

# The Passover Guide

## PREPARING THE KITCHEN

It is preferable to have separate dishes, pots, pans and utensils set aside and used only for Pesach. If one needs to kasher dishes, sinks, stoves, and ovens, etc. one ought to be familiar with the rules of koshering. Generally, there are two ways of koshering: *Libun* – intense heat-fire and *Hagallah* – boiling water. How an item is used in cooking determines the manner in which it is kashered. If it has been used in an oven it is kashered with *Libun*. Items used on a stove, in food preparation and eating are to be kashered by *Hagallah*. All items that are to be kashered must first be completely clean and not be used for twenty-four hours prior to koshering. Any questions may be submitted to the rabbi.

**China**, pottery, earthenware, non-stick and similarly coated pots and pans, enameled pots, pans and ladles, and utensils cannot be kashered.

**Cupboards, counters**, cabinets, etc., are thoroughly cleaned and then covered with cardboard, or metal or contact paper. Some countertops may be kashered with boiling water or a hand held steamer and do not require any covering.

The **Sink and Faucets** must be kashered or covered. Stainless sinks may be kashered with boiling water while porcelain or enamel sinks must be cleaned very well and lined. There are those who leave the sink unused for 24 hours, then pour boiling water over every part of the sink.

**Porcelain Dishwasher:** Home dishwashers that are made of non-kasherable porcelain, may not be kashered for Pesach.

**Stainless Steel Dishwasher:** Even with plastic racks it may be kashered by the following method: Do not using it for 24 hours then raise the temperature on your home boiler to higher than its normal setting, then run the dishwasher on the highest cycle once with soap and then repeat the highest dishwashing cycle once without soap.

**Food Processor:** A new container cover and blades must be purchased for Pesach. The motor housing should be thoroughly cleaned.

**Refrigerator & Freezer:** Defrost, clean thoroughly and line the shelves.

**Hot Water Urn:** Fill the urn to the top with water, then heat to maximum temperature. Pour boiling water from a pot which was on the flame into the urn, causing the water to run over the rim, then pour hot water onto and into the spigot.

**Microwave Oven:** Clean microwave thoroughly and do not use for 24 hours. Boil a cup of water in the chamber for an extended amount of time, until the chamber fills with steam and the water overflows from the cup. The glass plate cannot be kashered (or used) and should be removed before koshering begins. For Pesach, it is a commendable extra precaution to cover all foods in the microwave, even after performing the above koshering.

**Regular Oven:** Do not use oven for 24 hours. Apply "Easy Off" or similar oven cleaner, heat oven then clean oven thoroughly. After two applications, all remaining dirt spots may be disregarded. Care should be taken to remove all grease from seams and door hinges. Operate oven at maximum temperature for one hour may be disregarded.

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**Oven-Self-Cleaning:** A self-cleaning oven is essentially self-kashering. Run oven through self-clean cycle. Clean outer rim of oven.

**Warming drawer** - Wait 24 hours from last use, clean thoroughly, then put a tin of hot (faucet) water on the left side of the warming drawer, put it on high for 30 minutes until the warming drawer is filled with steam. Then move the tin to the right side of the drawer and repeat for another 30 minutes. After it cools, line the surface with tin foil and it is then fit for use on Pesach.

**NOTE:** A "continuous clean" oven is not self-kasherable.

**Stove Top:** Clean thoroughly, and kasher grates in a self-cleaning oven or by cleaning grates, and running the gas jets on high for at least 1 hour. To kasher an electric top, clean coils and heat until they glow red hot. Cover surface around the grates with foil.

**Glass Top:** The two most popular brands are Corning and Ceran. These can be *kashered* by leaving all four burners on for an hour. The area between the burners should be covered with aluminum foil. However, please check with the manufacturer, as this may cause damage to the glass on some stove tops. If this area cannot be covered, then it must be thoroughly cleaned.

**Tablecloths:** Machine wash fabric tablecloths prior to Pesach. Since some new tablecloths may be starched, new tablecloths should also be washed before Pesach. Plastic and vinyl tablecloths used year-round may not be used.

**Table Top:** Clean thoroughly and cover. If the table has leaves it should be opened and the supports and the leaves carefully cleaned. Then the table should be covered.

Highchairs must be cleaned completely. Some people have a separate tray for Pesach; if not, the tray must be completely covered.

Cookbooks used all year round should be put away with the Chometz.

## KITNIYOT

*Kitniyot* products or their derivatives are used on Pesach by Sephardim, but not by Ashkenazim.

The following is a list of foods considered to be kitniyot which are avoided on Passover.

Anise, Aspartame, Beans, Black eye peas, Buckwheat, Canola oil, Caraway, Chickpeas, Coriander, Corn, Corn syrup/Glucose syrup, Cumin, Fennel, Fenugreek, Flax seeds, Kasha, Kimmel, Lentils, Licorice, Lucerne, Lupine, Millet, MSG, Mustard, Peanuts, Popcorn, Poppy seeds, Saffron, Sesame seeds, Sorbitol, Soy oil, Corn oil, Soy, String beans, Sunflower seeds, Tofu, Vetch, Wild rice.

