

# Alcohol Retention in Cooking

A study conducted by the US Department of Agriculture's Nutrient Data Laboratory in an article called [Alcohol retention in food preparation](#), by Augustin J, Augustin E, Cutrufelli RL, Hagen SR, Teitzel C., J Am Diet Assoc. 1992 Apr;92(4):486-8, calculated the percentage of alcohol remaining in a dish based on various cooking methods. The results are as follows:

Preparation Method	Percent of Alcohol Retained
alcohol added to boiling liquid & removed from heat	85%
alcohol flamed	75%
no heat, stored overnight	70%
baked, 25 minutes, alcohol not stirred into mixture	45%
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<b>baked/simmered, alcohol stirred into mixture:</b>	
15 minutes	40%
30 minutes	35%
1 hour	25%
1.5 hours	20%
2 hours	10%
2.5 hours	5%