

Kugel, Kefilte Fish, Kosher?



Everything you always wanted to know about Jewish Dietary Laws, but were afraid to ask.

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Handmaker Jewish Services for the Aging



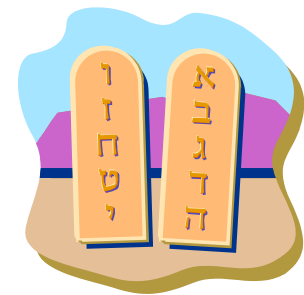
“Well There Were 613 Commandments...”

Mitzvah = Commandment

Mitzvot = Commandments

Categories of Mitzvot

- ◆ Positive and Negative
- ◆ Light and Heavy
- ◆ Between individual and G-d / Between individual and other people
- ◆ Mishpatim and Chukim - “We are holy because G-d is holy.”



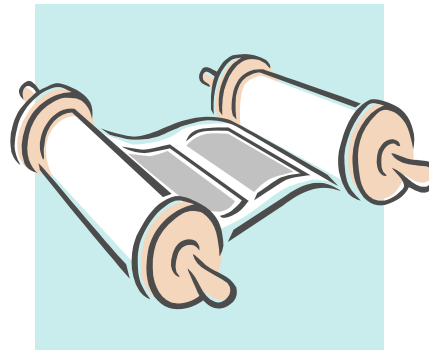
Biblical Sources

First mention of dietary guidelines: Genesis 1:29-30 – It was assumed that all people would be vegetarian – all seed bearing plants and seed-bearing fruit

After flood – Genesis 9:3-4 – Can eat meat, but not with blood

Foundations of *Kashrut* – first found in Exodus 23:19 - “...You shall not boil a kid in its mother's milk.”

Which animals we can eat – Leviticus 11:1-47 – The what and the why!

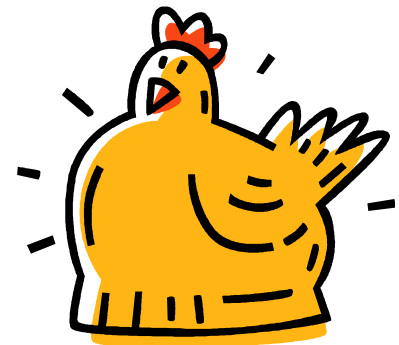
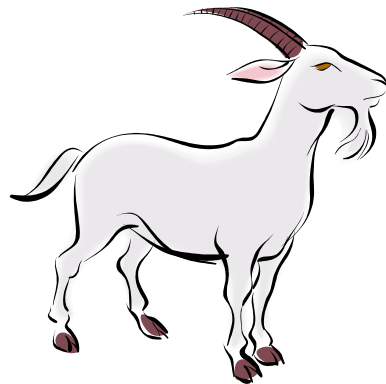


Leviticus 11:1-47

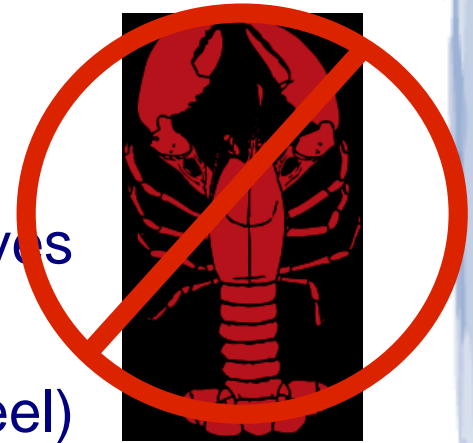
Which animals can we eat?

Do's

- ⌘ Animal that has cleft hooves and chews cud
- ⌘ Anything in water with fins and scales
- ⌘ Winged swarming things that have jointed legs to walk on ground (chicken, turkey, duck, geese, pigeon, pheasant*)
- ⌘ Locusts and grasshopper (all varieties)



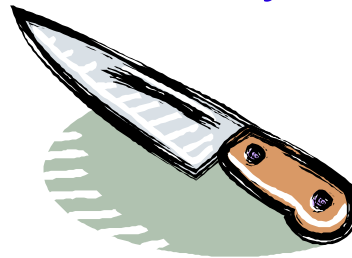
The Do Nots



- ◆ Animals that *only* chew cud or *only* have split hooves not both (e.g. camel, rock-badger, hare, swine)
- ◆ Sea creatures without fins and scales (e.g. shellfish, eel)
- ◆ Unclean birds – birds of prey: great vulture, bearded vulture, ospray, kite, falcon, raven, ostrich, hawk, sea-mew, owl, pelican, carrion-vulture, stork, heron, hoopoe, bat
- ◆ Mammals with paws
- ◆ Swarming things: weasel, mouse, lizard, crocodile
- ◆ Swarming things (smaller insects, worms, slugs)
- ◆ Belly crawlers (snakes) and those with many feet (spiders, caterpillars, centipedes)
- ◆ Animal that would be kosher that dies of natural causes

