

Cooking with wine, beer or liquor



Marinating



Poaching



Braising



Flaming

Marinating with wine or beer



- Wine marinades are a concoction of wine, acidity, herbs, spices and oil that brings amazing flavor to recipes. Whether you need a red wine marinade for steak or a white wine marinade for chicken, this guide will give you the secrets to create delicious and easy marinade recipes.
- <https://winefolly.com/wine-pairing/white-and-red-wine-marinades-guide/>
- Beer add a depth of flavour to your cooking if you use it in a marinade – it also contains enzymes that break down the fibres in your meat, making it more tender.
- A flavorful beer marinade using a pale ale and a mixture of savory and sweet ingredients to create a delicious beef marinade that’s perfect for grilling.
- <https://www.berlyskitchen.com/beef-beer-marinade/>

Marinade for red meat



- 75 ml redwine
- 15 ml Worchestersauce
- 15 ml Aceto Balsamico
- 25 ml chopped rosemary
- 2 crushed garlic cloves
- 15 ml Dijon mustard
- 25 ml tomato paste



Poaching



- Poaching is a cooking technique that involves heating food submerged in a liquid, such as water, stock, beer or wine. Poaching uses a relatively lower temperature (about 70–80 °C). This temperature range makes it particularly suitable for delicate food, such as eggs, poultry, fish and fruit, which might easily fall apart or dry out using other cooking methods. Poaching is often considered a healthy method of cooking way to infuse flavor into fish because it does not use fat to cook or flavor the food.
- <https://www.alaskaseafood.org/recipe/white-wine-poached-fish-with-lemon-butter-sauce/>

Poaching liquid

- 1 liter of water
- 1 dl. white wine
- 2 tbsp. vinegar
- 3 tsp. salt
- 5 peppercorns
- 1 bay leaf
- 1 sliced onion
- 1 sliced carrot



Braising



- Braising (from the French word braiser) is a combination-cooking method that uses both wet and dry heats: typically, the meat is first browned at a high temperature, then simmered in a covered pot in cooking liquid (such as wine, beer or broth). Braising of meat is often referred to as pot roasting.
- A successful braise intermingles the flavors of the foods being cooked with those of the cooking liquid. The most suitable red wines for braising are high in acidity and polyphenols and low in tannins.
- How to cook the perfect boeuf bourguignon:
<https://www.theguardian.com/lifeandstyle/wordofmouth/2017/mar/09/how-to-cook-the-perfect-boeuf-bourguignon>

Flaming

- Flambé is the French word for “flamed” or “flaming. Liquor is poured over food and ignited, leaving behind the subtle flavor of the liquor or liqueur without the lingering flavor of alcohol. The technique is used for its caramelization flavor as well as its exciting tableside flair.
- There is nothing more theatrical than a chef setting your dessert alight with a burst of flames tableside at the end of dinner. This impressive cooking technique imparts a subtle liquor flavor that compliments desserts and savory sauces.
- <https://www.masterclass.com/articles/learn-how-to-flambe-at-home-the-12-best-flambe-recipes#what-does-flamb-mean>

