

# Alcohol Retention in Cooking

A study conducted by the US Department of Agriculture's Nutrient Data Laboratory in an articles 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%
<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%