

LA Unscripted | January 21st, 2022

It's a city where anything can happen So what could go wrong or Right as I hit up L A unscripted A is a city of trend setters from fitness to fashion to food world on the search to find you The next best thing Hi everyone I'm David Devin Thanks for hanging out with me today as we take you all around Sony So first stop think sushi bar But with the um yes please So when they gave me this fishy dare I took the bait and ate it My name is Octavio Livas and I'm the chef owner of Ceviche Project in Silver Lake And then uh we dare you to come and be a ceviche most of the time Ceviche It's almost the same ingredients the same the way it looks in Mexico how they do it So I try to you know go to the next level Ceviche project opened in April 2019 in S so prepa tell me set the scene for what it would be like in here before COVID You know it was I mean this place is 480 square feet and we will feed 28 people So imagine putting 20 people loud music and two guys you know like we call them we call ourselves ceviches You know we make ceviche So we're ceviches We're not chefs The vibe is just kind of feels like New York City when like you're like cramped in like the tables You know I'm originally from Mexico and you know I grew up there and going to the beach going fishing with my dad and me ceviche on the beach So I moved out of Mexico went to London New York I was in New York I started eating these amazing ingredients in sushi restaurants and I figured maybe I can do ceviche with this quality of product And that's how we started I mean definitely the Peruvian Scallop shooter is is like the best seller We put tangerine pomegranates micro cilantro olive oil and just like shoot it the Kachi Tostada It's it's one of the best you know has avocado mousse on the bottom Kind of like it's like a Mexican Japanese tosa All of this is like like the best food I've ever eaten So Dana are you ready to be a ceviche No because I still want to keep eating normally You know when you're learning to opening oysters you you use a towel I just did surgery Doctor Devin to the oyster or stat OK This one didn't come out so good that what was that It happens I've lost my medical privileges in this hospital We're gonna teach you how to make uh the ceviche alone It's a combination you know of uh a ceviche and a Michelada scoop some shrimp Persian cucumber uh tomatoes cherry tomatoes Then we're gonna do the Michelada the Michelada sauce This is our secret mix and then the beer This is the best invention ever This is amazing Oh my God you guys it was so good And the mi a lot of I dare you to try it some of the best sushi and I've ever had all What is on your day Dare

list Reach out I'll try anything is from good eats to something else A knows a lot about great hair All we introduced us to the perfect blowout with dry bar in 2010 And now she's sharing her newest creation jewelry in tonight in the Know I'm Ally Webb and I am the co-founder of Beckett and Quilt and I'm MEREDITH Quilt The company really started as me sitting in my kitchen feeding my kids and making jewelry on the side It was really small and I had thought about growing it and scaling it but I had no idea how and zero experience on how to do that First and foremost you know I feel like I'm known for dry bar and hair and I've been a professional hairstylist forever I've just developed a love for jewelry and then the idea of having this be like my business and and help you know grow Meredith's vision of what she's created Like it was so appealing to me I discovered MEREDITH about a year ago when someone actually sent me this black heart that she's wearing And I thought this is the prettiest thing I've seen in a long time And where did it come from So long story short MEREDITH and I became friends and I just felt like with my experience and what I've learned so much with growing dry bar and squeeze that I could help you know rebrand this company from you know and take it to the next level you know and she just has such a great eye But the beauty of I think what MEREDITH has done and now what we've done with Becket and Quill is that we're taking these pieces that look and feel very expensive and high end But she has figured out how to make them affordable you know unlike our disk necklace which is a really big seller it's this beautiful you know gold filled piece and it has a white sapphire in it which looks like a diamond We say high end not high there's really something for everybody which we take a lot of pride in It's like with blowouts and your hair looks good you feel good and we feel like that with jewelry too If you have you know a really beautiful new piece of jewelry it gives you this like kind of pep in your step All right Coming up a snack that is good for you and good for the environment from the creators of harmless harvest coconut water And while we're on a healthy kick Olivia kick it into high gear plus a little something for your sweet tooth that's coming up That's welcome back to L A unscripted as we explore everything amazing about our city Now in healthy vibes a snack with no guilt Megan got the skinny on this salmon treat Justin Gilbert Tell me all about good fish I'm obsessed with the idea that I can eat something that I love which is salmon and I can carry it around with the thought behind Good fish was the skin of the salmon is probably the most nutritious Actually the most delicious part of the salmon it's prepared correctly What if we eat chips out of that skin What if we

