Old Fashioned

Ingredients

1 sugar cube (or 1/2 teaspoon sugar)  
2 to 3 dashes bitters  
2 ounces bourbon (or rye whiskey)

Garnish: orange peel  
Garnish: maraschino cherry

Steps

Place a sugar cube or sugar in an old-fashioned glass and saturate it with bitters.  
Muddle or stir to mix.  
Add the whiskey, fill the glass with ice, and stir well.  
Express the orange peel over the drink before dropping it into the glass:  
Twist up the peel and give it a good squeeze (directed toward the glass, not your eyes) and bits of citrus oil will spray into the drink. Add a cherry if you like.