

SUBSTITUTIONS FOR WINE AND LIQUOR IN COOKING

In Soups and Entrees:

1. Dry (un-sweet) red wine
 - a. Water
 - b. Beef broth, bouillon or consommé
 - c. Tomato juice (plain or diluted)
 - d. 1 Tablespoon Cider vinegar or red wine vinegar added to 1 cup water, grape juice, or diluted tomato juice
 - e. Grape juice with a little red wine vinegar, water or tomato juice
 - f. Liquid drained from canned mushrooms
 - g. [Note: For marinades, use ¼ cup red wine vinegar + 1 Tbsp granulated sugar plus ¼ cup water]

2. Dry (un-sweet) white wine
 - a. Water
 - b. Chicken broth, bouillon or consommé
 - c. Ginger ale
 - d. White grape juice
 - e. Diluted cider vinegar or white wine vinegar
 - f. Liquid drained from canned mushrooms
 - g. [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
 - a. Milder-flavored chicken broth
 - b. White grape juice
 - c. Ginger ale
2. Heavier Beer or Ale
 - a. Stronger-flavored chicken broth
 - b. Beef broth
 - c. Mushroom broth or stock

In a Batter Recipe:

1. Beer
 - a. Use soda water (sparkling water, carbonated water, or seltzer)

In Desserts:

1. Brandy
 - a. Apple cider
 - b. Peach or apricot syrup
 - c. *[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
 - a. Pineapple juice or syrup flavored with almond extract
 - b. Rum extract
3. Dark Rum
 - a. Molasses thinned with pineapple juice and flavored with almond extract
 - b. Rum extract
4. Sherry
 - a. Orange or pineapple juice
5. Kirsch
 - a. Syrup or juice from black cherries, raspberries, boysenberries, currants, or grapes
 - b. Cherry cider
6. Cognac
 - a. Juice from peaches, apricots or pears
7. Cointreau
 - a. Orange juice that has been reduced by boiling until thicker
 - b. Frozen orange juice concentrate
8. Crème de Menthe
 - a. 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
 - a. Grape juice
 - b. Red wine vinegar
10. White Burgundy
 - a. White grape juice diluted with white wine vinegar
11. Champagne
 - a. Ginger Ale
 - b. Sparkling white grape juice
12. Claret
 - a. Grape or current juice or syrup (diluted)
 - b. 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.