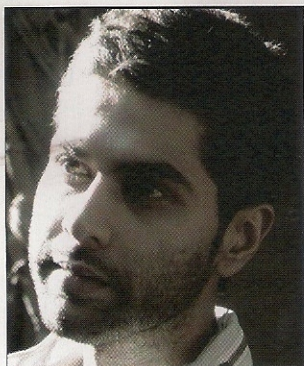


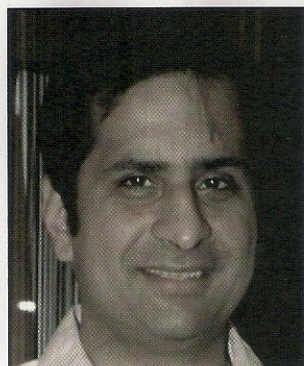
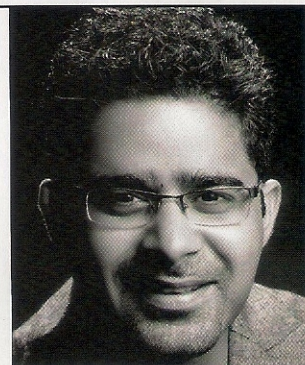


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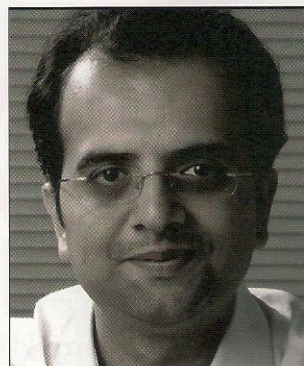
KUNAL RAWAL is a rising fashion designer who has already made his mark as one of the leading stylists in Bollywood, with his keen aesthetics and attention to detail. Specialising in contemporary menswear, this young man has established his label 'Dstress' with a unique 'aged look' and Indian-inspired embellishments. Stars like Shahid Kapoor swear by his styling. In this issue, Rawal styles our cover boy, film star Sharman Joshi. | Page 118

RAHUL DUTTA was introduced to photography at the age of seven and since then, it's been a lifelong affair with images. Having started out as a stockbroker, it didn't take him long to realise his true passion in life. With no formal training, this Noida photographer is well-known for his creative framing and an awesome knowledge of lighting style, aptly demoed by the fashion feature he shot for this issue. | Page 84



RISHAD SAAM MEHTA is a leading Mumbai-based automobile and travel writer who grew up enjoying driving holidays with parents accompanied by his Agfa Clk III, since he was eight. He made the jump from electronic engineer to writer when he realised that his profession was completely wired to his passion. It helps tremendously that he is fond of food, adventure, sports and history, and not necessarily in that order. Check out his account of an unforgettable Bullet ride across the Himalayas in this issue. | Page 96

NIKHIL AGARWAL is a London-trained sommelier. He kick-started his company *All Things Nice* to promote wine culture in India by way of training programmes, tasting events and introduction of international wine labels into the Indian market. While he loves music and travelling, it is wine and food that he is really passionate about. He realised there are many simple yet good things in life that would make each day an experience to cherish and he wants to bring the good life to everyone, as evidenced by his article on cognacs and cigars in this issue. | Page 44



DR SAMIR PARIKH is an expert on human behaviour and is director, mental health & behavioural sciences, Fortis Healthcare. He has done work in clinical psychiatry, psychological problems and in schools and organisations. He is a self-confessed family man who loves to watch TV and movies with his family during free time. He explains the various facets of depression to *THE MAN* readers in this issue. | Page 68

FERDINAND METZ is a certified master chef, the author of four editions of *The Culinary Olympics Cookbook* and president of the Culinary Institute of America for 21 years. He was in India recently for the National Culinary Congress, Bangalore and shares his exclusive recipes for the readers of *THE MAN* in this issue. His experience includes 15 years as Senior R & D Manager at Heinz, and chef at the renowned *Le Pavilion* restaurant in New York City. | Page 138



THREESOME AWESOME

NIKHIL AGARWAL, cognac and cigars—put the three together and what you get is an orgy of fine taste & refinement

I THINK ITS BEST THAT I START OFF MAKING THIS clear—I love cognac and I love cigars and together I love them even more. One plus one certainly does not equal two on this decadent scale. It's like making love with two beautiful women at the same time. Don't be shocked now; we all know you've thought of it.

