

ZAMHA

ALCOHOL BURN-OFF DURING COOKING



Introduction

Many gourmet chefs rely on alcohol and its chemical reactions to create unique flavours and textures in food. Brandy, cognac, whisky, rum and sherry are commonly used in desserts, cakes, puddings and savoury dishes. Another well-known culinary technique is flambéing, where alcohol is ignited to create dramatic visual effects while cooking.

Does Alcohol Really Burn Off?

A common belief is that alcohol completely evaporates during cooking. However, according to the article, this assumption is incorrect. Research cited from the United States Department of Agriculture indicates that food may need to be cooked for approximately three hours before alcohol traces are fully removed.

A Matter of Concern

This information is particularly relevant for Muslims, recovering alcoholics and others who wish to avoid alcohol. A meal may appear acceptable because the meat is Halaal or the menu consists primarily of seafood, yet ingredients such as marinades, sauces and flavourings may still contain alcohol.

Examples mentioned include fish and chips prepared in batter containing alcohol and steaks enhanced with white wine. Although the quantity may seem insignificant, consumers are encouraged to exercise caution and be aware of what is added during food preparation.

Qur'anic Reminder

The article concludes by reminding readers of the Qur'anic warning regarding wine and gambling: "Say: In them is great sin..." (Surah Al-Baqarah 2:219).

Conclusion

When dining out or purchasing prepared foods, consumers should not assume that alcohol disappears completely during cooking. Careful investigation of ingredients and preparation methods remains an important aspect of informed Halaal consumption.