

Not just a man's drink: Women embrace whiskey revival

Tiffany Decou 12:34 p.m. CDT September 16, 2015



(Photo: Submitted)

Think whiskey is just a man's drink? Think again.

Women make up about 37 percent of the whiskey drinkers in the U.S., according to [Fred Minnick](http://www.fredminnick.com/) (<http://www.fredminnick.com/>), who wrote a book on the subject entitled "Whiskey Women."

I am one of these whiskey loving women. My gateway to whiskey was Southern Comfort. I moved on to Jack Daniels then Jameson. I craved more, and in search for different and unique tasting whiskey, I discovered the small batch whiskey tasting classes at E's Kitchen.

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Through these classes I began to learn a lot about the spirit and develop a taste for the type of whiskey I have fallen madly in love with — rye whiskey. It happens to be gaining popularity among hardcore whiskey enthusiasts. I learned how adding water completely changes the taste of whiskey, which led to me ordering mine on the rocks, so the ice slowly melts and mingles with my drink.

I have a ways to go before I feel comfortable calling myself a "whiskey connoisseur," but these classes have become a fun hand-on-way to cultivate my whiskey palate. Thanks to Paul Ayo for helping shape me into a whiskey lover and getting me past Southern Comfort. Two of my four favorite whiskeys are a direct result of his tastings. I'll now share with you my four favorite whiskeys.

DINING GUIDE: [Miles of culinary delights await on Pinhook Road](https://www.theadvertiser.com/story/entertainment/dining/2015/09/09/miles-culinary-delights-await-pinhook-road/71944452/) (/story/entertainment/dining/2015/09/09/miles-culinary-delights-await-pinhook-road/71944452/)

Templeton Rye (<http://www.templetonrye.com/age-gate/>)

Rumored to be Al Capone's recipe during prohibition, this is my favorite whiskey. I fully admit that the history of the rye adds to the allure. It's smooth going down with a bit of spice. The smoky smell while slowly sipping on a glass really does it for me.

Sazerac Rye (<https://www.buffalotracedistillery.com/brands/sazerac-rye>)

This rye is made by Buffalo Trace and marketed to be used in Sazerac cocktails. It doesn't quite have the smokiness of Templeton Rye, but has a slightly sweeter taste. This whiskey is a good choice for cocktails but is just as great served up on its own.



Sazerac at Social Southern Table. (Photo: Submitted)

High West Whiskey Campfire (<http://www.highwest.com/spirits/new-campfire/>)

I describe this whiskey as drinking bacon in a glass. It's super smoky, thus the campfire name. This whiskey also happens to be the world's only blend of scotch, bourbon and rye whiskeys. The creators fell in love with a dessert of honeydew melon drizzled with a peated syrup, which gave them the idea to blend the whiskeys.

Jameson Whiskey (<https://www.jamesonwhiskey.com/us/>)

This is the whiskey of choice for many restaurant kitchens across Acadiana. If you are going to do a shot of whiskey, this is the one for you. Next time you are at a bar order Jameson with ginger beer and a splash of lime, you can thank me later.

Want to follow Tiffany Decou on more of her culinary adventures around the area? Follow her on Facebook at "Lafayette Food Junkie" or tune in to her nationally recognized radio show (along with co-host Zach Doise)

Sunday nights at 6pm on Newstalk 96.5 KPFL.

TASTE FOR YOURSELF

What: Whiskey tasting features the Lafayette Food Junkie

Where: E's Kitchen, 1921 Kaliste Saloom Road, Ste. 121



Tiffany Decou (Photo: Leslie Westbrook, The Advertiser)

When: p.m. 15

Cost: \$5 at www.eskitchen.com (<http://www.eskitchen.com>)

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