What's not to love? cognac and cigars are catalysts for unbelievable pleasure through taste and I for one have a great penchant for tastes and experiences. I often envision myself sitting on a big dark brown leather chair wearing a slick suit, looking handsome—I am—a Riedel crystal balloon of cognac in one hand and a cigar in the other. A bottle of Louis XIII Black Pearl placed neatly on a classy low table in front of me and a stack of cash. Don't judge me, you have your fantasies, I have mine.

So is cognac really worth all the fuss? To put it simply, yes. cognac is distilled grape spirit, brandy, to be exact but it comes from the Co-

gnac region in France and is therefore called cognac. You have to love the French, they have a wonderful way of making things sound classier by spinning regular words into something so luxurious in their own language. However, there is more to it than just a difference in a name.

Taste them all, Delamain, Hennessy, Remy Martin, Courvoisier, Martell and of course if you get a chance the smaller but fantastic producers in the region making drop after drop of pure magic. For now, let's forget all about the technicalities; let's talk about how we should drink it.

Pour the cognac in a tulip-shaped glass or even a flute, take time to inhale the aromas. Take your time with her, she's not to be rushed. Appreciating the aromas in this beautiful spirit is key. Cover the glass with your hand to trap the aromas preventing them from escaping all the while cupping the glass from underneath to transfer the heat from your hand to the glass, and therefore, the cognac in it. Take a small sip and let it roll all over your mouth to truly understand the brilliance of this spirit. Sip it slowly.

If you want to understand the core fragrance of your cognac, stick your finger in the glass and touch the back of your hand like how we do with cologne or perfume. The heat in our body will cause the alcohol to evaporate leaving its core fragrance.

So what's the connection with cigars you might ask, and do pairings really work? Well yes, otherwise I wouldn't be writing about it now would I?

Cigars come in different sizes, shapes, flavour characteristics, and can range from mild to absolutely bold, Mafioso style. Cigars are about flavour, if you enjoy the taste of your smoke then a good cigar will provide a lot of enjoyment. Like cognac it's not meant to be had in a hurry. In fact, the slower you go the more you enjoy it.

Pairing cigars and cognac is tried and tested and have been enjoyed together way before you and I came into the picture. The two have been enjoyed after dinner independently for centuries and it isn't surprising that people started having them together a long time ago making way for what seems a tradition. Tradition aside, the beautiful warmth of the cognac with all its aromas can be a wondrous match to excellent tasting tobacco.

Like all rules about pairing you need to keep in the mind the characteristics of the two components you are making a pairing of. One shouldn't over power the other; in fact the combination should enhance the qualities of both to give you more pleasure.

So how do you go about getting to know which works best. You start tasting and reading different tasting notes of both cigars and cognac and then you experiment until you figure what





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works for you best. It isn't rocket science, you learn through tasting, how bad can that be?

When making a pairing selection, keep in the mind the intensity of the aromas and flavours derived from your cigar i.e whether it's very mild, mild, medium or bold. cognac generally is made up of notes of vanilla and caramel mixed with floral and nutty characteristics that get more and more complex as the spirit ages. vs, vsop and xo are all classifications based on the age of the spirit. You should keep in mind that two vsop's for example from two different producers will taste differently.

Mild to full-bodied cigars work well with cognacs and pair wonderfully with vsops and xos. If in doubt about which cognac to order, ask for a vsop which should be the most versatile to pair with most kinds of cigars – since it sits in the middle of the age based classifications between vs and xo.

Let me conclude by saying just this, if you have a bottle of Louis XIII Black Pearl, a humidor with classy cigars, a couple of old school luxuriously leathered chairs and need a friend to share them with over some sophisticated conversation, you know who to call.

Nikhil Agarwal is a sommelier and director of All Things Nice, a luxury website. Check out www.allthingsnice.in