don't we do this thing together and where we're aging our tequila giving it a finish on a sherry cask barrel it's gonna be smoother it's gonna be softer in many ways without losing any of the soul of what a tequila is what Mezcal really is And the difference between Mezcal and Tequila a the type of plant both are agave And the second which is the biggest difference is how it's cooked So you know once you get the agave you take the leaves off tequila it's you know cooked in like a pressurized oven So where the flames of the smoke doesn't touch the actual plant Mezcal it's done in this like pit in the ground Um And then the smoke is just cooked for three days So that smoke really stays in the liquid and really stays on the pineapple And in our case because we do it in Oaxaca which is this like volcano black sand which is why the bottle is black Can we make a cocktail We're gonna do a variation on a Paloma using the global 1707 Mezcal It's 2021 and this is my brand new cocktail I love it so much Thank you guys Thank you Lobos I love it Cheers Well now that's a slam dunk and more points to score coming up get in the flow with your inner animal healthy vibes coming your way and comics aren't just for kids Your golden ticket inside Golden Apple Comics when L A unscripted from Golden Road Brewing is back before you can order another cold one Welcome back to L A unscripted from Golden Road Brewing I'm David Devin And are you having barrels of fun yet Well you will if you park yourself at one of Golden Roads five different pubs and get this you get 10% off If you mentioned us Cheers right And now let's check in with Liberty Chan and see how else we can live our best lives I was a personal trainer for 10 years I just turned 30 years old I decided to put down the weights and just start exploring different movement practices So I began with gymnastics which led to Parkour which led to breaking or break dancing and hand balancing My name's Mike Fitch and I'm the creator of animal Flow The film on on your website I am so inspired I was blown away You know when you first watch someone doing animal flow especially at a high level it usually

looks totally insane Animal flow is a ground based quadrupedal movement system So it just means hands and feet in contact with the ground And this style or this approach is designed to improve all of your physical abilities The first thing is something we call wrist mobilizations So the first one is just called wrist rolls So you're just going to take your hands you're going to clasp them together and you're going to roll one hand over top of the other The second thing is just something we call activation We call these beast activations and crab activations And all we're doing is really holding these isometric positions And the reason that we're doing that is because we're encouraging that communication throughout the body But also bringing the mindful awareness back into our systems We're gonna slide our hips all the way towards heels all the way towards hands We're gonna find the midpoint between the two Yeah that looks good So as we reach up and over we're gonna squeeze out that rotation as you reach That feels so good The third component is something we form specific stretches which are like full body mobilizations Then the fourth component is the animal traveling forms The fifth component is something we call switches in transition So these are like the building blocks that we use to build The sixth component which is flow I really truly believe that movement is medicine And when you find that flow in any type of movement you'll continue to do it because it's like it's like an addiction It's an obsession The bigger message We wanted to kind of change the collective narrative around exercise being something that you have to do It's something that you we should do It can literally be anything as long as it's just something more than being sedentary No beer goggles here folks but we do have more to make you move What scripted from Golden Road Brewing is right back Stay with us So you know one of my favorite ways to enjoy beer is a Michelada and here at Golden Road they are peeling back new ways to mix it up So explain to me what we have here I've never seen this before in my life Yeah So that's a tamarind straw that we do OK So we want a nice authentic Micha So there's a little bit of chamoy which acts as the glue for the Tajin which is that chili lime spice right on top OK Then we add that tamarind straw in just for perfect enjoyment OK Now mine is a true Michelada But yours is what So I'm just doing the Tajin rim OK And that's will you recommend both ways just as an homage to the fruit cart vendors of Southern California My mouth is literally water crew Try it Absolutely So good Cheers again OK I mean you guys that is a 10 out of a 10 I kid you not And now from Mango Madness to a golden apple Cheers the best ever Hi my name is Ryan Lebowitz I'm the co-owner here at Golden Apple Comics a

