

ALCOHOL RETAINED IN COOKED FOOD

A study conducted by the US Department of Agriculture's Nutrient Data Laboratory calculated the percentage of alcohol remaining based on various cooking methods. The results are as follows:

Preparation Method Utilizing Alcohol Beverage	Percent of Alcohol Retained
Stirred into hot liquid	85%
Flamed	75%
No heat, stored overnight	70%
Not stirred into mixture, baked 25 minutes	45%
Stirred into mixture, baked or simmered 15 minutes	40%
Stirred into mixture, baked or simmered 30 minutes	35%
Stirred into mixture, baked or simmered 60 minutes	25%
Stirred into mixture, baked or simmered 90 minutes	20%
Stirred into mixture, baked or simmered 120 minutes	10%
Stirred into mixture, baked or simmered 150 minutes	5%

SOURCE: USDA Table of Nutrient Factors, Release 6, December 2007, page 14

<http://www.nal.usda.gov/fnic/foodcomp/Data/retn6/retn06.pdf>