

TONS OF
USEFUL STUFF

Men's Health

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MALEGRAMS_GUY KNOWLEDGE



HOT SAUCE
Capsaicin, the chemical that gives chillies and hot sauce their kick, helped kill cancerous lung cells in a recent test-tube study.

Cheers to health

TOP DRINK MAKERS REINVENT ONE OF THE HEARTIEST COCKTAILS: THE BLOODY MARY

There *is* something about Mary: The brunch beverage typically includes 2 to 8 ounces of tomato juice and as much as 22 milligrams of lycopene, an antioxidant that may improve cardiovascular health. (A large, fresh tomato has about 4.5 milligrams.) Enjoy a guilt-free glass with these creative takes.

← Lobster Bloody Mary

By Mark Gaier and Clark Frasier, chefs, MC Perkins Cove, Maine

The extra shot of lean protein for brunch helps you feel full longer, studies have shown.

- 1 lobster tail
- 1½ oz vodka
- ½ cup tomato juice
- 2 tsp clam juice
- 2 tsp fresh lemon juice
- 2 tsp finely grated, fresh horseradish
- 1 dash Worcestershire sauce
- 2 dashes Tabasco sauce
- Salt and pepper to taste

Boil the lobster tail in an uncovered pot for 13 minutes, then plunge it into ice water for 30 seconds. Remove

Imperia Bloody Mary

By the Ritz-Carlton, Moscow

It's like a freezer pop for grown-ups and a convenient way to prep your brunch drinks in advance.

- 27 oz tomato juice
- 3½ oz lemon juice
- 1½ oz balsamic vinegar
- 1 tsp horseradish
- 1 tsp salt
- 1 tsp Worcestershire sauce
- 20 drops Tabasco sauce
- 1½ oz Imperia vodka
- 1 celery stalk

Combine all ingredients except the vodka and celery in a blender. Pour the mix into ice trays and freeze. To serve, place several frozen cubes in a tumbler, top with vodka.

HOT SAUCED

Studies show that congeners, the by-products that give spirits much of their taste and smell, can worsen a hangover. Clear spirits like vodka have the least congeners, so use these flavored vodkas to mix up your next Mary.



Square One Cucumber Flavored Organic Vodka

Idaho; \$35

This refreshing vodka is made from organic rye. The cucumber flavor adds a green, vegetal freshness.

with cherry tomatoes and celery.

Garnish with shiso leaves or cilantro.

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Mazama Infused Pepper Vodka

Oregon; \$25

The taste of sweet bell peppers, hot habaneros, and aromatic Anaheims all lend this vodka a garden flavor.



Modern Spirits Celery Peppercorn Artisan Vodka

California; \$25

Made with a maceration of celery stalks, this vodka almost crunches as it pours out.