

Alcohol Substitutions in Cooking by Linda Stradley

The amount of alcohol that remains in your dish is dependent on the manner and length of preparation. The following table of alcohol remaining after food preparation is from the Agricultural Research Services of the USDA (1989):

Immediate Consumption - 100%
Overnight Storage - 70%
Boiling liquid, remove from heat - 85%
Flamed - 75%

Dishes that have been baked or simmered:

After 15 minutes - 40%
After 30 minutes - 35%
After 1 hour - 25%
After 1.5 hours - 20%
After 2 hours - 10%
After 2.5 hours - 5%

The following is a general list of non-alcoholic substitutes that can be used in cooking. Choose the option that best matches the flavor of the dish you are making:

Amaretto - Almond extract. (Substitute 1/4 to 1/2 teaspoon almond extract for 2 tablespoons Amaretto.)
Anisette - Anise Italian soda syrup or fenel.
Beer - Chicken broth, beef broth, mushroom broth, white grape juice, ginger ale.
Bourbon - 1 1/2 to 2 teaspoons of non-alcoholic vanilla extract.
Brandy - Water, white grape juice, apple cider or apple juice, diluted peach or apricot syrups. (Substitute equal amounts of liquid.)
Champagne - Ginger ale, sparkling apple cider, sparkling cranberry juice, or sparkling white grape juice.
Cointreau - Orange juice or frozen orange juice concentrate.
Coffee Liqueur - To replace 2 tablespoons of liqueur, use 1/2 to 1 teaspoon of chocolate extract mixed with 1 teaspoon of instant coffee, which has been mixed in 2 tablespoons of water. Can also substitute espresso, non-alcoholic coffee extract or coffee syrup.
Cognac - Juice from peaches, apricots, or pears.
Creme de menthe - Spearmint extract or oil of spearmint diluted with a little water or grapefruit juice.
Grand Marnier or Orange-Flavored Liqueur - Unsweetened orange juice concentrate or orange juice. (Substitute 2 tablespoons unsweetened orange juice concentrate or 2 tablespoons orange juice and 1/2 teaspoon orange extract for 2 tablespoons Grand Marnier.)
Kahlua - Coffee or chocolate-flavored liqueur. (Substitute 1/2 to 1 teaspoon chocolate extract or substitute 1/2 to 1 teaspoon instant coffee in 2 tablespoons water for 2 tablespoons Kahlua.)
Kirsch - Syrup or juices from cherries, raspberries, boysenberries, currants, or cider. (Substitute equal amounts of liquid.)
Peppermint Schnapps - Non-alcoholic mint or peppermint extract, mint Italian soda syrup, or mint leaves.
Port Wine, Sweet Sherry, or Fruit-Flavored Liqueur - Orange juice or apple juice. (Substitute equal amount of liquid.)
Rum (light or dark) - Water, white grape juice, pineapple juice, apple juice or apple cider, or syrup flavored with almond extract. (Substitute equal amounts of liquid.)
Sake - Rice vinegar.
Sherry or Bour bon - Orange or pineapple juices, peach syrup, or non-alcoholic vanilla extract. (Substitute equal amount of liquid 1 to 2 teaspoons non-alcoholic vanilla extract.)
Southern Comfort - Peach flavored nectar combined with a small amount of cider vinegar.
Tequila - Cactus juice or nectar.
Triple Sec - Orange juice concentrate, orange juice, orange zest or orange marmalade.
Vermouth, Dry - White grape juice, white wine vinegar, or non-alcoholic white wine.
Vermouth, Sweet - Apple juice, grape juice, balsamic vinegar, non-alcoholic sweet wine, or water with lemon juice.
Whiskey - If a small amount is called for, it can be eliminated.
Vodka - White grape juice or apple cider combined with lime juice or use plain water in place of the vodka.

Wines:

Gewurztraminer - White grape juice combined with lemon juice.
Grappa - Grape juice.
Port Wine - Concord grape juice with some lime zest added, cranberry juice with some lemon juice added, or grape juice concentrate. Substitute orange juice or apple juice for lighter ports
Red Wine - Red grape juice, cranberry juice, chicken broth, beef broth, vegetable broth, clam juice, fruit juices, flavored vinegar. (Substitute equal amount of liquid.)
White Wine - Water, chicken broth, vegetable broth, white grape juice, ginger ale, white grape juice.
Sweet White Wine - White grape juice plus 1 tablespoons Karo corn syrup. (Substitute equal amount of liquid.)