

KOSHER:

To Eat or Not to Eat

Kosher Food Laws

- **What foods can be eaten**
- **What foods cannot be eaten**
- **How foods must be prepared**

The laws are found in the Torah

- **Kosher = “fit and proper”**
It does not mean food blessed by a rabbi.

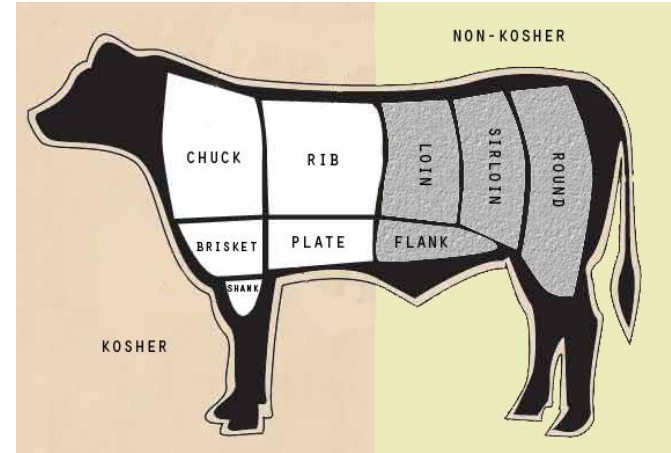
- **To be truly kosher, all component ingredients, processing aids, and production equipment must be certified kosher**
- **Processed foods must be prepared under rabbinical supervision.**
- **Trademark symbols identify kosher foods**





Meat

- Chicken, turkey, duck, cows, sheep, goat
- Must be from animals that chew their cud and have split hooves
- Must be slaughtered by specially trained slaughterer
- No pork allowed



Fish

- Only fish with scales and fins
- Cod, herring, haddock, salmon, trout, tuna, pike, etc.
- No lobster, octopus, crab, eel, prawn, mussels, shrimp, squid, etc.



Dairy

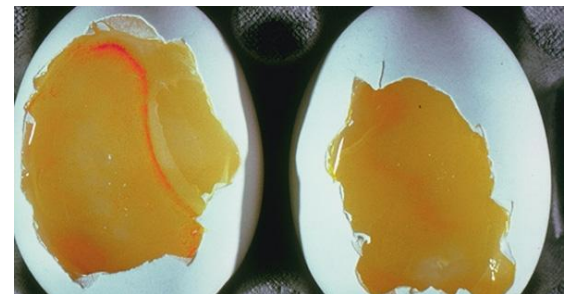
- Foods derived from or containing milk, such as butter, yogurt, and cheese must come from kosher animals
- All dairy products require reliable kosher supervision
- May not be mixed with meat!!!





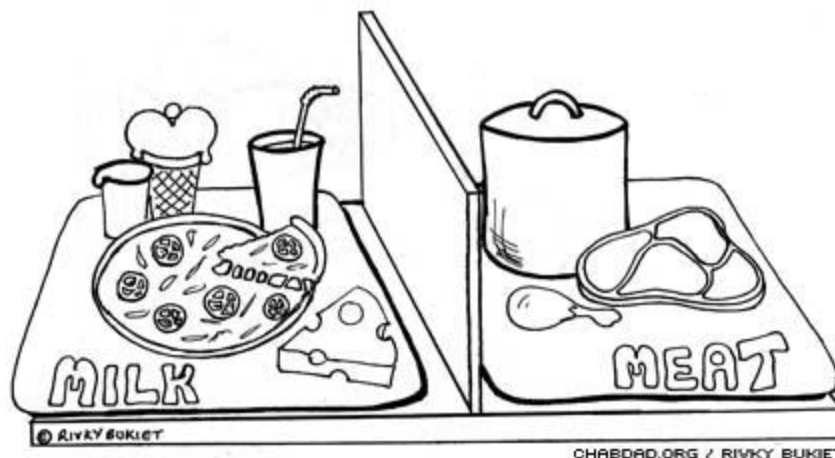
Pareve

- Neutral foods
- Neither meat nor dairy, or their derivatives
- Must not be prepared or processed with meat or dairy equipment
- Fresh fruits and vegetables, grains, pasta, soft drinks, cereals, nuts, fish and eggs
- Eggs must be checked for bloodspots
- Fruits and vegetables must not contain insects or larvae



Other Kosher Rules

- Dairy & meat cannot be cooked and served together during the same meal
- There is a waiting period (between 1-6 hours, according to custom) after eating meat before eating dairy and vice versa
- Separate dishes and utensils must be used for the meat and dairy



The Shochet

- Trained slaughterer
- Ritual slaughter = **shechita**
- The method of slaughter is a quick, deep stroke across the throat with a perfectly sharp blade with no nicks or unevenness.
- This is done to ensure that the animal dies in a humane manner, quickly, painless, and bloodless (drain the blood out)



Kitchen Rules

- Kosher home has at least 2 sets of dishes, silverware, pots, pans, and utensils—one for meat, one for dairy
- They are kept in separate cabinets & drawers
- Ideally, separate sinks and sponges for meat and dairy
- Spillage and cross contamination in fridge and freezer must be avoided
- Stovetop splatters must be avoided
- Dairy and meat dishes may not go in dishwasher at same time

Kosher Food: (2 min)

http://www.youtube.com/watch?v=ujujK_r3xAc

Food Network: (9 min)

<https://www.youtube.com/watch?v=wG13bVyVhXo>

Kosher Slaughter: (5 min)

<https://www.youtube.com/watch?v=T8p-hfLrVx4>