

Whisk Me Away

Join Dr Ira Pearlstine and his wife Amy on a curated journey through world destinations and culinary experiences.

“ whiskmeawayblog.com ”



Our journey continues in Colorado.

Relax Your Body. Calm Your Mind. Renew Your Spirit.

There are certain concert venues that belong on a music lover's bucket list. Places where the setting is so much a part of the experience that seeing the same artist somewhere else simply would not be the same.

For us, Red Rocks is one of those places.

This was not our first visit, yet walking into Red Rocks still has an effect that is difficult to reproduce anywhere else. We started in the Lower North Lot and made the climb toward the amphitheater, following the path as enormous red sandstone formations rose around us. In daylight, you can see every layer and fracture in the rock. You walk beside it, beneath it and eventually into it.



This Month's Featured Destination
Red Rocks

Our featured story takes us back to Colorado and one of the most memorable music venues anywhere: Red Rocks Amphitheatre. The setting, the scenery, the acoustics, and simply being surrounded by those enormous red sandstone formations make seeing a concert there a completely different experience.

Does the Wine Glass Really Matter?



While having dinner at Flagstaff House in Boulder, we noticed something that good restaurants and sommeliers take seriously: each wine was served in the appropriate glass.

Does the glass really make a difference? Absolutely.

The shape and size of a wine glass influence how much air reaches the wine, how its aromas are directed toward your nose, how the wine reaches your palate, and even how well it maintains its temperature.

Bold reds such as Cabernet Sauvignon generally benefit from a larger bowl that allows the wine to breathe. Pinot Noir is often served in a wider, rounder glass that helps concentrate its more delicate aromas. Crisp whites do well in a narrower glass that helps keep them cool, while richer whites such as Chardonnay benefit from a slightly larger bowl.

Even Champagne has moved beyond the traditional flute, with many wine lovers preferring a tulip-shaped glass that preserves the bubbles while allowing more of the wine's aroma to develop.

You don't need a cabinet filled with dozens of wine glasses, but the right glass really can make a good wine look, feel, smell, and taste even better.

Colorado-Inspired Avocado Margarita

While dining at Cozobi Fonda Fina in Boulder, we discovered something we had never tried before – an avocado margarita. Creamy, refreshing, and surprisingly light, it was memorable enough that we decided to create our own version at home.



Ingredients

- 2 oz reposado tequila
- 3/4 oz fresh lime juice
- 3/4 oz avocado puree
- 1/4–1/2 oz agave nectar, depending on how sweet you like it
- Ice
- Salt for the rim, optional

Directions

Add all ingredients to a cocktail shaker with plenty of ice and shake vigorously. Strain over fresh ice into a rocks glass.

Making the Avocado Puree

Blend ripe avocado with the fresh lime juice, a small pinch of salt, and a small amount of cold water until smooth and pourable. The lime helps keep the avocado green and gives the puree enough acidity to keep the flavor light rather than heavy.

If the mixture remains too thick or slightly lumpy, add cold water a teaspoon at a time and continue blending until completely smooth. For an especially silky margarita, push the puree through a fine-mesh strainer before adding it to the cocktail.

The goal is a creamy texture without turning the drink into an avocado smoothie.

It's definitely not your typical margarita – but that's exactly what makes it fun.

Medical Tip: Why Am I So Short of Breath Up Here?



If you've ever arrived in the Colorado mountains and suddenly found yourself breathing harder while climbing a flight of stairs, there's a reason.

At higher elevations, atmospheric pressure is lower. Although oxygen still makes up approximately 21% of the air, the lower pressure means less oxygen is available to your body with each breath.

Your body responds by breathing faster and increasing your heart rate while it gradually acclimates.

For most travelers, the best approach is simple:

- Take it easy during your first day or two.
- Stay well hydrated.
- Avoid excessive alcohol, particularly during the first 48 hours.
- Ascend gradually whenever possible.

For people traveling rapidly to higher elevations or those who have experienced altitude sickness before, a prescription medication called acetazolamide (Diamox) can help the body acclimate more quickly and reduce the likelihood of acute mountain sickness.

A commonly used preventive dose for adults is 125 mg twice daily, usually beginning the day before ascent and continuing through the first couple of days at altitude.

Becoming winded with exertion can be normal at altitude. However, shortness of breath at rest, worsening cough, severe headache, confusion, difficulty walking, or rapidly worsening symptoms should not be ignored and may indicate a more serious altitude illness.

As always, discuss medications such as Diamox with your physician before traveling.

Until Next Time

Thank you for spending a few minutes with us. If something in this issue made you want to visit Colorado, try an avocado margarita, reach for a different wine glass, or simply pour yourself something wonderful, share it with a friend. That's how this community grows.

Have a recipe, travel story, favorite destination, or question you'd love to see in a future issue? Reply to this email. We read every message, and nothing would make us happier.

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With gratitude,

Ira & Amy

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