



## Object of the Newsletter

*To promote the appreciation of fine Scotch Whisky, the area from which it comes, the people that inhabit the land and it's history. By the way, I do not profess to be an expert, I am merely expressing an opinion on the whiskies I am tasting.*

In this issue; I look at Bruichladdich “Octomore” 6.1 from the island of Islay (Isla). Don't be put off when you read 5-years-old on the label, that is just the youngest whisky in the bottle, there are older ones in there and they definitely leave their mark. This is a great whisky, and Bruichladdich's cold smoke drying process allows them to produce a whisky with 167ppm of smoke. To put it into perspective Lagavulin has 35-40ppm and Laphroaig has 40-45ppm. I have probably put most whisky drinkers into panic mode with those facts, but hold on. The cold smoke process does not produce a whisky 4 times smokier than anything else you've tasted, it produces an elegant, Smooth and delightful whisky, with smoke, yes!! It does not beat you up with it thought, I would put this in a similar bracket to Lagavulin 16, but a Little lighter in overall flavor. I like this a lot, highly recommended.

You can buy Bruichladdich “Octomore” 6.1 for around \$140.00 a bottle.

### Tasting Notes;

**Nose** - Peat smoke with cracked black peppercorn & heather

**Palate** - Peat smoke, malt, stewed apple

**Finish** - Long, long finish with smoke & peat

*If you have a personal favorite and you would like it to feature in future “Slange” newsletters, please let me know.*

*I can be contacted at my website [www.scot-talks.com](http://www.scot-talks.com)*

*“Slainte Mhath”*

*Paul Bissett*





## Thinking Drinkers: should you add water to whisky?

*Ignore the naysayers, whisky is better with a dash of water. Tom Sandham and Ben McFarland explain why*

***"There are two things a Highlander likes naked, and one of them is malt whisky."***

*Scottish proverb*

Whether or not to add water to one's whisky divides opinion like the letter 'n'. Some deem dilution of the dram as desecration of the distiller's art, while others wholeheartedly welcome a dash of water.

A couple of drops of water can, it is claimed, coax out complexity, unleashing aromas, agitating molecules and opening up the nose like rain hitting a pavement on a balmy summer evening.

It's a romantic notion yet one that stands up to scientific rigour. Recently, [Morrison Bowmore Distillers](#) grasped the thorny topic and discovered that a little drop of water changed the look, the taste and the smell of the whisky.

### **Look**

When water meets whisky, the legs are not as "leggy" as when a neat whisky is swirled around the glass. "Viscimetric whorls develop," explained Rachel Barrie, Master Distiller at Bowmore. They're the eddies and threads created when fluids of different viscosities mix."

