CBT: ALL YOU NEED TO KNOW ABOUT KEEPING KOSHER

Kosher Foods and Concepts
מדונות ועלי מוסרי כשר

Outline & Source Sheet

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.

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.

Kosher Foods and Concepts
מדונות ועלי מוסרי כשר

A) What does it mean to keep kosher?
   a. Where do you hold?
   b. Kashrut Standards
   c. Kashering
   d. Hechures
   e. Nullification
   f. Lifestyle

B) Food Categories
   a. Kosher Animals
   b. Carcasses (Nevalah נבלב)
   c. Signs (Siminim סימנים)
   d. Kosher Fish (Dag דוד)
   e. Kosher Fowl (Oyf עוף)
   f. Kosher Insects (HaSeretz השרז)

C) Meat (Basar בשר)
   a. Slaughter (Shachita Shutterstock)
   b. Blood (Dam דם)
   c. Forbidden Fats

D) Milk (Chalev חלב)
   a. Milk
   b. Cheese
   c. Milk Substitutes
   d. Dairy Equipment (DE Designation)
   e. Chalev Stam and Chalev Isreal

E) Bread

F) Neutral (Parve פווה)
   a. Vegetables
   b. Grains
   c. Fruits
   d. Eggs
   e. Honey

G) Meat & Milk (Basar v’Chalev בחר ו’חלב)

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What does it mean to keep kosher?

Nullification

Hechures

http://kosherquest.org/kosher-symbols/

http://www.cor.ca/

Food Categories

Kosher Animals

Listed in the Torah in two places: Leviticus 11 and Deuteronomy 14

Permitted Animals

Leviticus 11:2-3

2) Speak to the Israelite people thus: These are the creatures that you may eat from among all the land animals:

3) any animal that has true hoofs, with clefts through the hoofs, and that chews the cud—such you may eat.

Deuteronomy 14:4-6

4) These are the animals that you may eat: the ox, the sheep, and the goat; 5) the deer, the gazelle, the roebuck, the wild goat, the ibex, the antelope, the mountain sheep, 6) and any other animal that has true hoofs which are cleft in two and brings up the cud—such you may eat.
Prohibited Animals

Leviticus 11:4

The following, however, of those that either chew the cud or have true hoofs, you shall not eat: the camel—although it chews the cud, it has no true hoofs: it is unclean for you;

Deuteronomy 14:7

But the following, which do bring up the cud or have true hoofs which are cleft through, you may not eat: the camel, the hare, and the daman—for although they bring up the cud, they have no true hoofs—they are unclean for you;

Carcasses (Nevalah נבלב)

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.

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.

Signs (Siminim סימנים)

Signs are the physical characteristics mentioned in the Torah used to designate a living animal as being tahor and as such editable.

Kosher Fish (Dag דג)

Leviticus 11:9

These you may eat of all that live in water: anything in water, whether in the seas or in the streams, that has fins and scales—these you may eat.

Deuteronomy 14:7

These you may eat of all that live in water: you may eat anything that has fins and scales.
Kosher Fowl

Deuteronomy 14:11

You may eat any clean bird.

Mas. Chullin 63b: R. Isaac said: For the eating of clean birds we rely upon tradition.

Mas. Chullin 64a: And these are the characteristics which distinguish the eggs [of clean birds]: All that are arched and rounded, with one end broad and the other end narrow, are clean. Those that are broad at both ends or narrow at both ends are unclean.

Any bird that was used for a sacrifice in the Beit HaMikdash is also considered to be clean.

Lists of prohibited birds can be found in Leviticus 11:13-19 and Deuteronomy 14:12-18

Meat (בשר)

Slaughtering (Shachita)

Deuteronomy 14:7

If the place where the LORD has chosen to establish His name is too far from you, you may slaughter any of the cattle or sheep that the LORD gives you, as I have instructed you; and you may eat to your heart’s content in your settlements.

Blood (דם) & Forbidden Fats (ハレヴ)

Leviticus 19:26

You shall not eat anything with its blood. You shall not practice divination or soothsaying.

Leviticus 4:14

14) He shall then present as his offering from it, as an offering by fire to the LORD, the fat that covers the entrails and all the fat that is about the entrails; 15) the two kidneys and the fat that is on them, that is at the loins; and the protuberance on the liver, which he shall remove with the kidneys. 16) The priest shall turn these into smoke on the altar as food, an offering by fire, of pleasing odor. All fat is the LORD’s.
Shulchan Aruch, Yoreh Deah, 66:1

The blood of a domesticated or wild animal, whether it is a pure or impure animal, is forbidden. This includes the blood of an embryo, but the blood of fish and locusts is permitted.

Hindquarters

Genesis 33: 25-33

25) Jacob was left alone. And a man wrestled with him until the break of dawn. 26) When he saw that he had not prevailed against him, he wrenched Jacob’s hip at its socket, so that the socket of his hip was strained as he wrestled with him. 27) Then he said, “Let me go, for dawn is breaking.” But he answered, “I will not let you go, unless you bless me.” 28) Said the other, “What is your name?” He replied, “Jacob.” 29) Said he, “Your name shall no longer be Jacob, but Israel, for you have striven with beings divine and human, and have prevailed.” 30) Jacob asked, “Pray tell me your name.” But he said, “You must not ask my name!” And he took leave of him there. 31) So Jacob named the place Peniel, meaning, “I have seen a divine being face to face, yet my life has been preserved.” 32) The sun rose upon him as he passed Penuel, limping on his hip. 33) That is why the children of Israel to this day do not eat the thigh muscle that is on the socket of the hip, since Jacob’s hip socket was wrenched at the thigh muscle.

