CBT: ALL YOU NEED TO KNOW ABOUT KEEPING KOSHER

Course Content:
1. Achilah b’Kedusha (Consecrated Consumption)
2. Kosher Concepts and Food
3. What is a Kosher kitchen?
4. Kashering Your Kitchen
5. Common Kitchen Kosher Issues
6. Cooking for Shabbat
7. Pesach – Chag Kasher v’sameach

In these classes, we are going to learn and discuss Kashrut from an Orthodox perspective and we will be discussing kashrut in terms of CBT’s congregational standards.

Achilah b’Kedusha

What does Kosher (כשר) Mean?

You are what you eat

Deuteronomy 8:3
And He afflicted you, and He made you hunger, and He fed you the manna, which you did not know, and which your fathers did not know, to make it known to you that not through bread alone shall a man live, but by all that issues from the mouth of the L-rd shall a man live.

Science

Bodily Health

Why Keep Kosher is it just a Choch?

Chokim and Mishpatim

Leviticus 25:18
And, you shall do my decrees, and my ordinances, and you will guard/observe them; and you shall dwell securely in the land.

In developing this course, I have met with Rabbi Alouche and asked him about where CBT as a community holds. I will take any questions regarding community standards to Rabbi and bring an answer back to the class.

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Your Body and Soul

Genesis 3:6
When the woman saw that the tree was good for eating and a delight to the eyes, and that the tree was desirable as a source of wisdom, she took of its fruit and ate. She also gave some to her husband, and he ate.

Exodos 11:17
You shall observe the [Feast of] Unleavened Bread, for on this very day I brought your Bread, for on this very day I brought your

Midrash Rabbah, Vayikra (Leviticus) 34:
The merciful man doeth good to his own soul and the whole world The merciful man doeth good to his own soul and the whole world. Once when he had concluded his studies with his disciples he walked along with them. His disciples said to him: Amor, do you not know that there are times? He replied:图画 is not the poor soul a guest in the body? He replied:图画 is not the poor soul a guest in the body?

From Zohar Ekev

Rabbi Shimon tells Moses that one time he and his friends went to a hotel and a small boy (Yenuka) prepared for them a table with light and all kind of food and drinks as if he was an adult. The boy, who was only five years old, told them that the sages established that the one who prepares the meal (owner) makes the blessing of Hamotzi and the guest make the last blessings but since he is young and they are elders he

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could not speak his opinion until they gave him permission.

They gave him permission and looked at him as to an angel of God. He told them that they could not have a delicate bread and food without a ‘war’ because the sages stated that the time of eating was a time of war. No one should go to war unless he can win it, then he can break the bread and give to all.

Kedusha, Tamei, and Tahor

Exodus 23:30
You shall be holy people to Me: you must not eat flesh torn by beasts in the field; you shall cast it to the dogs.

Leviticus 11:44 – 47
For I the LORD am your God: you shall sanctify yourselves and be holy, for I am holy. You shall not make yourselves unclean through any swarming thing that moves upon the earth.

For I the LORD am He who brought you up from the land of Egypt to be your God: you shall be holy, for I am holy.

These are the instructions concerning animals, birds, all living creatures that move in water, and all creatures that swarm on earth,

for distinguishing between the unclean and the clean, between the living things that may be eaten and the living things that may not be eaten.

Shmot: Keli
אֲמוֹרָךְ: קִדְשֵׁי הָעָם יַבְשֵׁר בְּשָׁדָה תָּרֵפָה לֹא
תֹאכַל לְכָלּוֹל מְשֻׁלָּם אֵת

יוקרה יאמד-מִי
כִּי אֲנִי הַאֲלֹהִים הַשְּׁמֵיחַ וּהַנִּתְקָדְשָּׁהּ וּהַיִּתְוַיָּם קָדָם כָּלָּה
הַרְשָׁם עַל-הָאָרֶץ

כִּי אֲנִי הַיְּהוָה אֲשֶׁר מָצָא מַשָּׁמְרָה לְחֵית לִכְּמָלָלָלָה וּהוֹיִיתָם קָדָשִׁים כִּי קִדְשֵׁנִי
אֵת הַנַּחֲרָת הַבָּהָרָה וּהֶזֶּה כָּלָּה
הֵרֵשֵׁת בִּמְיָלָלָלָה וְנָשִׁיר לְעַל-הָאָרֶץ

לְהַבְדִּיל בִּי הָעָם וּבִי הַטַּעַם ובֵית הַחֲיָה הָאָכַלְתָּ
בֵּין הָהָיָה אָשֶׁר לֹא תֹאכַל

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Deuteronomy 14:2
For you are a people **consecrated** to the LORD your God: the LORD your God chose you from among all other peoples on earth to be His treasured people.

Deuteronomy 14:21
You shall not **eat** anything that has died a natural death; give it to the stranger in your community to eat, or you may sell it to a foreigner. For you are a people **consecrated** to the LORD your God. You shall not boil a kid in its mother’s milk.

Talmud Mas. Yoma 39a
The school of R. Ishmael taught: Sin dulls the heart of man, as it is said: Neither shall ye make yourselves **unclean with them**, that ye should be defiled thereby. Read not we-**nitmethem** [that you should be defiled], but **u-netamothem** [that you should become dullhearted].

Reference Materials:
The Laws of Kashrus: A comprehensive exposition of their underlying concepts and applications: Author: Rabbi Binyomin Forst

The Pentateuch, Translation and Commentary; שמות,שמות, ויקרא, Leviticus 1, and Deuteronomy Author: Rabbi Samson Raphael Hirsch

How To Run A Traditional Jewish Household: Author: Rebbetzin Blu Greenberg


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