

You



HEALTH TIP: Peanuts are a source of monosaturated and polysaturated fats, which helps in keeping the heart healthy



Potatoes are a source of vitamin B6, which plays a role in energy metabolism

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ASK THE SEXPERT

DR MAHINDER WATSA

1 I am 24 years old. I have been physical with my girlfriend for four years with only a three-month interval. We broke up last year and now she is getting married to someone else. She is worried if she will be able to have sex with her future husband without any complications. Also, she is scared that her husband will learn that she has been sexually active and it could cause problems in her marriage. Do suggest what she should do.

If she had no problem with intercourse earlier, there is no reason to have any after marriage. She has to be prepared. Her husband might be curious. He may enquire about her split hymen. The hymen can be split for various reasons. Explore the Internet to find out.

2 I am a 23-year-old man. Of late, I have been facing a problem while having sex. The upper skin of my penis doesn't open up, and when I pull it, I feel a lot of pain. Will this affect my sex life? My sperm oozes out very quickly while having sex. How can I control it?

You are having two problems. For a tight foreskin, apply an ointment over the skin – move it up and down. After a month, you should be able to move the foreskin smoothly. If not, visit a surgeon. Your second problem is premature ejaculation. A sexpert can help you out.

3 I am 65 years old and am unable to get an erection. Even foreplay is of no use. Please suggest a medicine without side effects.

You need to exclude diabetes and other factors that can affect your general health. Try taking Tentex Royal one hour before dinner for 10 days. Please note that there is no medication without the possibility of side effects.



SEND YOUR QUERIES TO

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From Japanese distilleries to Kentucky's bourbon trail, here are a few whisky tours that connoisseurs must undertake to experience their favourite tipple

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If you are the kind of person who lovingly nurses their single malt and pesters every friend or relative flying into the country to haul a bottle of Scotch or bourbon for you, then it's probably time to plan your next holiday around a whisky tour. Whether you want to see where your favourite Speyside single malt is born or travel to the Far East to experience rare Japanese whisky, there are numerous whisky trails being offered. Nikhil Agarwal, sommelier and CEO of All Things Nice, a wine and spirits consultancy, has put together travel itineraries from four whisky-producing regions – Japan, America, Scotland and Australia.

MALT IN THE MOUNTAINS

There's more than one reason to visit picture-perfect Scotland with its endless panorama of lakes and green mountains dotted with white, woolly sheep. The Highlands are home to a number of old and established distilleries – making it a pilgrimage of sorts for connoisseurs of Scotch.

Dalwhinnie Distillery

Located inside the Cairngorm National Park at the heart of the Scottish Highlands, the distillery is about 124 miles north of Edinburgh. Touted to be the highest distillery in Scotland (1164 feet above sea

level), what's interesting about this remote yet accessible distillery is that it uses water from Lochan an Doire-Uaine (Gaelic for 'lake in the green grove') that lies at 2,000 feet in the Drumochter Hills, resulting in Dalwhinnie's full-bodied, smooth and warming malt whisky. After a guided tour of the distillery, where the heady aroma of malt lingers in every corner, one can taste their 15-year-old single malt whisky which is paired with specially selected handmade chocolate.

Cragganmore Distillery

Speyside in the Scottish Highlands is home to more than half the country's distilleries, many of which use water from the crystal clear Spey river. Nestled on the banks of the legendary salmon river, Cragganmore is home to one of the few distilleries that boast flat top stills which gives the whisky its unique character and makes it a must-see for any visitor to Scotland. The character of this Speyside malt offers layers of complex flavours and a whiff of Speoke – an excellent example of a Speyside malt. The distillery is only a 10-15min drive from its sister distillery Cardhu and one can easily visit both sites in one day.



Cragganmore distillery & Yamazaki Distillery

Oban Distillery

Nestling beneath the steep cliff that overlooks Oban, one of Scotland's oldest sources of single malt Scotch whisky is a stone's throw away from the sea. Established in 1794 by brothers John and Hugh Stevenson, there has been little change to the present buildings since then. With just two pot stills, it's one of the smallest distilleries in the area, and the guided tour allows one to witness the traditional craftsmanship of whisky production first-hand

before enjoying complimentary drams of the Oban 14 year old West Highland Malt with some crystal-lised ginger.

