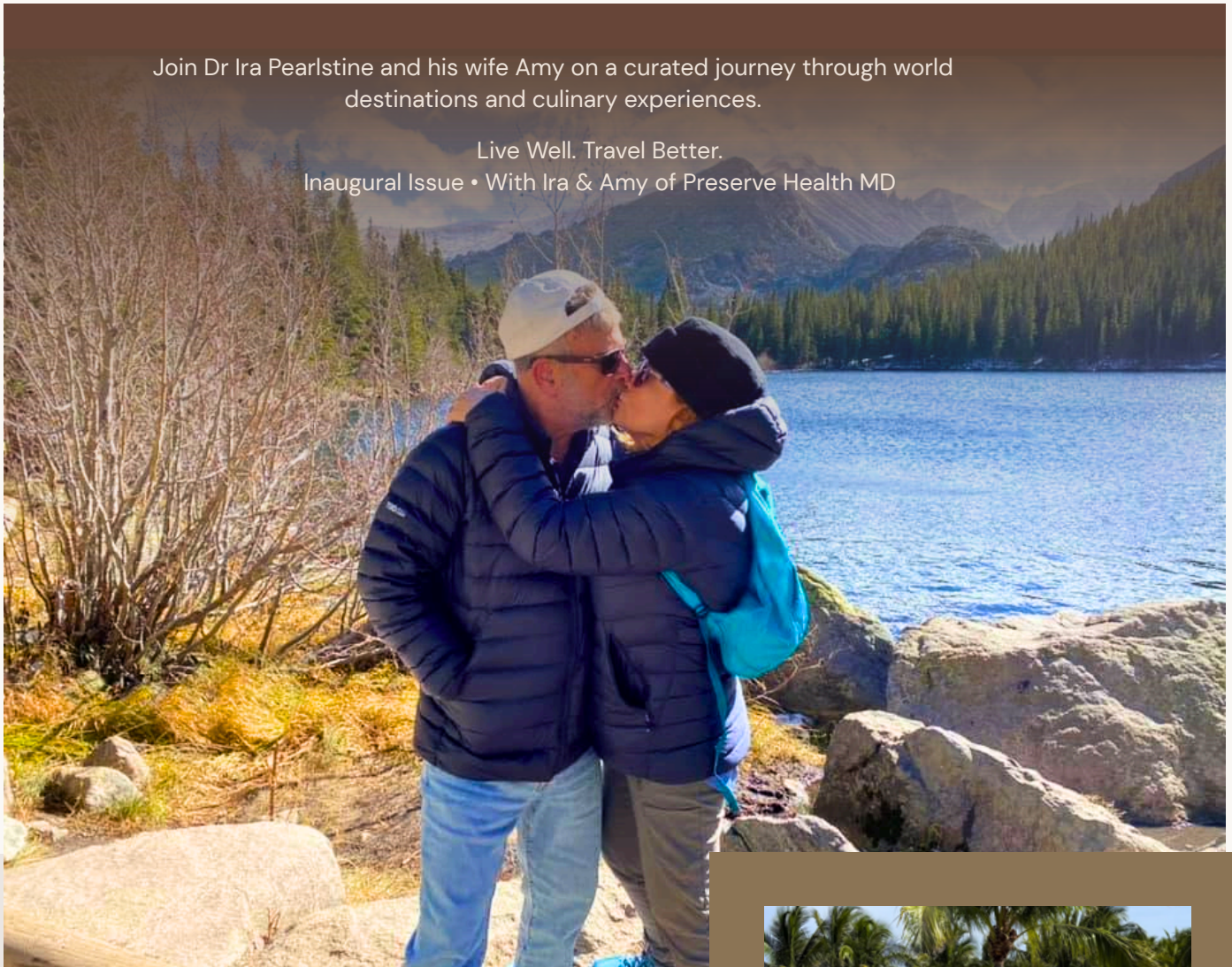


Whisk Me Away

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

Live Well. Travel Better.

Inaugural Issue • With Ira & Amy of Preserve Health MD



Welcome to the Very First Issue

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

Amy and I are truly humbled. When we launched Whisk Me Away, we hoped a few friends would follow along. Instead, we received an outpouring of support, kind words, and thoughtful feedback that exceeded anything we imagined. Thank you. This newsletter exists because of you.

So what can you expect from Whiskful Insight? Exactly what we promised: living well, traveling better, and sharing a little kindness along the way. In this inaugural issue, we settle a famous cocktail debate, share a beloved family recipe from the Deep South, and offer a travel tip that could save your next vacation.

