



Painful Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



318 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 pieces cinnamon sticks (3-inch)
- ☐ 750 ml vsop cognac
- ☐ 3 nutmeg pods whole
- ☐ 2 quarts orange juice
- ☐ 10 oranges sliced into wedges
- ☐ 2 quarts pineapple juice
- ☐ 750 ml myers rum dark
- ☐ 1 cups simple syrup glaze to taste

- ☐ 3 tablespoons allspice whole
- ☐ 750 ml red wine spanish

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ sieve

Directions

- ☐ PLACE the nutmeg pods in a cloth napkin and break them into pieces with a hammer or other blunt object.
- ☐ Combine the nutmeg, allspice, and cinnamon in a large stainless steel saucepan over medium heat. Follow the instructions on page 20 to toast the spices until aromatic, about 5 minutes.
- ☐ Add the juices and bring the mixture to a boil. Reduce the heat to low and simmer until the mixture is reduced by one-third, about 30 minutes.
- ☐ Remove the pot from the heat and strain the liquid through a fine-mesh strainer or chinois into a container large enough to hold all of the punch. Discard the spices.
- ☐ Add the wine, Cognac, and rum, and stir well.
- ☐ Add the simple syrup 1 cup at a time until the tannins are tamed.
- ☐ Add the orange slices, cover the container, and place in the refrigerator to chill. To serve, transfer the mixture to a large glass punch bowl with a ladle.
- ☐ Serve the ice on the side.
- ☐ Reprinted with permission from Artisanal Cocktails: Drinks Inspired by the Seasons from the Bar at Cyrus by Scott Beattie, (C) © 2008 Ten Speed PressA native of San Francisco, Scott Beattie tended bar at Postrio, Azie, and Napa Valley's Martini House before being handpicked to shape the cocktail program at Cyrus Restaurant in Healdsburg, California, deep in Sonoma wine country. He has been profiled in Gourmet, GQ Food & Wine, San Francisco Chronicle, and Bon Appétit, among other publications. Scott lives in Healdsburg.

Nutrition Facts



 **PROTEIN 3.68%**  **FAT 2.78%**  **CARBS 93.54%**

Properties

Glycemic Index:11.48, Glycemic Load:11.2, Inflammation Score:-7, Nutrition Score:9.8513045401677%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.63mg, Petunidin: 0.63mg, Petunidin: 0.63mg, Petunidin: 0.63mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Malvidin: 4.39mg, Malvidin: 4.39mg, Malvidin: 4.39mg, Malvidin: 4.39mg Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 24.5mg, Hesperetin: 24.5mg, Hesperetin: 24.5mg, Hesperetin: 24.5mg Naringenin: 10.61mg, Naringenin: 10.61mg, Naringenin: 10.61mg, Naringenin: 10.61mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 318.04kcal (15.9%), Fat: 0.49g (0.75%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 36.74g (12.25%), Net Carbohydrates: 34.81g (12.66%), Sugar: 30.15g (33.5%), Cholesterol: 0mg (0%), Sodium: 13.14mg (0.57%), Alcohol: 24.54g (100%), Alcohol %: 9.64% (100%), Protein: 1.44g (2.89%), Vitamin C: 76.71mg (92.98%), Manganese: 0.53mg (26.51%), Folate: 55.06µg (13.76%), Vitamin B1: 0.19mg (12.64%), Potassium: 419.97mg (12%), Vitamin B6: 0.16mg (8.21%), Fiber: 1.93g (7.73%), Magnesium: 30.52mg (7.63%), Copper: 0.14mg (7.06%), Iron: 1.21mg (6.74%), Vitamin A: 290.46IU (5.81%), Calcium: 52.62mg (5.26%), Vitamin B2: 0.08mg (4.92%), Phosphorus: 39.91mg (3.99%), Vitamin B3: 0.75mg (3.75%), Vitamin B5: 0.34mg (3.4%), Zinc: 0.28mg (1.85%)