Kosher Slaughter - Shechitah

- Shechitah = prescribed manner for slaughter
- Shochet = highly trained ritual slaughterer
- Fulfillment of commandment *Tza'ar Ba'alei Chaim* – prevention of cruelty to animals
- According to Maimonides we are not permitted to torment the animal by slaughtering in a clumsy manner or causing undue suffering
- Using specially equipped knife, the shochet cuts the trachea and esophagus cleanly and swiftly



Meat, Dairy and Pareve

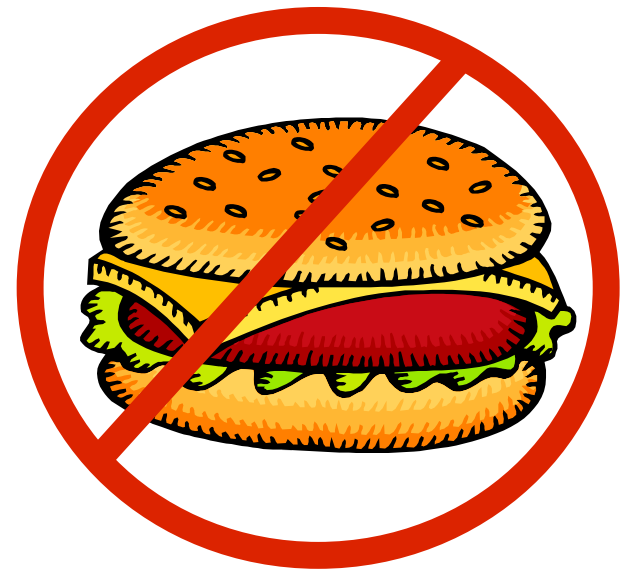
Meat (*fleishich*) includes poultry, beef, lamb, goat

Dairy (*milkech*) includes all milk, cheese, yogurt, butter, products with whey

Pareve includes items that are neutral – they can go with either dairy or meat meals: fish, fruits and vegetables, grains, soy products, margarine, oils

Practicalities:

- ◆ Separate dishes, utensils, pots and pans
- ◆ Cutting boards
- ◆ Storage containers
- ◆ Dish towels
- ◆ Wait-times between meals



It's all in the *Hechsher*

- ◆ Stamp of kashrut
- ◆ Proctor & Gamble – Crisco – One of first major manufactureres to ask for hechsher
- ◆ OU, Kof-K, Star-K, etc., etc., etc.

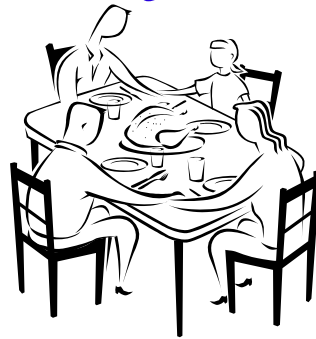
For up-to-date alerts and info go to www.kosherquest.org

- ◆ Not all products need a hechsher (e.g. maple syrup, rice, unflavored tea)

KSA

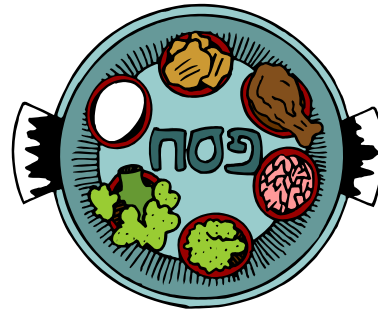


Spirituality of Kashrut



- Formula for eating: blessing, eat, prayer of thanks
- One can judge a person's character by “his cup, his pocket and his anger.” (Kosso, Kisso, Ka'aso) -- Talmud
- Eating has wider meaning than intake of food
- Dead Sea vs. Sea of Galilee – receiving and letting go
- Eating to live, not living to eat – elevate eating to an act of holiness
- Rabbi Yosef Eisen – quote from Rambam – Doing *mitzvot* brings us closer to G-d – a kosher meal contains a lot of *mitzvot*!
- Reverence for life
- We are holy because G-d is holy

Passover



- ◆ Remember the Exodus from Egypt. G-d brought us out with a strong arm.
- ◆ Matzah – bread of affliction
- ◆ Cannot eat any of five grains, other than flour that has already been made into matzah (wheat, barley, spelt, rye and oats)
- ◆ Ashkenazic rabbis – added: rice, millet, corn and legumes

To *Bean* or not to *Bean*, that is the question!

Ashkenazic authorities: legumes can be confused with grains

Sephardic practice: legumes are substantial part of diet