Visit discovering-distilleries.com/oban/ for tour details

A YEN FOR JAPANESE WHISKY?

Many credit the boom in demand for Japanese whisky to Bill Murray's turn in the 2003 film, *Lost in Translation*, where his character is shooting a commercial for Suntory whisky. That may be bit of a stretch. Japan's distinguished range of malts stands out for other reasons as well. The good news for tourists is that there are quite

a few guided tours in English as well as an excellent domestic train network that makes it easy to navigate straight to the source of your favourite tipple.

Yamazaki Distillery

With the Yamazaki 25 Year Old being named the World's Best Single Malt Whisky at the World Whisky Awards last year, this is a good place to start. Japan's first whisky distillery, established by Suntory (Japan's oldest brewing and distilling company) founder Shinjiro Torii in 1923, is a 15-minute train ride from Kyoto. Apart from the mammoth distillery that supposedly houses a million casks, a stunning whisky library – with more than 7,000 catalogued bottles – is worth the visit. At the tasting room, visitors can also sample raw whiskies and unblended whiskies.

Visit suntory.com/factory/yamazaki/ for tour details

Yoichi Distillery

Masataka Taketsuru, the godfather of Japanese whisky, founded Nikka Whisky Distilling Co., which owns this handsome distillery on the northern island of Hokkaido. Hailing from an old sake brewing family, Taketsuru travelled to Scotland in 1918 to learn how to make whisky and returned with a Scottish bride two years later. He reportedly chose this location for the distillery because of its similarity to Scottish terrain. Mountains surround three sides of the distillery with the fourth bordered by the sea, lending Yoichi its peaty, masculine flavour, akin to that of an Islay scotch whisky.

REGIX JAPAN DISTILLERY



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Tours here are only given in Japanese but they include a tasting of the malts produced at Yoichi.

Visit nikka.com/eng/distilleries/yoichi/ for tour details

DISCOVER TASMANIAN WHISKY

A 150-year ban on distilling meant that Tasmania's whisky industry is very young, with the first distillery (Lark) established in 1992. Till date, there are only about 10 distilleries on the island but positive reviews have put Tasmanian whisky on the map.

Sullivans Cove Distillery

In 2014, Sullivans Cove won World's Best Single Malt whisky at the World Whisky Awards in London – the first time a distillery outside of Japan or Scotland has won this. Located in Cambridge, Sullivans Cove is known for its rigorous brewing process – right from procuring grain (only Tasmanian-grown barley), cask selection (American oak Bourbon barrels and French oak Port barrels) to using handmade copper stills and bottling by hand.

Visit sullivanscove.com/tours/ for tour details

Lark Distillery

Located in the picturesque Coal River Valley, Lark was founded by Bill Lark, known as the godfather of Tasmanian whisky, who was inducted into the World Whisky Hall of Fame in 2015. A whisky fanatic's haven, one gets to taste the product the whole way through from the fermenters, the stills, the casks and the bottles. Currently, however, the distillery is undergoing some renovation



Tasmanian whisky experience



Whisky tasting on the Kentucky bourbon trail

work and tours may be interrupted due to this.

Visit larkdistillery.com/tours/ for tour details

Belgrove Distillery

This is a distillery with a difference. Head-distiller Peter Bignell is a fourth generation farmer who built and operates, perhaps, the greenest distillery on the planet. He grows his own rye, barley, spelt, wheat and other grains on site for his whiskies and other spirits. He built his own peat-smoker and still and never ceases to amaze with his inventions and new-world techniques.

Visit belgrovedistillery.com.au for tour details

THE KENTUCKY BOURBON TRAIL

For those who favour a glass or two of amber-coloured bourbon, this trail is a must. Bourbon, recognised as 'America's official native spirit', is made with at least 51 per cent corn. The gateway to the American whiskey trail is George Washington's distillery at historic Mount Vernon. There are at least 14 distilleries on this route; here are two historical picks (other must-visit distilleries include Maker's Mark, Wild Turkey and Woodford Reserve).

Bulleit Frontier Whiskey Experience at Stitzel-Weller

The distillery, which originally opened in 1935, has long been associated with one of the most iconic names in the history of American whiskey-making, Julian 'Pappy' Van Winkle. Since then the distillery has changed many hands and it reopened to the public in 2014 with the launch of the Bulleit Frontier Whiskey Experience. Though it's no longer a functional distillery, guests can view the warehouse where the rickhousing system (warehouse where whiskies kept in barrels are aged) was invented in 1879, the cooperage (where the barrels are made) which remains unchanged since opening in 1935, and the historic foyer, inspired by Monticello.