Pour yourself something wonderful. Let's dive in.

– Ira



This Month's Featured Destination

Isla Bella Beach Resort

Where the Florida Keys Meet the Caribbean

Isla Bella invites you to slow your pace, linger a little longer, and let the resort be the vacation itself.

James Bond: In or Out?



When should a cocktail be shaken, and when should it be stirred?

As a general rule, a cocktail should be stirred rather than shaken when all—or nearly all—of its ingredients are spirits, liqueurs, or fortified wines, with no citrus juice, cream, egg white, or other ingredient that requires vigorous mixing.

Stirring gently chills and dilutes the drink while preserving a clear, silky, and relatively dense texture. Shaking does something different: it introduces tiny air bubbles, creating more aeration and a slightly lighter, cloudier cocktail.

The practical rule is pretty simple:

Stir it: Manhattan, Martini, Negroni, Old Fashioned, Boulevardier, Rob Roy.

Shake it: Margarita, Daiquiri, Whiskey Sour, Cosmopolitan, Lemon Drop.

And then there is the bartender's shortcut that will serve you well about 90 percent of the time:

If the ingredients are clear, stir. If they're cloudy, shake.

Of course, no discussion of shaking versus stirring would be complete without James Bond. His famous preference was a Martini “shaken, not stirred.” Traditionally, however, a classic Martini is stirred. Bond's choice was therefore more than a drink order—it was part of the character: distinctive, unconventional, and unmistakably his own.

So the next time you reach for the cocktail shaker, take a look at what's going into the glass first.

Clear? Stir it. Cloudy? Shake it. And if you're James Bond, apparently the rules don't apply.

Stephanie's Country Cobbler

Stephanie Schulman was my cousin. She grew up in the Deep South and was an amazing cook. For summer barbecues and family get-togethers, she would often serve this wonderfully simple country cobbler. It can be made with almost any fruit, but I think it is at its best with berries and peaches. Peaches alone are wonderful, and one of my favorite combinations is peaches with blueberries. Whatever you choose, keep the total amount of fruit to about two cups.

The ingredients could not be simpler, preparation takes only a few minutes, and somehow it seems to turn out perfectly every time.



Ingredients

- 1 stick butter
- 1 cup flour
- 1 cup sugar
- 1 teaspoon baking powder
- 1 cup milk
- 2 cups fresh fruit of your choice
- A little additional sugar for the fruit
- Vanilla ice cream, for serving

Directions

1. Preheat the oven to 350°F.
2. Melt the stick of butter in an 11 x 7-inch baking dish.
3. In a separate bowl, sift together the flour, sugar, and baking powder. Add the milk and stir until the batter is smooth and well combined.
4. Pour the batter over the melted butter in the baking dish. Do not stir.
5. Lightly toss the fruit with a little sugar, then spoon it evenly over the top of the batter. Again, resist the temptation to stir—the fruit should simply rest on top.
6. Bake for approximately 45 minutes, or until the cobbler is golden and cooked through.
7. Allow it to cool slightly before serving, preferably warm with a generous scoop of vanilla ice cream.

It is an old-fashioned Southern dessert that asks very little of the cook and delivers far more than you would expect.



WHISK ME AWAY • TRAVEL MEDICINE

Travel Well: Pack More Than a Passport

A lot of my patients love to travel, just as Amy and I do. But no matter how carefully you plan a trip, illness has a way of showing up at the most inconvenient time.

One of the advantages of having a concierge physician is knowing that medical advice is only a phone call away. Just as important, however, is being prepared before you leave home.

Depending on where you are traveling, how long you will be away, and your individual medical needs, your physician can prepare a personalized travel medication kit with a few commonly needed medications to have on hand should a problem arise.

Before your next trip, ask your doctor whether a travel kit makes sense for you. Having the right medication with you may mean the difference between handling a minor illness quickly and spending part of your vacation searching for an urgent care center or pharmacy.

A little preparation before you leave can make for a much easier trip if the unexpected happens.

Until Next Time

Thank you for spending a few minutes with us. If something in this issue made you smile, made you hungry, or made you rethink your Martini order, share it with a friend. That's how this community grows.

Have a recipe, travel story, 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.

scan
me!



READ ALL OUR
STORIES HERE

Live Well. Travel Better.

With gratitude,

Ira & Amy

Whisk Me Away • Preserve Health MD



FOLLOW US!