Infrared spectra of the connected rotational levels of jet-cooled CH$_3$OD are recorded in the OD stretch region. The observed spectra in the range 2710 - 2740 cm$^{-1}$ result from E-species transitions ($3_0 \leftrightarrow 3_{-1}, 2_0 \leftrightarrow 3_{1,1} \leftrightarrow 1_1$) of CH$_3$OD. For the available rotational levels ($K' = 0, K' = 1$ and $K' = 2$), the reduced torsional energies follow a pattern similar to the ground state. The torsional tunneling splitting in the OD stretch excited state is deduced to be 2.4 cm$^{-1}$ as compared to 2.6 cm$^{-1}$ in the ground state.