



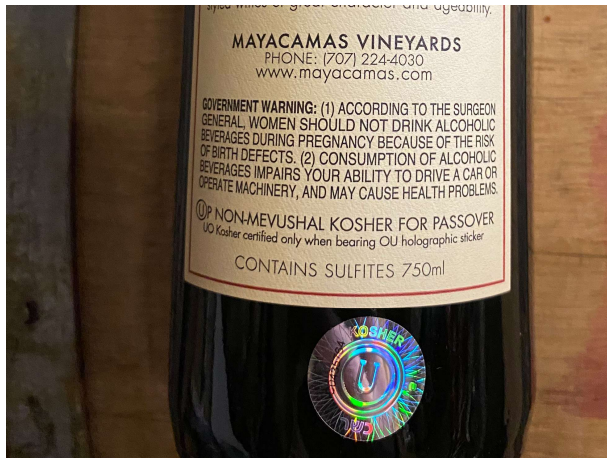
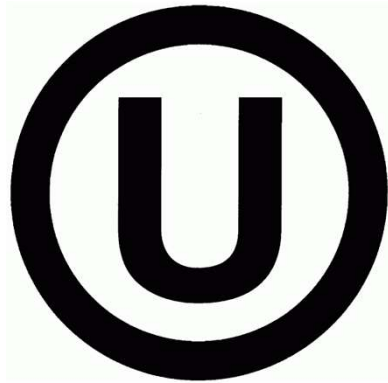
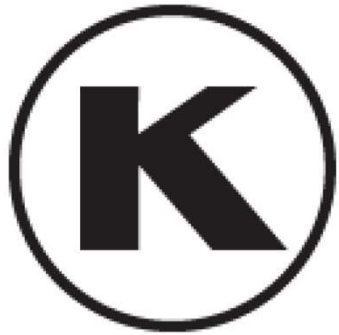
Kashrut

Keeping Kosher: Practice and Origins



What is Kashrut?

- Kaf shin resh = fit or proper
- Set of instructions based on dietary commandments from Torah:
 1. What can be eaten
 2. How it must be prepared
 3. How it is to be consumed
- Special procedures to make sure the rules are enforced:
 - Not blessed by a rabbi
 - Certified by a *mashgiach*, or Jewish supervisor
 - Not a style of cooking (“kosher-style”)
 - Not Kosher for Passover (different rules)



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Basic Principles of Kashrut

1. Only animals and animal products meeting specific criteria are kosher and permitted to be eaten:
 1. Flesh
 2. Eggs
 3. Milk
 4. Organs
 5. With some exceptions
2. Animals and animal products not meeting all the specific criteria are prohibited and not kosher
3. Blood cannot be ingested
4. Live, healthy animals must be ritually slaughtered
5. Meat and meat products can never be mixed with milk and milk products during preparation, storage or consumption

What animals can you eat?

Category	Kosher	Not Kosher
Land animals	Must have both a cloven hoof and ruminant: Sheep, cattle, goats, deer permitted (giraffes meet criteria but are not eaten). Must be ritually slaughtered.	Camel, hyrax, hare, pig meet only one criteria and are therefore prohibited. No rodents. Sciatic nerve and adjacent blood vessels and fat at around organs and liver (<i>chelev</i>) prohibited.
Animals that live in water	Fish with gills and true scales throughout its life cycle.	Fish without scales. Fish with scales in only part of its life cycle. Shellfish, eels, octopus, etc.
Birds	Extra toe in back, crop, peelable gizzard; tradition of use. Chicken, geese, ducks, turkey	Birds of prey, scavengers (<i>dores</i>)
Winged insects	Previously, a now unknown species of locust, grasshopper	Now, all insects
Reptiles, amphibians	None	All

What about other foods?

Category	Kosher	Not Kosher
Eggs	Of permitted animals with clear albumin	Of prohibited animals Of permitted animals with blood in the albumin
Vegetables	All as long as no larva or insects	Infested vegetables
Fruits	All as long as no larva or insects	Infested fruits
Products from grapes	Made by Jews	Made by non-Jews
Cheese	Made with rennet from a kosher animal	Made with rennet from a non-kosher source.
Prepared food	Kosher hechsher on label	Not kosher certified



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Shechitah - Kosher Slaughtering

- Only for permitted land animals and birds, not fish.
- No sick or injured animal may be slaughtered.
- No removal of a limb or organ from a living animal.
- A mother and its offspring may not be slaughtered on the same day.
- Performed by a *shochet*, a specially trained, religious butcher.
- Uses a non-serrated, ultra-sharp knife with no knicks or unevenness, called a *chalif*
- Single, deep cut across jugular vein, carotid artery, esophagus and trachea in one movement.
- Causes massive blood loss and unconsciousness in 2 seconds.
- Widely considered most humane slaughtering method possible.



