

#6 - GUILT-FREE PASTA

SHOW #1-022 - C1

PAGE # 1

Date: Wednesday, February 9, 2022 Show C

Super: Lisa, Prod: Nicole G.

Segment Time: 9:00

SEGMENT #1: COMFORTING, CREAMY AND GUILT-FREE PASTA?? IS IT POSSIBLE?

LOC: POSITION ONE: **JAMIKA**
(PROPS: CARBONARA SET UP)

COOKTOP: **DAPHNE**

(PROPS: SKILLET FOR
CARBONARA)

POSITION TWO: **GAIL**
(PROPS: CARBONARA TASTERS)

PREP STATION: **TBD HOST**
(PROPS: COBBLER TASTER, DIP
TASTER)

VT X

BUMP IN: **VT: D1200: THE GOOD**

DISH SHOW OPEN/SOT

A

(600)

GFX/TT: THE GOOD LIST

JENNIFER ANISTON'S

CARBONARA

JENNIFER GARNER'S COBBLER

CARDI B'S TIKTOK DIP

DISHIN' WITH ROB LOWE

C6

***DAPHNE OZ, JAMIKA PESSOA,
GAIL SIMMONS – WALK OUT
CAMERA FLASHES**

**PROP: RED CARPET FROM
PANTRY TO KITCHEN, LADIES
WITH SUNGLASSES**

XP 4

(605)

**GFX/KEYABLE/SFX: CAMERAS
FLASHING**

XP 3

(610)

GFX/L3: TITLE BAR

IS IT POSSIBLE?

**COMFORTING, CREAMY AND
GUILT-FREE PASTA?**

LISA READ

SR READ

TRT 9:50

SHOW IS 5:46 HEAVY

15:23:43

**(Daphne, Jamika and Gail walk out
red carpet w/ gfx: camera flashes)**

(DAPHNE INTRO):

**TODAY ON THE GOOD DISH, WE
ROLLED OUT THE RED CARPET
BECAUSE WE'RE DISHING UP
HOLLYWOOD'S HOTTEST MEALS.**

**PAPARAZZI, GET READY BECAUSE
WE'RE REVEALING THE MOST
COVETED MEALS YOUR FAVORITE
CELEBRITIES CLAMOR FOR.**

**AND THEIR GUILTIEST
PLEASURES!**

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VT Y

VT: PRETAPE: ROB LOWE ON ZOOM/ **SIL**

MOVIE STAR, ROB LOWE JOINS TO SHARE HIS SNACKING SECRETS!
(broll)

B

C3----->

(615)

GFX/FS: ANISTON, GARNER BOBBLE HEADS

(JAMIKA):

AND, WE'RE STARTING WITH HOLLYWOOD'S FAVORITE JENNIFERS.

B

(CHANGE TO)

JENNIFER ANISTON BOBBLE PULLS FORWARD W/ CARBONARA PHOTO

OUR FIRST JENNIFER IS OUR FAVORITE "**FRIEND**"... WITH HER COMFORTING, CREAMY GUILT-FREE PASTA.

WE'RE TALKING JENNIFER ANISTON'S (**gfx**) FAVORITE LEAN PASTA CARBONARA.

VT Y

VT: BROLL: STUDIO BEAUTY JENNIFER CARBONARA/**SIL**

YOU MAY KNOW A TRADITIONAL CARBONARA USES CREAM, BACON, AND LOTS OF CARBS, BUT JEN'S THROWING US A CURVEBALL WITH NO BUTTER, OIL, OR CREAM... AND YOU'D NEVER KNOW IT!

(JAMIKA DISHES DETAILS ON JENNIFER ANISTON'S PASTA):

- HERE'S HOW SHE MAKES IT
- ALREADY COOKED SPAGHETTI BUT WE SAVED A BIT OF THE STARCHY PASTA WATER FOR LATER!
- IN A NON-STICK SKILLET I'VE ALREADY BROWNEED MY TURKEY BACON AND ADDED ONION AND GARLIC. COOK THIS UNTIL SOFT.