comic shop for the Stars When you read a comic book similar if you read any book you know you have that escapism What's cool about comic books is the visuals You actually get to be in that world The name for example doesn't really tell you a lot And so when you see that Spider Man up front it kind of clues you into treasures could weight inside My father started this shop back in 1979 You know we're on our 41st year we've seen the customer base expand hugely I would say a lot in part to the movies and television uh that are based on comic books The Spiderman outside designed by Stan Lee and then Tom Holland and Zendaya One day the Avengers walked in you might have seen that on James Corden Golden Apple was dubbed the comic shop to the Stars Michael Jackson was a frequent customer We have a box we keep for Samuel L Jackson that I hand curate for him He's a huge fan of comic books and graphic novels Sam loved anything with the word samurai or having to do a samurai So the word comics or comic books really does encompass everything from old comic strips that you'd read in the newspapers to full blown printed single issues or even graphic novels anything that has sequential art where they tell the story using panel to panel artwork comics aren't what they used to be And now they're highly collectible comic books these days can be worth over a million dollars We have tons of signatures Uh Patton Oswald James Gunn so many different amazing people Uh Mark Hamill was Luke Skywalker obviously in the original movie signed it right there He said force yourself a lot of our customers And I think this is like cheers like their local bar when the Black Lives Matter Movement happened and we had to put boards up We're big supporters of the movement and equality and we got some local artists to come down and actually a black superheroes even if we have a small store we're big in on our reputation old young from every every walk of life And if you don't know anything about comic books that's great We want you to come in and we can find something for you and from comics to cooking What is Jess whipping up But I'm going to do a take on the soup and sandwich for lunch And I've got this amazing sourdough bread cut a thick slice That is one massive piece of bread to the tomato soup in the oven I have a bunch of tomatoes All I did is stick it on a cookie sheet bake it in the oven with some thyme some shallots and garlic Boom olive oil of course And then this is kind of a trick when it comes to thickening a soup Parsnip blender We'll add our veggies all of this going in time and all stick it all in there Our parsnip I have two parsnips cooked until nice and soft Some salt some olive oil to that I'm gonna add some chicken stock to get it going And now we

blend So what the parsnip did is make you think you're getting cream of tomato soup Let's pour it in here just to keep it warm while we make our sandwich And I might even add a little more chicken stock just to thin it out A tad There we go I'm gonna get my skillet Going back here some olive oil and some butter I'm gonna make an open faced sandwich What I like to do is toast the bread so it gets nice and crispy both sides So we'll get that heated up avocado So yes I am making a take on an avocado toast So I just made slices take a spoon Try to scoop it out Looking at looking as neat as you can time to assemble Look I'm just gonna tiny bit of salt because the bacon is very salty and some pepper on our avocado Try to make it as pretty as you can pick our bacon crumble it or chop it up You could put a whole piece on there too But I kind of like chopping it up with it A bowl of soup soup and a sandwich As hard as it is to believe you can be best friends with the IRS and you can have a good relationship and not fear Tax Day Are you scared or overwhelmed by doing your taxes or do you know what you're doing with it I have an accountant so I don't know what I'm doing with it but I'm wishing that she's honest and you know doing the right thing for me Well I think we grow up right We're taught in society fear the IRS and the truth of it is you don't have to live that way if you can take control of your taxes Tax relief advocates is a group of tax professionals that help people that owe back taxes need tax preparation or tax planning People can owe back taxes for a lot of reasons Maybe they pulled money out of their 41 K to pay for their kids college Maybe they just needed more money paycheck to paycheck So they they took a little more of their check withheld less Jeez I have I have no idea II I do my taxes in January so I I just do it at the beginning of the year So I I pay mine early April 15th April 15th That's correct I think in terms of in terms of seeking a tax professional trust is the most important you know often times uh as preparers we know in information that no one else knows you know no one likes sharing like if they're going through a financial struggle So I say the number one important item is trust Tax relief advocates can help you take that power back Uh documentation preparation Those are the keys to making sure you can control your taxes The best way to contact us is going to be tr dot com or you can call us today at 805 175 to 1917 If you won the lottery or came into a ton of money what would you do First of all I'll have to pay to the bank Pay my tax Ok I'm going to take some fries with that and an apple pie Thank you so much to Golden Road brewing for being golden to us And again stop by their pub for that discount Where will we be next You never know We'll see you next time