Designations: Kosher, Glatt Kosher, Beit Yossef

Milk (חלה)

Mas. Avodah Zarah 2:6

These things of gentiles are forbidden (to eat), but their prohibition is not one of (derivation of) benefit: milk (from an animal) milked by a gentile without being observed by a Jew, and their loaf and their oil [All of these are forbidden for fear that they will lead to fraternization (and intermarriage). They permitted a baker's loaf, but a householder's loaf was permitted only to wayfarers and in situations of stress.

Shulchan Aruch, Yoreh Deah, 116:1

Milk that was milked by non-Jews and no Jew saw them do so, it is forbidden as perhaps non-kosher milk was mixed in.

Designations – Chalev Stam, Chalev Isreal, Dairy Equipment DE
Cheese

**Shulchan Aruch, Yoreh Deah, 116:2**

Cheese made by non-Jews was forbidden because that they are produced with the dried stomach of an animal that was not correctly slaughtered (of their slaughtering). And even when the cheese is produced using vegetarian rennet it is forbidden.

**Designations** – Chalev Stam and Chalev Isreal

Milk Substitutes

**Shulchan Aruch, Yoreh Deah, 87:3**

Rema: We make milk from almonds and place bird meat in it, since [milk and bird meat] is only rabbinically [forbidden]. But with meat from a domesticated animal, place almonds next to the milk, so that people don't misunderstand. This is as we said above, in chapter 66.

Bread

**Shulchan Aruch, Yoreh Deah, 112:1**

The sages forbade eating the bread of idol worshippers because of the concern of intermarriage. Rema: and even in a situation where there is no concern of intermarriage, it is nonetheless forbidden. (Rashb"a §248) However, they only forbade bread made from the Five Grains (wheat, barley, oats, rye, spelt), but bread made from legumes or from rice or millet is not in the category of "regular bread" which they forbade...

**Shulchan Aruch, Yoreh Deah 112:2**

There are places that are lenient about this, [where] they buy bread from an idolater's bakery in a situation where there is no Jewish bakery, since this is considered a "time of pressing need." Rem"a: And some say that even in a place where "Jews' bread" can be found, it is permitted...

**Designations** – Pas Akum or Paltur, Pas Israel
Five Grains: Wheat, Barley, Spelt, Oats, and Rye

Mas. Menachot 70a

**Mishnah.** Wheat, barley, spelt, oats and rye are subject to the dough-offering; and they can be reckoned together. They are forbidden [to be eaten] as new produce before the omer, and they may not be reaped before the passover. If they had taken root before the omer, the omer renders them permitted; otherwise they are forbidden until the next year’s omer.

These are the same grains which are chumatz on Pesach and only bread made of these grains are hamotzi.

Separating Challah

Numbers 15: 18-21

Speak to the Israelite people and say to them: When you enter the land to which I am taking you and you eat of the bread of the land, you shall set some aside as a gift to the LORD: as the first yield of your baking, you shall set aside a loaf as a gift; you shall set it aside as a gift like the gift from the threshing floor. You shall make a gift to the LORD from the first yield of your baking, throughout the ages.

Shulchan Aruch, Yoreh Deah 322:3

We separate challah outside of Israel according to the words of the scribes in order that the law of challah will not be forgotten in Israel.

Parve

General Issues – Bug checking, Worms, Bria, Blood spots in eggs

Vegetables, Grains, Fruits, Eggs, Fish, and Honey

Shulchan Aruch, Yoreh Deah 116:2

One needs to be careful not to eat meat and fish together because it is hard for [i.e. causes and/or exacerbates] plague/tzaraas.
Wine

Mas. Avodah Zarah 29b

Mishnah. The following things belonging to heathens are forbidden and the prohibition extends to any benefit that may be derived from them: wine, or a heathen's vinegar that was formerly wine,

Meat & Milk (Basar v’Chalev)

Shulchan Aruch, Yoreh De’ah 87:1

It is written in the Torah: "you will not cook a kid in the milk of its mother" three times (Exodus 23:19; Exodus 34:26; Deuteronomy 14:21); once for the prohibition of cooking, once for the prohibition of eating, and once for the prohibition of receiving benefit [from the cooked meat and milk products]. The prohibition of eating is presented in the language of cooking, to say that there is no prohibition from the Torah [in regard to meat and milk] unless it is in a manner of cooking, but rabbinically it [the mixture of meat and milk] is forbidden in every way. All meat and milk [mixtures] that are not forbidden from the Torah are permitted to benefit from.

**Online Resources**

Kosher Information: [http://www.star-k.org/resources](http://www.star-k.org/resources)
Hechsure Checking: [http://kosherquest.org/kosher-symbols/](http://kosherquest.org/kosher-symbols/)
GMO Article: [http://forward.com/food/176162/are-gmos-kosher/](http://forward.com/food/176162/are-gmos-kosher/)
Kosher Birds: [https://www.ou.org/torah/mitzvot/taryag/mitzvah157/](https://www.ou.org/torah/mitzvot/taryag/mitzvah157/)
Jewish Texts: [http://www.sefaria.org/?home](http://www.sefaria.org/?home)
Bug Checking: [http://www.star-k.org/checking](http://www.star-k.org/checking)

**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 Esodus, קהלים Leviticus 1, and דברים Deuteronomy: Author: Rabbi Samson Raphael Hirsch
How To Run A Traditional Jewish Household: Author: Rebbetzin Blu Greenberg

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