

1814 - Eating Food Cooked with Alcohol

the question

Is it permissible to eat dishes cooked with alcohol? It is well-known that alcohol evaporates with heat.

Detailed answer

It is not permissible to eat dishes cooked with alcohol, as ALL the alcohol is not evaporated with cooking or heat. Refer to the following, quoted from the famous Mayo Clinic:

[Begin quote]

Many people believe that because alcohol is sensitive to heat, it is eliminated with cooking. However, not all the alcohol content of alcoholic drinks is removed with heat; it depends on the type and time of cooking. For instance if you add beer or wine to boiling liquid, then immediately remove it from the heat, 85 per cent of the alcohol content will remain. If you light the alcohol, as in flambé dishes, 75 per cent will remain. Even after simmering the dish for one and a half hours, it will still have 20 per cent of the original alcohol content.

It is only if you simmer the mixture for two or more hours, (as you would with a wine-based beef casserole), that as little as five to 10 per cent of the original alcohol content remains.