SUBSTITUTIONS FOR WINE AND LIQUOR IN COOKING

In Soups and Entrees:

1. Dry (un-sweet) red wine
	1. Water
	2. Beef broth, bouillon or consommé
	3. Tomato juice (plain or diluted)
	4. 1 Tablespoon Cider vinegar or red wine vinegar added to 1 cup water, grape juice, or diluted tomato juice
	5. Grape juice with a little red wine vinegar, water or tomato juice
	6. Liquid drained from canned mushrooms
	7. [*Note: For marinades, use ¼ cup red wine vinegar + 1 Tbsp granulated sugar plus ¼ cup water*]
2. Dry (un-sweet) white wine
	1. Water
	2. Chicken broth, bouillon or consommé
	3. Ginger ale
	4. White grape juice
	5. Diluted cider vinegar or white wine vinegar
	6. Liquid drained from canned mushrooms
	7. [*Note: For marinades, use ¼ cup white wine vinegar + 1 Tbsp granulated sugar plus ¼ cup water*]

In Cheese Dishes *(fondue or rarebit)*:

 1. Light Beer or ale

* 1. Milder-flavored chicken broth
	2. White grape juice
	3. Ginger ale
1. Heavier Beer or Ale
	1. Stronger-flavored chicken broth
	2. Beef broth
	3. Mushroom broth or stock

In a Batter Recipe:

 1. Beer

 a. Use soda water (*sparkling water, carbonated water, or seltzer*)

In Desserts:

1. Brandy
	1. Apple cider
	2. Peach or apricot syrup
	3. [*Note: If the recipe asks for a particular flavored brandy, then use the corresponding fruit juice—Apple, apricot, cherry, peach, raspberry, or grape juice, etc.*]
2. Light Rum
	1. Pineapple juice or syrup flavored with almond extract
	2. Rum extract
3. Dark Rum
	1. Molasses thinned with pineapple juice and flavored with almond extract
	2. Rum extract
4. Sherry
	1. Orange or pineapple juice
5. Kirsch
	1. Syrup or juice from black cherries, raspberries, boysenberries, currants, or grapes
	2. Cherry cider
6. Cognac
	1. Juice from peaches, apricots or pears
7. Cointreau
	1. Orange juice that has been reduced by boiling until thicker
	2. Frozen orange juice concentrate
8. Crème de Menthe
	1. Spearmint extract or oil of spearmint diluted with a little water or grapefruit juice with a drop of green food coloring (if color is needed).
9. Red Burgundy
	1. Grape juice
	2. Red wine vinegar
10. White Burgundy
	1. White grape juice diluted with white wine vinegar
11. Champagne
	1. Ginger Ale
	2. Sparkling white grape juice
12. Claret
	1. Grape or current juice or syrup (diluted)
	2. Cherry cider

 [*Note: If Syrups are too sweet, they can be diluted a bit with water. Flavored extracts may also be used.*]

If only a few tablespoons of alcoholic beverage are called for then, depending on the recipe, you can probably omit it. If a lot of wine or liquor is called for in a recipe, then you might need to look for a different recipe…one that doesn’t use alcohol.