**NOTE:** Many items from Israel, which are Kosher for Passover, are made with *Kitniyot* rendering the product not suitable on Pesach for Ashkenazim.

## MEDICATIONS ON PESACH

Before taking prescription medication on Pesach, consult your physician and the Rabbi. Generally, *P'kuach Nefesh* (danger to life) overrides kashrus considerations,

All pill medication (with or without chometz) that one swallows is permitted without special supervision. Vitamins and food supplements do not necessarily fall into this category.

All liquid and chewable medications that have *kitniyot* may be consumed by one who is ill. All liquid and chewable medications that have chometz or questionable chometz should not be used.

## COSMETICS & TOILETRIES

All varieties of body soaps, shampoos and stick deodorants are permitted for use on Pesach regardless of its ingredients.

All types of ointments, creams, newly purchased non-flavored lipsticks, nail polish, hand lotions, eye shadow, eyeliner, mascara, blush, foot and face powders, ink or paint may be used regardless of its ingredients.

Colognes, perfumes, hairspray, shaving lotions and deodorants that have denatured alcohol (listed as SD, SDA, [or with a number or letter i.e. SD29C or SD40], SD Alcohol, Alcohol, Denatured Alcohol or Ethyl Alcohol) cannot be used on Pesach unless they appear on a reliable list. This only applies to products in a pure liquid state. Toothpaste and mouthwash that contain chometz should not be used.

**FOR MORE INFORMATION & LISTS OF BRANDS AND PRODUCTS SEE OR DOWNLOAD THE APP: [OU Kosher Passover Guide](#)**

[CRC Passover Guide](#)

## Quinoa

Quinoa is approved for Passover consumption. However, only certain brands are acceptable for Passover use. There are several brands that are now Star –K and OU certified for Passover, look for the certification on the label. Otherwise, only purchase Quinoa in a reputable Kosher market.

## FOODS TO PURCHASE BEFORE PESACH

**For use on Pesach:**

**Milk – all kinds ( including Lactaid)**

**Eggs**

**Pre-cut veggies, Pre-cut fruit**

**Frozen Meats/Poultry**

## PROBLEMATIC FOODS & ITEMS

**Baby Food:** May be made on *chometz* equipment.

**Baby Formula:** Consult a rabbinic authority for acceptable brands. Even many acceptable brands do contain *kitniyot*, and therefore care should be taken to keep bottles away from Pesach food areas. They should not be washed in the kitchen sink.

**Confectioner's Sugar:** May contain cornstarch.

**Coffee:** Many companies now produce grain blend and flavored coffee on the same equipment used to produce regular coffee.

# The Passover Guide

**Egg Matzah**, Chocolate Covered Egg Matzah, Egg Matzah "Crackers": According to Ashkenazic tradition, these may not be eaten except by very young children, the elderly, and the infirmed.

**Frozen Vegetables:** May be pre-cooked before freezing on same equipment as chometz such as pasta and pasta/vegetable derivatives. Or, washed in a chometz vegetable wash. Needs Passover certification.

**Fruit Juice:** Many fruit juices are treated with kitniyot derivatives.

**Imported Products:** Even those with Kosher for Pesach designation must be checked to be sure they are free of *kitniyot*.

**Nuts:** Roasted nuts need Pesach certification.

**Pet Foods:** These often contain *chometz* and must be sold together with your *chometz*. Pet foods used on Pesach should not contain cereals, grains or bakery products. However, one may feed *kitniyot* to pets.

**PlayDoh:** Contains chometz and must be discarded before Pesach or sold.

**Seltzer and Soda:** May contain *kitniyot* or chometz fermentation products such as carbonating agents or flavoring.

**Spices:** Processed spices such as onion powder, garlic powder, garlic salt, seasoned salt, curry, spice blends and spices containing free flow agents must bear Pesach certification.

**Table Salt:** May contain *kitniyot* derivatives.

**Vinegar:** Both wine and cider vinegar may contain chometz fermentation products.

**Vitamins:** May contain chometz. If daily use is a medical necessity consult a rabbinic authority for further guidance before purchasing.

## MECHIRAT CHOMETZ

Any *chometz* legally owned by a Jew during Passover is unconditionally forbidden for use after Passover as well.

The necessary solution of this problem is the legal transfer of ownership of the *chometz* to a non-Jew. The complexity of the law in such a sale requires rabbinic guidance and is generally arranged by the rabbi.

All chometz left over should be assembled and placed in a designated room or closet or trunk, etc., and locked until after Passover. The Rabbi must be formally authorized to act as the agent of the seller and negotiate the transfer to the non-Jew. Not only does he sell the *chometz* but he also rents to the non-Jew the area in which the *chometz* is located with the right of entry and use.

