

Shake It Up

DRINK TO GOOD HEALTH WITH THREE MF-APPROVED COCKTAILS

BY DEAN STATTMANN // PHOTOGRAPH BY CLAIRE BENDIST



Raise Your Bar

Stock your liquor cabinet with our top picks for the 2012 holiday season



Lucky Dog Vodka

Distilled from locally grown Idaho winter wheat mixed with Rocky Mountain meltwater from the Snake River aquifer, LDV is smooth and silky.



Bulldog Gin

Handcrafted in a distillery with 250 plus years of gin distilling experience, this newcomer is infused with 12 exotic botanicals sourced from eight countries.



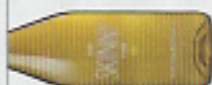
Wild Turkey Rare Breed Bourbon

A blend of WT's six-, eight-, and 12-year stocks, this "barrel proof" bourbon is rich and smooth, with warm, subtle undertones.

WINE 101

Christine Avanti, a nutritionist, author, and spokesperson for Skinny Vine wines, answers three of her most commonly asked questions.

For more tips, go to mensfitness.com/christineavanti



MF RECOMMENDS
Skinny Vine
Slim Chardonnay

WHICH WINES SHOULD I KNOW?

There are two main types of wine that every guy should know about: Chardonnay, which is a white wine, and Cabernet, which is a red wine. White wines go with lighter foods like fish, a light pasta, or a salad. Red wines are much richer and pair well with heavier meals, like red meat or a stew.

HOW SHOULD I HOLD THE GLASS?

You often see people at parties, and they've got their hand cupped under the glass. That's

not the right way to do it. You hold it at the stem because you don't want to affect the temperature of the wine. Wine is sensitive, so you don't want to heat it up.

HOW SHOULD I STORE MY WINE?

The only thing that will change the flavor of your wine is if it's sitting in heat or direct sunlight. In both cases, it will develop a "cooked fruit" taste that will be immediately obvious. Other than that, you can pretty much leave an unopened bottle of wine out and it's going to be fine.

1

The No. 11 (left)

By John McCarthy, beverage director at Whitehall Bar + Kitchen, New York City

WHY WE LIKE IT

It's a clapper-locking drink that spans you most of the sugar that plagues modern cocktails. "It's got all the flavor of Cherry Coke with a fraction of the sugar," McCarthy says. "And you're using 100% tart cherry juice, which is an antioxidant."

WHAT YOU'LL NEED

- 3 vanilla beans
- 2 oz bourbon
- 1 cup 100% tart cherry juice
- 1 cup agave nectar
- Dash Angostura bitters
- 1 large ice cube
- 3 branded cherries

HOW YOU MAKE IT

- 1) The day before, halve beans and drop into bottle of bourbon.
- 2) For tart cherry syrup, mix cherry juice and agave in saucepan, bring to boil, lower to medium low, and allow to simmer for 12 minutes. Mix with an equal part water.
- 3) In a glass with ice, add bitters, ½ oz syrup, and bourbon. Stir.
- 4) Place ice cube in a rocks glass and strain contents of mixing glass into rocks glass.
- 5) Garnish with branded cherries.

2

Slender Sangria

By Christine Avanti, C.N., nutritionist, chef, and best-selling author

WHY WE LIKE IT

Because it's sangria but also because the filtration process used to make Skinny Vine wines means you and your guests can enjoy this classic staple with 35% fewer calories. "Your normal glass of wine is about 130 calories. The Skinny Vine wines range from 86-96 calories for a five-ounce glass. So you're getting a lot fewer calories, but all of the same flavors as a typical wine," Avanti says.

WHAT YOU'LL NEED

- 1 oz strawberries, thinly sliced
- ½ lime, thinly sliced
- ½ peach, thinly sliced
- ½ orange, thinly sliced
- 6 oz Skinny Vine Thin Zin or Mini Moscato
- ¼ oz passion-fruit juice
- ¼ cup club soda

HOW YOU MAKE IT

- 1) Place fresh fruit in a large, chilled glass pitcher.
- 2) Add wine and passion-fruit juice, stir lightly, cover, and refrigerate.
- 3) When chilled, add club soda, stir, and serve over half a glass of ice cubes.
- 4) Garnish with lime wedge and serve.

3

Doctor's Orders

By Nicolas O'Connor, head mixologist at Apotheka, New York City

WHY WE LIKE IT

Custom made for Men's Fitness, this cocktail uses fresh ingredients, including ginger, which contains essential oils like gingerol, zingerone, shogaol, farnesene, and small amounts of beta-phellandrene, cineol, and citral. "Gingerols help improve intestinal mobility and have anti-inflammatory, pain-killing, nerve-soothing, anti-pyretic, and anti-bacterial properties," O'Connor says. It also contains good amounts of healthy minerals like potassium, manganese, copper, and magnesium.

WHAT YOU'LL NEED

- 9 blueberries
- 2 oz bourbon
- ¼ oz beet juice
- ½ oz lime juice
- ½ oz agave nectar
- ½ oz ginger juice*

HOW YOU MAKE IT

- 1) Muddle 6 blueberries, add all ingredients to a shaker, and shake vigorously with ice.
- 2) Strain into a rocks glass over new ice.
- 3) Garnish with 3 blueberries on a skewer.

*For ginger juice, shave the skin off ginger and place in a blender. Add 3 oz water and blend. Then strain the ginger mash through a strainer or cheesecloth.

