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By: Nela Gheorghica, Life & Style Editor



Bloody Mary contains compounds that are actually quite healthy
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Bloody Mary Brings Some Benefits to One's Health

No matter the receipt, its inner œgoodiesœ • work just fine

For the ones feeling remorse when sipping their drinks, there is also good news to be unveiled. Some say that drinking the red cocktail might have positive effects, given the fact that the famous mix contains, among many other things, lycopene, an antioxidant found in tomatoes, which is allegedly efficient in reducing cancer-risk, or the damages of osteoporosis, diabetes, and even male infertility.

The most common receipt is also the easiest one - all you need is a glass filled with three parts vodka, six parts tomato juice, and one part lemon juice, with some dashes of Worcestershire Sauce, horseradish, Tabasco, salt and pepper. The garnish of celery salt and the lemon wedge are optional, but bare in mind that Bloody Mary is a drink "on the rocks" and that all the ingredients must be poured on a layer of ice-cubes. Another interesting receipt has been presented by *Men's Health* as the gazpacho mix: the basic elements are 50 ml gin, black pepper and a celery stick. What makes it special are other ingredients that give it a different texture, as well as their surprising healthy effects: 1 diced tomato, 1 diced raw red pepper, 3 diced slices of cucumber, 1 tsp chopped coriander, 1/2 diced clove garlic and the usual pinch of salt. All that is left to do is mix the gin with the blended gazpacho. If there is no tomato sauce, the cloves of garlic can easily replace its benefits, as it is already common knowledge that they contain large amounts of allicin, a compound with great results in reducing osteoporosis and fat deposits, and in lowering blood pressure. Still, one should remember that the positive effects of substances like lycopene and allicine would be nonexistent if combined with greats amount of alcohol.