The transaction of the sale of *chometz* is a completely legal one, giving the non-Jew all rights of ownership over the *chometz* that has been sold to him.

After Passover, your agent, the Rabbi, may repurchase the *chometz* from him. Reasonable time should, therefore, be allowed for this repurchase before it may be touched.

**REMEMBER:** People who leave their homes before Pesach must do B'dikat Chometz on the night before their departure without a Bracha.

**BEDIKAT CHOMETZ** A pre-Passover cleaning is the practice in every Jewish household, whereby all *chometz* is removed. The final search, *Bedikat Chometz* the night before Pesach when all rooms, closets, cabinets, etc. (even pockets of clothes) where one may suspect the presence of *chometz* are thoroughly examined. The *bedika* is also required in one's office or place of business. This should not be considered a mere ceremony or perfunctory.

The *bedika* is carried out by the light of a single candle or flashlight to enable one to see into all nooks and crannies, a feather (to sweep small crumbs into the bag), a spoon and a paper bag for containing the Chometz. Before the search we put out ten pieces of bread. Some people wrap the Chometz in paper. It is suggested that when you put out the ten pieces of Chometz that you remember where you have placed them. The ceremony is preceded by a blessing - found in the beginning of any standard Haggadah.

After the *bedika*, it is necessary to formally nullify and renounce ownership of any chometz not found in the search except what will be eaten that night and the next morning. This formula, which begins with the words *Kol Chamira*, is found in the Haggadah.

## EREV PESACH

### BIUR CHOMETZ

Erev Pesach morning, The *chometz* left over from supper and breakfast is burned and the *Kol Chamira* declaration is said, no later than the time listed on the YIS schedule for Pesach. This important and necessary declaration is not a prayer - it is a legal statement and must be stated with understanding and conviction. It may be said in English:

*"All chometz that may still be in my possession which I have or have not seen, which I have or have not removed, of whose existence I have or have not any knowledge, is hereby renounced and shall be disregarded as the dust of the earth."*

Those people leaving home for Passover are also required by law to make the same thorough search in the manner described above, on the evening prior to their departure. On Erev Pesach morning, they should make the *Kol Chamira* declaration wherever they may be.

### THE FAST OF THE FIRST BORN

The Fast of the First Born Sons commemorates their deliverance from death during the tenth plague in Egypt. It is customary for first-born sons to participate in the meal served in celebration of a *mitzva*, such as a *Brit Mila* (circumcision) or a *siyum* (the completion of a tractate of the Talmud). Those who attend one of these events on the eve of the Passover are exempt from this fast. If a First Born is under Bar Mitzvah age it is customary for the father to Fast or attend the Siyyum.

\*This year, the Siyyum will take place as a live stream Zoom presentation, your virtual attendance will exempt you from the fast.

Our Siyyum will be held immediately following Shacharit on Erev Pesach.

## THE SEDER

**Review the Haggadah** before Pesach to acquaint yourself with the laws and customs of the Seder. The various foods for the Seder Plate are made ready before Yom Tov. The Seder Plate is prepared after we return from Shul, before Kiddush. The Seder should not begin until nightfall, which you can find in the Holiday schedule.

**For the 4 Cups of Wine** we try to use Red Wine.

**For Marror** (bitter herbs) and Korech we use both Romaine lettuce and horseradish. Each leaf of the Romaine must be carefully checked, to remove any tiny worms or insects.

**For the Seder Meal**, we do not eat grilled or dry-roasted meat or chicken.

The minimum size of the wine cup for the Seder is a *revi'is* at least 3.5 fl. oz. of liquid. On Pesach one drinks the entire cup, preferably without a pause. This applies to all four cups. If this is not possible one should drink more than half.

After services, we begin the Seder as quickly as possible, so that the children will be able to participate and not fall asleep during the Seder.

## Second Seder and Second Day of Pesach

No preparations for the Second Seder are to be made before the stars appear on the second night of Pesach. Candle lighting must be from a pre-existing flame. Shehechyanu is again recited.

## Counting the Omer

According to Leviticus 23:15 we are obligated to count the days from Pesach to Shavuot. This period is known as the Counting of the Omer. An omer is a unit of measure. On the second day of Passover, in the days of the Temple an omer of barley was cut and brought to the Temple as an offering.

In commemoration of that offering, every night, from the second night of Passover to the night before Shavuot, we recite a blessing and state the count of the omer in both weeks and days. The [Orthodox Union](#) has a chart that provides the transliterated Hebrew and English text of the counting day-by-day.

The counting is intended to remind us of the link between Passover, which commemorates the Exodus, and Shavuot, which commemorates the giving of the Torah. It reminds us that the redemption from slavery was not complete until we received the Torah.

The period of counting from the second day of Pesach to Shavuot is a time of partial mourning, during which weddings, parties, and dinners with dancing are not conducted, in memory of a plague which killed 24,000 students of Rabbi Akiba.