flavored it like you know the best potato chip or the best tortilla chip And would we have something that's uh worth putting in our in our pantry worth putting in our bag Went up to Alaska started talking to the fishermen out there in Bristol Bay that are fishing soy salmon which is a very sustainable fishery and asked them what are you doing with those skins And they're like well I'll tell you the truth man Not much You're throwing out the gold here We actually just came out with a new season that came out of conversations with our followers and it's Sriracha lemongrass and everybody's going nuts for it So it's been a good year Spicy barbecue is probably the most American slash elevated barbecue idea I could find out you know I'm like it tastes like barbecue but it's it's fancy it's got that fancy barbecue We talk about the good flavors and how it's obviously good for your body When we talk about the skin of the salmon you went over that How is good fish helping out the environment really simple And when you think about it we're just fostering interest in sustainable renewable fisheries Thank you so much for somehow inspiring me to want to eat better so I can help the environment high in protein Perfect for on the go Ok Now Olivia takes us to the trails for a lesson on mountain biking and they say anyone can do it I'll be the judge of that One of my favorite things about Southern California is the outdoor activities and today I'm learning a new one mountain bike It's an extreme sport but don't be alarmed anyone can do it If you're a beginner intermediate or advanced they have bikes for you You can just get on your bike and just enjoy nature And that's what I like about the sport that is mountain biking What makes Southern California so perfect for this sport First of all the weather now that I reside in Simi Valley I'm taking advantage of the entire mountain range Everywhere I look is just a trail So here in Simi Valley we have all kinds of terrain so anyone can do the sport if it's like well I want to try it for the first time Just grab a bike It doesn't have to be a \$10,000 bike It could be a bike from your local sports tour Mountain biking has helped me during COVID TIMES to stay healthy Again spending a lot of time at home with the family You still need to exercise to keep up with those kids And uh so this is a great sport It's free it keeps you healthy it gives you stamina You're gonna give me a beginner's guide to mountain biking Right Absolutely What is the first step The very first step Olivia is size So why don't you go ahead and take a seat to make sure that is your size You also want to make sure which is very very important You want to learn how to break when you perform the sport of mountain biking You always want to have control of the bike You want to break with these two fingers only You

always look ahead helmets on let's do it and tell me about raw apparel What kind of things do you sell And what do you have there If you go to raw apparel dot com you'll see that we sell sweaters t shirts long sleeve short sleeve beanies So this is for everyone who loves exercising If you go at the very top of the website you'll see We not only sell clothes but we we are selling you a lifestyle by now You guys have probably noticed I like to stay active and we pretty much try anything which means I've got to have health insurance So today I'm checking in with our friends at L A care health plan to talk about the importance of having health coverage A care has been serving Los Angeles County for nearly 25 years and we are glad to be part of covered California Now more than ever is extremely important to get health care coverage and they need to act Now before the January 31st deadline we have benefits to cover California We have access to the UCL A health network at the moment where they have access to the specialist to the doctors to the hospitals and also to the Ronald Reagan UCL a medical center On top of that we also have access for the members to use our CBS and many clinics at certain CBS locations And then on top of that we have T A which is a 24 7 service that it's available to them and they can do it through phone or video chat I can tell you from personal experience how important it is to have health coverage I remember getting into an accident in 2014 ended up going to the emergency room And when I got that bill I was like thank the I had health insurance and we hear that story from all of our members all the time And that is the reason why L A care focuses on providing affordable and quality of care for all of Los Angeles County And we have plans starting at \$0 a month Wait \$0 Yes \$0 per month for \$0 I might be switching to L A care I love it I feel like you guys are making it really simple for people to enroll It's really easy to enroll All they need to do is call the number 1855 9204893 And we have representatives available to answer all of their questions All they need is basic information their household size their income and their zip code were available Monday through Friday from 8 a.m. to 8 p.m. and Saturday from 8 a.m. to 6 p.m. Thank you so much for sharing with L A unscripted about how they can get covered Yes at L A here We want to ensure that all angel knows get covered before the January 31st deadline So call now we have our representatives available All right coming up the Sweetest bakery in Inglewood that was created with love from a former Los Angeles school teacher and we're here to spill secrets on the top beauty tricks and tools to help you look and feel your best scripted We've got you covered from Sweet to beauty and getting in touch with your inner