PROPS/COOKTOP: SKILLET FOR CARBONARA

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PROPS/POS#1: EGGS, CHEESE, PEPPER FOR CARBONARA DEMO

XP 4

(630)

GFX/SIDEBAR JENNIFER ANISTON'S CARBONARA

XP 3

(625)

GFX/L3: JENNIFER ANISTON'S LIGHTENED-UP PASTA CARBONARA

PROPS/SKILLET: ADD PASTA TO INTO SKILLET WITH EGG MIXTURE

PROPS/POS#2: CARBONARA TASTING

- IN A BOWL, WHISK EGGS, PARMESAN AND PEPPER
- YOU WANT TO CONTINUE WHISKING AS YOU SLOWLY ADD THE PASTA WATER INTO THE EGG MIXTURE.
- THE TRICK TO MAKING THIS DISH CREAMY WITHOUT THE FAT, IS WITH YOUR STARCHY PASTA WATER
- STARCHES IN THE PASTA WATER EXPAND AND BURST, THICKENING AND BINDING UP THE SURROUNDING LIQUID.
- THE RESULT IS A THICKER, RICHER, MORE COHESIVE SAUCE THAT CLINGS TO YOUR PASTA
- ADD YOUR PASTA INTO YOUR SKILLET AS WELL AS YOUR EGG MIXTURE. COOK UNTIL SAUCE HAS THICKENED, BUT NOT SCRAMBLED!

(GAIL & DAPHNE TASTE AND REACT)

*TASTE & REACT

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D

(630)

GFX/FS: ROSS AND RACHEL

(JAMIKA):

THE WORLD HAS DEBATED THIS ISSUE FOR **24 YEARS!** DO YOU LADIES BELIEVE THAT ROSS CHEATED ON RACHEL, OR WERE THEY REALLY ON A BREAK?

(HOST CHAT AD LIB/ JAMIKA TASTE PASTA)

(DAPHNE TAPE):

OUR NEXT JENNIFER WILL FOREVER BE 13 GOING ON 30 AND HAS CONTINUED TO STEAL OUR HEARTS WITH HER **** "PRETEND COOKING SHOW" ON INSTAGRAM!

TAKE A LOOK AT JENNIFER GARNER COOKING WITH HER ADORABLE MOM...

(TAPE)

WE HAVE JENNIFER'S DELICIOUS BLACKBERRY COBBLER HERE AND I CAN'T WAIT TO TASTE IT!

(GAIL AND JAMIKA TASTE)

- A GOOD COBBLER SHOULD GET MOST OF ITS SWEETNESS FROM THE FRUIT, NOT THE FILLING. YOU DON'T NEED TO KILL THE DISH WITH SUGAR

B

(635)

GFX/FS: JENNIFER GARNER'S BOBBLE PULLS FORWARD W/ BLACKBERRY COBBLER PHOTO

VT X :40 MUSIC

VT: D1296A: CELEB MEALS: JENNIFER GARNER BLACKBERRY COBBLER/SOT

TRT: 00:40

PROPS/PREP #2: 3 PLATES FOR COBBLER WITH ICE CREAM

XP 3

(640)

GFX/L3: JENNIFER GARNER'S BLACKBERRY COBBLER

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(GAIL TAPE):

NEXT- IF YOU ARE NOT A FAN OF CARDI-O YOU WILL BE A FAN OF CARDI-B... BECAUSE EVERYONE'S TALKING ABOUT HER KETO FRIENDLY JALAPEÑO DIP THAT'S AS SPICY AS SHE IS!

VT X :19 YUM

VT: D1296B: CELEB MEALS: CARDI B DIP/**SOT**

(SWAP TASTERS)

(TAPE)

(JAMIKA):

SHE'S SO GOOD AT COOKING WITH THOSE NAILS!

PROPS/PREP#2: DIP WITH TORTILLA CHIPS

(GAIL AND DAPHNE TASTE AND REACT TO DIP)

(JAMIKA OUTRO):

UP NEXT, HUNGRY HOLLYWOOD CONTINUES! WE'RE DISHING WITH ROB LOWE ABOUT THE BRAT PACK, SNACKS AND STOLEN UNDERWEAR?! STAY WITH US!

VT X

BUMP OUT: VT: D1230A: THE GOOD LIST SELL B/O SIZZLE/**SOT**

MUSIC: STING 1

15:33:34