Bedikah

- Shochet examines the body of the slaughtered animal
- Checks for disease or injury that would have caused death
- *Treifot* = 70 categories of injuries, diseases and abnormalities that render the animal non-kosher
- Lungs of cattle are examined:
 - Smooth lungs = healthy animal = *glatt* kosher
 - Tumors, lumps, unevenness = not *glatt*, may be kosher
- *Nikkur*:
 - Removes prohibited fat (*chelev*)
 - Carves out sciatic nerve and adjacent blood vessels



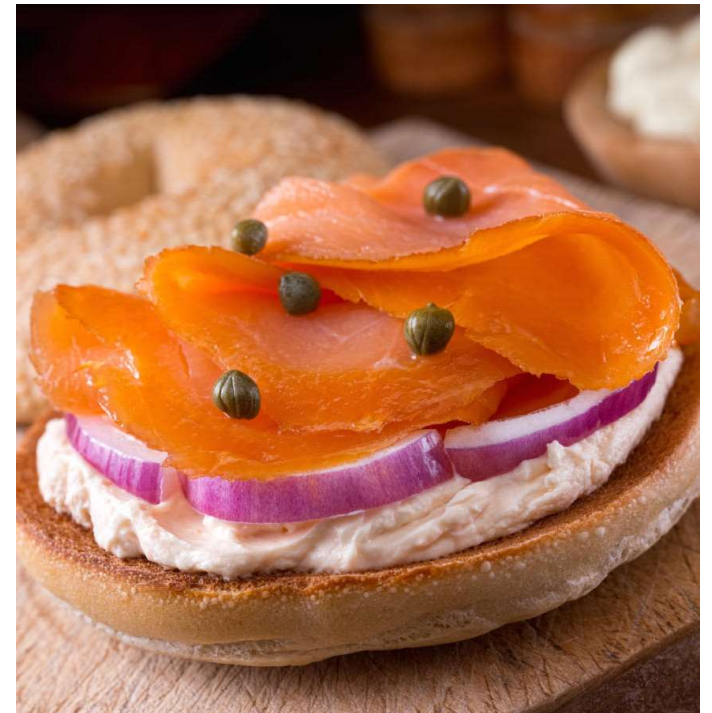
Removal of Blood

- Meat or poultry is salted to draw out blood on inner surface.
 - Ashkenazi rules allow very thick pieces
 - Sephardic rules limit to half a *rotel* or 7.6 ounces.
- Coarse grain salt (kosher salt) is used, placed over grate to drain.
- Time it takes to walk one biblical mile.
- Salt residue rinsed.
- Meat is packaged for cooking.
- Exception is liver.
- Meat roasted over a fire requires no salting.
- Some Orthodox further boil meat before cooking.



Cooking Kosher

- Three categories of food:
 - Milk and dairy products
 - *Milchig* (Yiddish)
 - *Chalavi* (Hebrew)
 - Meat and meat products
 - *Fleishig* (Y)
 - *Besari* (H)
 - Pareve
 - Vegetables
 - Fruits
 - Eggs
 - Fish (kosher)
 - Gelatin (kosher)
 - Bread



“You shall not cook a kid in the milk of its mother.” Exodus 23:19

- Observant households keep milk and meat separate for storage, preparation, serving and consumption of all food.
- Practice developed in late 14th century.
 - Keep separate sets of dishes, pots, utensils.
 - May have separate sinks and dishwashers, even kitchens.
- Waiting period between eating meat and milk meals (*Shulchan Aruch*)
- Procedures for koshering most materials with boiling water or fire.
- Procedures if mistakes are made.



Why?

- Abraham and Sarah did not separate milk and meat.
- Commandments given by God to Moses.
- Most of basic laws of kashrut come from Deuteronomy and Leviticus.
- 613 Commandments or mitzvot:
 - *Mishpatim* - Laws that have a rational explanation and would be in place in most societies
 - *Eidot* - Laws that can be understood after being explained but without the Torah, would not be enacted
 - *Chukim* – Laws that have no explanation but must be followed as faith
- Laws of kashrut are considered *chukim*.
- Subject to much rabbinic interpretation in Mishnah and Talmud
- Modern changes to kashrut observance

Kosher for Passover

- Different food prohibitions around eating unleavened bread
- Kitchen wares used for the rest of the year cannot be used during Passover unless they are specially koshered
- All leavened goods must be removed from the house and “sold”
- Depending on family traditions, *kitniyot* may not be eaten.
- Prepared food must be labeled Kosher for Passover (even matzoh).
- Wine must be kosher for Passover.
- All other rules of kashrut apply.