foodie See what I did there didn't know it We'll be right back three days before squeezing into a gown for a red carpet I recommend no salt no alcohol and maybe a little fasting leaving 12 to 13 hours without any food consumption and tons and tons and gallons of water and lots of sleep for much beauty in your face I made no secret that I have a tremendous sweet tooth I admit it It's a problem I'm like a child But when Jim's like family owned and operated sweet red peach and create the most decadent desserts I can't deny my cravings favorite flavors here Oh my gosh What where do I start The rent payer is the German chocolate red velvet is always gonna be my all time favorite because that was my first It was the first time I ever experienced with scratch Baking our cookies Our our puddings we do everything from scratch We make our candies everything our fillings our frostings everything is made with love from scratch My name is Carolyn Plumber and I'm the owner of Sweet Red peach Oh my gosh the aha moment Well I had never baked a scratch cake before in my life Prior to 1999 At that time I was a teacher for 17 years and the great city of Compton and my colleagues were my first customers Sweet Red Peach started off as a crazy idea of mine and I it's just grown to the point that we demand the best from ourselves and we want to give the best to our customers I'm born and raised in Inglewood I'm an Inglewood native when I was scouting locations Inglewood definitely was my first choice and they've been great you know the community support especially with the stadium coming Also they've been really a great support system the community in general one of our biggest supporters has been big Sean We've done all his parties all his gatherings and done the cake for Chris Brown and Royal to his daughter I love what I do and sweet red peach is just love It's my heart it's my soul It's just the love that we feel inside that we want to generate to our customers I'm convinced that sugar is good for the complexion I mean at least that's what I tell myself Now Liberty has beauty secrets to swear by and tonight in the know I'm Doctor Dindi Engleman I'm a board certified dermatologist Thank you so much for joining us and talking about these uh tips for a better skin care I know that you have a few products that you work with that you recommend Let's start off with it's called a zip device What's that So the zip device really helps to address fine lines wrinkles all the signs of aging even acne scarring A lot of people aren't old but they've had some footprints and breakouts from before and they leave textural changes So the zip helps to address those and really in the comfort of your own home let's talk about hair regrowth cause I know that's a big problem for a lot of people uh men as well

as women A lot of people at home you know that especially during COVID with the increased cortisol and all the stress people are losing their hair more frequently And so there are ways to go about it whether it's oral supplements like something called neutral There's a new hair restore system called I restore You wear it like a cap and it's FDA approved So it's clear to help regrow hair lashes I don't have a lot of lashes but you say that you have something that will kind of open up your eyes and it's easy to do easy easy way before your next video conference just to look brighter And I have lashes on And I've always joked that I can you know remove skin cancer on someone's face beautifully but I could not put a strip lash on my own lash And these little magnetic guys it's called Luminess their lash lo they have the magnets in the liner and you just paint it on like an eyeliner and literally stick these guys on and it's so easy when we look better we feel better Right Also mask me I'm getting a ton of acne on my chin and it's all because I think because we're wearing those masks one little known fact that a lot of it is actually from friction from the mask rubbing across the skin So it's kind of counterintuitive that proper cleansing and moisturizing actually can create a barrier to reduce that coefficient of friction and minimize breakouts The other ways at home are to reach for over the counter actives like salicylic acid and benzoyl peroxide Your viewers can know that they have access to doctors even without going into the office now with video conferencing and telemedicine So I always encourage you if you're struggling reach out to us we're here and we don't even have to be in your hometown Thank you So we can still have good skin even during these trying times right Don't lose faith And and when things get bad pop on a lash and speaking of fabulous Jessica Homes is always sharing her delicious recipes in the kitchen Let's see what she's stirring up on California cooking when you love to create restaurant quality meals at home But sometimes you just don't have the time or the know how well our sponsors that Thermomix are going to show us How Hi Christina Hey Jess how are you Good How are you Great The machine I think is one of those things that it's kind of crazy how it does so many things I know Right I mean you can kind of eliminate a lot of machines in your kitchen with that with the thermomix you can get rid of you know your stand mixer your blender your steamer your food processor even your stove top And um you know I am total amateur cook and for me it like just makes it super simple because it guides you through the recipe It weighs all your ingredients for you It tells you exactly what to do So it sort of takes the thinking of it But at the same time like professional chefs around the globe

use it because it's super precise allows you to blend it cook at the same time which is huge And so it really can't be for everybody But I was like a total working mom here It's like a game changer I wanted to see this appliance in action So Christina showed me how to make risotto with broccolini The thermomix guided us through every step of the recipe And this one pot wonder took care of all of it from grating the Parmesan cheese chopping the garlic shallots and onions sauteing the broccolini and sun dried tomatoes toasting and steaming the risotto and in less than 30 minutes the dish was completed and cooked to perfection that creamy so creamy We're gonna add the broccoli rabe and the sun dried tomatoes I have the like delicious shallots and everything in here Please be my guest Perfectly cooked Yes it is Perfectly cooked So creamy flavorful I love the like oils that are all Yeah Soaked into Christina Well done I'm glad I didn't distract you too much No you're a great assistant to my kitchen assistant So you can't distract at the moment No you can't Exactly And that is it for us We hope you enjoyed another adventure in all things So cal we love showing you around our amazing city and we can't wait to go off script with you next time we'll see you then