

# Early to Rise Customer Support

Knowledgebase > Chef Gui Eat More Burn More > Cooking With Wine: A lot of your recipes you cook with wine. I do not like cooking with wine. What is a good alternative? I know the alcohol cooks down some but I choose not to use it for my family.

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Cooking With Wine: A lot of your recipes you cook with wine. I do not like cooking with wine. What is a good alternative? I know the alcohol cooks down some but I choose not to use it for my family.

Kerri -- ETR Customer Support - 2020-02-20 - Chef Gui Eat More Burn More

If you do not like to cook with wine, then don't. In all of my recipes, you can replace with stock or water.

I hope this helps.