

<b>Dietary Laws</b>		✓
<b>Kashrut/Kosher</b>  <b>Trefah</b>	The Torah gives Jews a system of laws dealing with food, which we might call dietary or food laws. They are known as <b>Kashrut</b> from the word <b>kasher</b> or <b>kosher</b> which means 'fit' to be eaten or permitted to be eaten. Food which is forbidden or unfit to be eaten is called <b>trefah</b> . The laws are meant to set the Jewish people apart, obeying G-d even at the basic level of eating. Some of the laws fall into the category of <b>Chukim</b> - laws which cannot be understood! Most of the food laws come in Leviticus 11 or Deuteronomy 14, or both, and say that certain fish, poultry and meat are <b>trefah</b> (forbidden). Everything that is <b>NOT</b> trefah <b>IS</b> kosher!	
<b>Foods that are Trefah</b>	<ul style="list-style-type: none"> <li>• Almost all insects.</li> <li>• Birds of prey.</li> <li>• Shell fish, eels, snails.</li> <li>• Animals which do not 'chew the cud' and/or do not have split (cloven) hoofs e.g pigs.</li> <li>• Consuming blood from any animal.</li> </ul> <p><b>Some</b> schools of thought forbid Offal - kidney, liver, heart etc.</p>	
<b>Foods that are Kosher</b>	<ul style="list-style-type: none"> <li>• Chicken, Turkey, Duck and Goose.</li> <li>• Fish must have both fins and scales.</li> <li>• Animals must 'chew the cud' and have split hoofs - cows, lambs, goats.</li> <li>• Fruit and vegetables - but they must be thoroughly washed to remove insects.</li> <li>• Oddly - locusts - because they were one of the ten plagues that liberated the Hebrews from Egypt!</li> </ul>	
<b>Meat &amp; Milk Rules</b>	<p style="text-align: center;"><i>'Thou shalt not boil a kid in its mother's milk.'</i> (Deut 14:21)</p> <p>In response to this law, meat and milk must not come into contact with each other and must not be eaten together. When consuming meat and dairy foods the general rules are as follows:</p> <ol style="list-style-type: none"> <li>1. Meat and milk foods cannot be mixed together in the same meal.</li> <li>2. If you have consumed anything dairy you must wait at least ONE HOUR before eating meat.</li> <li>3. If you have eaten anything meat, you must wait at least THREE HOURS before consuming dairy.</li> </ol> <p>The generally accepted reasoning behind this is that it takes longer to digest meat than dairy.</p> <p>NB: Some countries/traditions have different rules e.g. 30 minutes and 6 hours. This is because the Talmud Rabbis weren't specific, they just said 'about ... ..'</p>	
<b>Meat Foods</b>	Milk (goats or cows) / Cream / Ice Cream / Yogurt / Cheese.	
<b>Milk Foods</b>	Beef / Lamb / Goat / Chicken / Turkey / Duck / Goose	
<b>Pareve Foods</b>	Neutral foods which can be eaten with either meat or milk foods. Fish (with fins and scales) / Eggs / Nuts / Fruit / Vegetables / Bread (unless made with a dairy source).	
<b>Keeping the Kitchen Kosher</b>	In order to keep meat and milk (dairy) separate, Orthodox Jewish kitchens will have two of everything. The commonly accepted system is to label everything: <b>RED - meat</b> and <b>BLUE - milk/dairy</b> - This includes having separate pots and pans, utensils, cutlery, crockery, cupboards, storage containers, washing-up bowls, tea towels. Kitchens that are large enough may have separate sinks and ovens.	
<b>Shechita</b>	<p>The word <b>Shechita</b> means 'killing' and describes how animals should be slaughtered, and as much blood as possible removed, in order to be kosher.</p> <p>'the blood is the life' (<b>Deuteronomy 12.23</b>) indicates that blood is too sacred to be eaten. Even a bloodspot in an egg renders the egg trefah. Kosher slaughter requires that the animal is:</p> <ul style="list-style-type: none"> <li>• killed with the minimum amount of pain</li> <li>• killed by a single stroke across the neck</li> <li>• Drained of as much blood as possible</li> </ul> <p>There are so many rules, prayers and rituals, only a skilled professional kosher slaughterer (a <b>shochet</b>) can kill animals for food.</p>	



