

## Kashrut

### Forbidden Animals

Any animal that has cloven hooves and chews its cud is kosher (Lev. 11:3; Deut. 14:6).

Fish must have fins and scales (Lev. 11:9; Deut. 14:9)

Birds are less clear, but there are lists of birds that are forbidden. They are all scavengers or birds of prey, so it is inferred that those birds are forbidden and all others are OK (Lev. 11:13-19; Deut. 14:11-18)

Rodents, reptiles, amphibians, and insects (except as mentioned above) are all forbidden. (Lev. 11:29-30, 42-43)

### Meat and Milk

Jews cannot "boil a kid in its mother's milk." (Ex. 23:19; Ex. 34:26; Deut. 14:21). Rabbis inferred that milk and meat should be separated (Hullin 113b, 115b).

### Shechita

Meat is considered kosher if slaughtered in a ritual way.

The Torah (Deut. 12:21) states that sheep and cattle should be slaughtered 'as I have commanded thee' but nowhere in the Torah (Five books of Moses) are any of the practices of shechita described. Instead, they have been handed down in Judaism's traditional Oral Torah, and codified in halakha in various sources, most notably the canonical codex of laws Shulchan Aruch (Wikipedia.org)

### Cleanliness

Some bugs are acceptable, but these animals have been somewhat lost to time (Lev. 11:22). Therefore, the cleanliness of fruits and vegetables is key to kashrut. Google this for fascinating stories of bugs in vegetables as well as crab-like microorganisms in drinking water.

## **Passover and the Nine Days**

These are two times when Jews are forbidden from certain foods.

Passover means no chametz, defined as wheat, barley, oats, rye, spelt. Ashkenazi Jews include corn and beans (kitniyot).

Passover dishes, other foods which use chametz even in small quantities (soup thickeners, alcohol from grain) are all issues during Passover.

During the first nine days of Av, meat, poultry and wine are abstained from.

## **Terms To Know**

Pas Yisroel – bread that is cooked entirely by Jews

Bishul Yisroel – foods cooked entirely by Jews

Cholov Yisroel – milk supervised entirely by Jews

Meshuval – wine that is boiled

Eco Kosher – two potential meanings: foods that are kosher and protective of the environment or animal rights; or a replacement of kosher laws with food products, that are protective of the environment or animal rights as a new form of kashrut

Kosher Style – also called New York style. Traditional immigrant foods from Eastern Europe regardless of their kosher status

Heksher – kosher symbols found on packaged food

Treif – Yiddish for unkosher