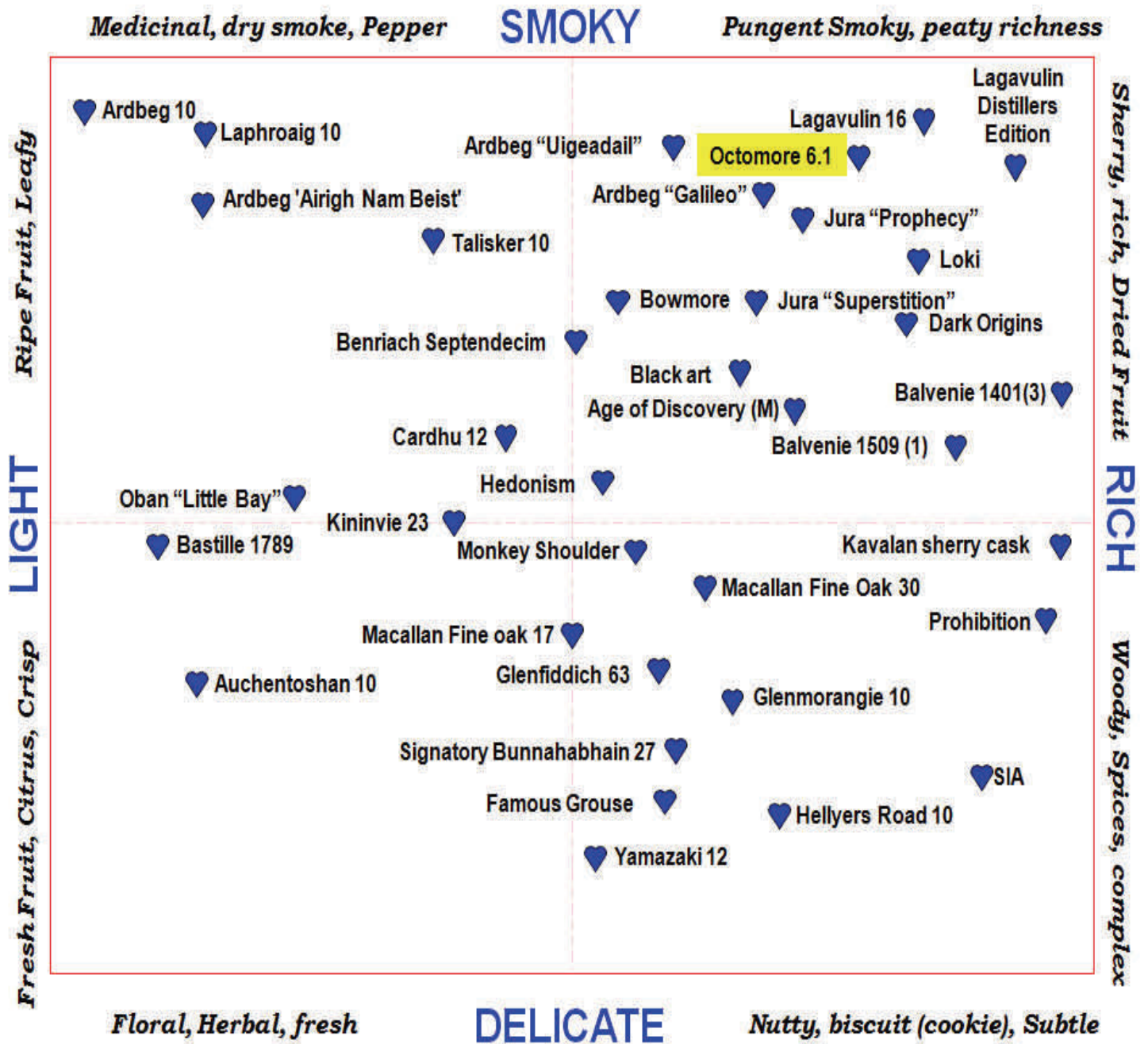
### **Smell**

The most noticeable difference is very much on the nose. As the alcohol and water combine, energy is released and the liquid temperature initially increases by about 2° C/3.5°F (an exothermic reaction), allowing the liquid to "open up" and release more of the volatile aromas. "By reducing the higher alcohol strength, it enables our sense of smell to work better," said Barrie, "and the aroma paradoxically seems to increase in intensity when first adding water."





Below is a simple guide to help you choose your single malt Whisky, and the flavor notes you should expect from it. Being Scottish I recommend you find a likely candidate and try it in a bar before buying the whole bottle. With each issue of the newsletter I will add in another Whisky to the flavor map. This Issue; Bruichladdich "Octomore" 6.1. For more information go to <http://www.bruichladdich.com>





## should you add water to whisky? Cont.

### Taste

The addition of water and the dropping of the alcohol strength creates a cooling effect on the tongue and makes us more receptive to salty and fruity tastes, rather than sweet and spicy. But how much water should you add? Much depends on your taste, but if you're looking to analyse what's in the glass as well as enjoy it, a couple of drops will do. But be careful what kind of water you use, as different water types deliver different flavours.

When Barrie tasted Bowmore 12-year-old with three different water varieties (soft, hard and mineral rich), each delivered new sensory experiences. Mineral-rich water unlocked additional layers of floral, herbal and peaty notes on the nose, and provided a more intense and intriguing textural experience (chalky minerality) on the tongue.

Soft water, meanwhile, brought out more of the sweet honeyed and citrus fruit notes and delivered a smooth rounded taste, while acidic water brought out more peppery peat, iodine and brine with unripe fruits and cereal notes.

### Ice

Unlike water, ice locks in aroma and suppresses flavour as it brings the temperature down considerably. It does, however, reduce the burn and, let's be honest, the clinking of the ice cubes does sound quite cool.

### Glassware

Whisky-making is an imprecise art. There's the style of barley, there's the method of maturation, there's the influence of the oak, there's a bit of geography in there too and there is, of course, the distinctive distillery character. To fully appreciate all this, you really need the right receptacle. While wine had the tulip glass and champagne the coupe, whisky somehow went without its own specific glass for years - instead taking up uneasy residence in a variety of vessels ranging from rocks glasses and tumblers to balloons and snifters. But that changed in 2001 when Raymond Davidson, managing director of the Scottish-based company [Glencairn Crystal](#), unveiled a bespoke Glencairn Crystal Glass.



## should you add water to whisky? Cont.

Devised in consultation with whisky distillers and based on the copita glass used for sherry, the unique patented design welcomes both single malts and aged blends. Accommodating a 35ml measure with room for some water, the bulbous bowl enables appreciation of both the body and the colour of the whisky, while keeping the liquid in contact with the air to coax out the aromas.

A staple at specialist whisky bars all over the world, the Glencairn Glass is a classy container in which to enjoy your whisky.

*This is an extract from [Thinking Drinkers: The Enlightened Imbiber's Guide To Alcohol](#) by Ben McFarland & Tom Sandham (Jacqui Small, £20), available to order from Telegraph Books at £15 + £1.95 p&p. Call 0844 871 1514 or visit [books.telegraph.co.uk](http://books.telegraph.co.uk)*

<http://www.telegraph.co.uk/men/the-filter/11183118/Thinking-Drinkers-should-you-add-water-to-whisky.html>



Glencairn Glass



Glencairn Glass Lid

These Glencairn Glass Lids are a great way to get a different experience out of the glass. Pour your favorite whisky, put the lid on the top of the glass, wait at least 15 minutes, and you will be able to have a unique experience with both aroma and flavor!

I haven't tried the lid as yet, but thought it an interesting concept.