



WINOVATE

Non-Alcoholic Wine as a vehicle of Innovation and Value for Agri-food Training and Education

ERASMUS+ / 2023-1-HU01-KA210-VET-000151814

MICRO MOOCS

5th MICRO MOOC

Use of Non-Alcoholic Wine in Cooking



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Introduction to Cooking with Non-Alcoholic Wine

► Benefits of using non-alcoholic wine in cooking

Using non-alcoholic wine in cooking allows you to enjoy the rich flavors and depth that wine imparts to dishes without the effects of alcohol. It is a great option for those who prefer or need to avoid alcohol, offering a healthier and inclusive alternative for all diners.

► Overview of Greek recipes incorporating non-alcoholic wine

Greek recipes such as stifado (a hearty beef stew) and saganaki (fried cheese) can be enhanced by incorporating non-alcoholic wine, which adds complexity and depth to the flavors. These dishes retain their traditional taste profiles while accommodating those who prefer non-alcoholic options.

► Comparison with traditional wine in cooking

Non-alcoholic wine provides similar flavor-enhancing qualities to traditional wine, making it a versatile substitute in various recipes. However, traditional wine may offer a slightly more complex flavor profile due to the presence of alcohol, but non-alcoholic wine remains a suitable and flavorful alternative for cooking.

► Interactive Element

A cooking guide

<https://vinepair.com/wine-101/guide-cooking-wine/>



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Recipes for Starters

▶ Greek starter recipes using non-alcoholic wine

A popular Greek starter, marinated olives, can be elevated by using non-alcoholic white wine in the marinade, adding a subtle depth of flavor. Another delightful starter is shrimp saganaki, where non-alcoholic wine enhances the tomato-based sauce, making it rich and aromatic.

▶ Step-by-step instructions for each recipe

For marinated olives, combine a cup of non-alcoholic white wine, olive oil, garlic, lemon zest, and fresh herbs, then add the olives and let them marinate for at least 24 hours. For shrimp saganaki, sauté onions and garlic in olive oil, add tomatoes and non-alcoholic wine, then simmer before adding shrimp and feta cheese, cooking until the shrimp are pink and cooked through.

▶ Tips for enhancing flavors with non-alcoholic wine

To enhance flavors with non-alcoholic wine, use it to deglaze pans, which helps lift and incorporate the fond (browned bits) into your sauce for added richness. Additionally, allowing non-alcoholic wine to reduce concentrates its flavors, making your dishes more robust and aromatic.

▶ Interactive Element

Interactive recipe cards

https://www.etsy.com/market/wine_recipe_card



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Recipes for Main Courses

▶ Greek main course recipes incorporating non-alcoholic wine

A classic Greek main course like beef stifado can be enhanced with non-alcoholic red wine, adding depth and richness to the stew. Another dish, chicken avgolemono, uses non-alcoholic white wine in the broth, providing a subtle wine flavor that complements the lemon and egg sauce.

▶ Detailed cooking instructions

For beef stifado, marinate beef chunks in non-alcoholic red wine, garlic, and spices, then brown the meat and simmer with onions, tomatoes, and more non-alcoholic wine until tender. For chicken avgolemono, simmer chicken pieces in broth with non-alcoholic white wine, then add a mixture of lemon juice and beaten eggs, stirring until the sauce is creamy and thickened.

▶ Insights from Greek chefs

Greek chefs emphasize the importance of using high-quality non-alcoholic wine to ensure the best flavor in traditional recipes. They also suggest allowing the wine to reduce and integrate fully into the dish, enhancing the overall taste and authenticity of the meal.

▶ Interactive Element

Video tutorials

<https://www.youtube.com/watch?v=SU-g9A-sU>



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Recipes for Desserts

▶ Greek dessert recipes using non-alcoholic wine

Greek dessert recipes like poached pears in non-alcoholic red wine or a grape must pudding (moustalevria) can be elevated with the addition of non-alcoholic wine. These desserts offer a rich, wine-infused flavor without the alcohol, making them suitable for a wider range of dietary preferences.

▶ Cooking tips and techniques

When cooking with non-alcoholic wine, allow it to reduce and concentrate to enhance its flavors, just as you would with traditional wine. Additionally, balance the acidity and sweetness by adjusting the sugar and citrus content in your recipes to achieve a harmonious taste.

▶ Case study of a Greek bakery using non-alcoholic wine

A Greek bakery in Thessaloniki introduced non-alcoholic wine into their dessert offerings, creating unique items such as wine-infused baklava and non-alcoholic wine jelly. This innovation not only catered to customers seeking alcohol-free options but also gained popularity for its unique twist on traditional Greek sweets.

▶ Interactive Element

Interactive recipe cards

<https://ve-refinery.ch/blogs/blog-ve-refinery-alcohol-free/alcohol-free-dessert-pairings>



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Cooking Tips and Techniques

► General tips for cooking with non-alcoholic wine

When cooking with non-alcoholic wine, use it in the same way as traditional wine, allowing it to reduce and concentrate to enhance its flavors. Choose high-quality non-alcoholic wines to ensure the best possible taste in your dishes, as the quality of the wine can significantly impact the final flavor.

► Techniques to enhance the flavor of dishes

To enhance the flavor of dishes, marinate proteins in non-alcoholic wine to infuse them with subtle wine notes before cooking. Additionally, use non-alcoholic wine to deglaze pans and incorporate the fond into your sauces, adding depth and richness to the overall flavor profile.

► Feedback from Greek home cooks

Greek home cooks have praised the use of non-alcoholic wine for its ability to provide the complex flavors of wine without the alcohol, making it suitable for all family members. They appreciate the versatility of non-alcoholic wine in both savory and sweet dishes, noting that it brings out the best in traditional Greek recipes.

► Interactive Element

Graphs showing cooking tips and techniques

<https://www.researchgate.net/publication/362335123> *Low-Alcohol and Nonalcoholic Wines Production Methods Compositional Changes and Aroma Improvement*



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