Old Fashioned



2 oz spirit of your choice

¼ oz simple syrup

2-3 dashes aromatic bitters

Stir ingredients in a mixing glass over ice, and strain into a rocks glass.

The Old Fashioned holds the title as the first cocktail ever to be called a cocktail. In replying to a letter to the editor asking what a cocktail is, Harry Croswell, the Federalist editor of the *Hudson Balance*, supplied the following definition in the May 13, 1806 issue: "Cock tail, then, is a stimulating liquor, composed of spirits of any kind, sugar, water, and bitters." He went on to suggest that it was "an excellent electioneering potion, inasmuch as it renders the heart stout and bold, at the same time that it fuddles the head." In keeping with the partisanship of the era, Croswell offered a jab at the Democratic-Republican opponents of his Federalists noting that, "It is said also, to be of great use to a democratic candidate: because, a person having swallowed a glass of it, is ready to swallow anything else." Later in the 19th century, bourbon or rye whiskey became the spirit of choice, however originally the choice of spirit varied.

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