Visit bulleitexperience.com for tour details

Jim Beam American Stillhouse

Boasting a 220-year-old Beam family heritage, this iconic brand happens to be the world's top-selling bourbon. At their distillery in the foothills of Clermont, a 90-minute guided tour takes guests through the entire whiskey-making process



– starting with Beam's natural limestone water well through the mashing, distilling, barrelling, aging and bottling. One can even lend a hand, helping to bottle the product (you can buy the exact bottle you helped make, complete with your fingerprint in the wax seal). End the tour on a sweet note with bourbon ice-cream at a bourbon-inspired café on the premises, Fred's Smokehouse.

Visit jimbeam.com for tour details



MIRRORLIGHTS

Why do women fall prey to eating disorders?

A woman's desire to diet and seek a slim body may depend on the attractiveness of a romantic partner, a study has found, highlighting the fairer sex's risk of developing eating disorders.

The study showed that women who were evaluated as less attractive were more motivated to diet and be thin if their husbands or partners were more attractive than them. Conversely, this extra motivation to diet did not exist among the women who were more attractive than their husbands.

As for men, their motivation to diet was low regardless of their wives attractiveness or their own, the researchers said.

"The results reveal that having a physically attractive husband may have negative consequences



for wives, especially if those wives are not particularly attractive," said Tania Reynolds, doctoral student at the Florida State University.

The study, published in the journal Body Image, offers productive insights about relationships in which a woman fears she will fall short of her partner's expectations. Understanding the predictors that increase a woman's risk of developing eating disorders and other health problems could lead to earlier assistance. "It might be helpful to identify women at risk of developing more extreme weight-loss behaviours, which have been linked to other forms of psychological distress such as depression, anxiety, substance abuse and dissatisfaction with life," Reynolds said.

"If we understand how women's relationships affect their decision to diet and the social predictors for developing unhealthy eating behaviours, then we will be better able to help them," she added. For the study, the team examined 113 newlywed couples – married less than four months, average age late 20s – who agreed to be rated on their attractiveness.

–IANS



HEEMANSHU ASHAR

VINOGRAPHY

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My childhood memories in the kitchen were about slicing vegetables during monsoon for making 'bhajiyas' (pakodas) and 'bhaajas' (fries without batter). The basics were potatoes and onions, but it was the vegetables that caught my fancy – green capsicum to red and yellow bell peppers and long

peppers (mostly bland, but some would just have a bite enough to moisten your eyes).

I didn't realise it then but the cutting and slicing I did in those years laid my foundation for finding aromas in wine today. The chlorophyll release from a freshly cut green capsicum or the sweetness of the coloured bell peppers; the smell of freshly-popped peas; the green channa just out of its shells – they all became memory blobs that I draw on to describe the vegetative flavours in wine.

Most people easily recognise the smell of the freshly-cut grass in Sauvignon Blanc. Then there's

the tart acidity of green tomatoes and gooseberries in Grillo and Pinot Grigio wines from Italy and fennel from white wines in the bottle. And if it's an acidic white wine from a warmer climate, say from India, then the sourness could be of sun-dried tomatoes and even kokum!

Red wines also express vegetative flavours but not as fresh or sharp as the ones in whites. For eg, freshly plucked asparagus would taste like cooked asparagus in a Cabernet Sauvignon. Hints of mushrooms and cooked cabbage would express aged Cabernet Sauvignons from warmer climes.



Then there is the extended family of vegetative aromas and flavours from spices such as rosemary, thyme, mint, eucalyptus and even coriander that come in both white and red wines.

Coriander, Mint and Rosemary is more pronounced in white wines such as Riesling, Silvaner and Gewürztraminer from Germany that go well with Asian cuisine. Red wine grapes if harvested early will express sharp vegetative flavours that will not be desirable. And if you like your steak, a glass of Cabernet Sauvignon with vegetative flavours of cooked bell peppers, thyme and mint will go just fine.

The writer is a student of wine for life, and believes demystifying the drink is the road to responsible enjoyment.