

MARSALA SUBSTITUTES IN RECIPIES

- Orange, peach or pear juice.

ORANGE LIQUEUR SUBSTITUTES IN RECIPES

- Frozen orange juice concentrate.

Alcohol is on poison control lists.

Drinking alcohol can cause cancer. Women who drank were found to be at increased risk of cancers of the oral cavity, pharynx (throat), esophagus, larynx (voice box), rectum, liver, and breast. And the risk for these cancers increased with the number of drinks a woman consumed, regardless of the type of alcohol she drank.

— American Cancer Society

Underage alcohol use is a major cause of death from injuries among young people. Each year, approximately 5,000 people under the age of 21 die as a result of underage drinking;. This includes about 1,900 deaths from motor vehicle crashes, 1.600 as a result of homicides, 300 from suicide, and hundreds from other injuries from falls, burns and drowning.

— U. S. Dept. of Health & Human Services, The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking, 2007

Excessive alcohol-related costs in the U. S. total were over \$223.5 billion in 2006.

— <http://download.journals.elsevierhealth.com/pdfs/journals/0749-3797/PIIS0749379711005381.pdf>

Brochure for Alcohol Awareness Month
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ALCOHOL LEFT AFTER COOKING

ALCOHOL CONTENT AND SUBSTITUTIONS

People who want to abstain from the use of alcohol for health or religious reasons, children, people at risk for alcoholism, alcoholics wanting to recover and those who may be allergic to mold should also avoid food prepared with alcohol.

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Many people incorrectly believe that alcohol “cooks off” which is NOT the case. When using beer, wine or other alcoholic beverages in recipes, there is alcohol remaining after cooking.

ALCOHOL REMAINING AFTER PREPARATION:

100% Immediate consumption as in adding to a recipe without any cooking.

85% Boiling liquid, removed from heat

75% Flamed

70% Overnight storage

ALCOHOL REMAINING AFTER BAKED OR SIMMERED:

40% 15 min.

35% 30 min.

25% 1.0 hour

20% 1.5 hours

10% 2.0 hours

5% 2.5 hours

SUGGESTED SUBSTITUTIONS FOR ALCOHOLIC BEVERAGES IN RECIPES

Choose the substitute taking the sweetness or tartness of the dish you are preparing into consideration.

Distilled white vinegar rather than regular vinegar should be used for acidity in consideration for those who may be allergic to in mold.

WHITE WINE SUBSTITUTES IN RECIPES

- Apple juice or carrot juice.
- Vegetable stock or Chicken stock straight or with a little distilled white vinegar
- 1/2 cup distilled white vinegar and 1 tablespoon white grape juice.

RED WINE SUBSTITUTES IN RECIPES

• 1/2 cup grape juice or 1/2 cup water with 2 teaspoons of distilled white vinegar.

• Beef stock or chicken stock straight or with a little distilled white vinegar.

CHAMPAGNE SUBSTITUTES IN RECIPES

• Ginger ale, sparkling grape juice.

BRANDY SUBSTITUTES IN RECIPES

• Apple juice, peach juice, white grape juice, pear juice.