

KEEPING KOSHER

IN HONG KONG



CHABAD OF HONG KONG

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INTRODUCTION

Throughout our 4000-year history, the observance of Kosher has been a hallmark of Jewish identity. Perhaps more than any other “mitzvah,” the Kosher laws emphasize that Judaism is much more than a “religion” in the conventional sense of the word. To the Jew, holiness is not confined to specific rituals; rather, life in its totality is a sacred endeavor. Even the seemingly mundane activity of eating can be a uniquely Jewish and spiritual experience.

The Hebrew word Kasher means “fit.” Kasher defines the foods that are fit for consumption for a Jew. Our sages also point out the various benefits of the Kosher laws; the health benefits, the humane treatment of animals, their unifying effect on a dispersed people, and their role as a shield against assimilation. None of these, however, are “reasons” to keep Kosher. Rather, the reverse is true. We keep Kosher because it was commanded by the Creator of our bodies and souls. It must, therefore, be beneficial to both.

The need for a Guide to Keeping Kosher in Hong Kong

The intricacies of modern day food technology bring us a vast array of new and attractive food products. At the same time advanced technology has made it virtually impossible for anyone but an expert in the field to know whether a processed food is free of any trace of non-kosher ingredients. All processed foods, therefore, require approval or certification by a reliable Rabbi or Kashrut supervision agency.

In Hong Kong, as in many remote locations, finding kosher products can be a challenge. As food products are imported from many different countries, the Kosher food products are not always easy to identify. While food products from the USA, Canada and Israel bear Kashrut symbols on

their packaging, products from other countries, such as England and Australia usually do not.

In the past, the Chabad Kashrut Committee surveyed major stores in Hong Kong with existing Kashrut lists and printed a guide with the available Kosher products in Hong Kong. As the availability of products in Hong Kong is constantly changing and the process of creating a Kosher Guide can take up to six months, we found that each new guide became quickly outdated.

We have, therefore, decided to develop a Kashrut Kit which includes this Keeping Kosher in Hong Kong Guide and your personal copy of the kosher guides published by the London Bet Din and Kosher Australia. These have been the guides that were used to produce previous publications. This Supplement includes the listing of major Kashrut signs, listing of Kosher fish in Chinese and other useful Kashrut information. As an "owner" of the LBD and KA guides, you will be able to sign up for regular email updates from both Kashrut agencies.

We hope this guide and kit will be a useful for you and will make your commitment to keeping a Kosher home an easier one to fulfill.

We look forward to receiving your comments to the Kashrut Kit in general and to this guide in particular so that we can improve the package in the future.



Chabad of Hong Kong - 5771

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The UK Really Jewish Food Guide

Melbourne Kashrut Guide

Spice and Spirit - The Complete Kosher Jewish Cookbook





K DIFFERENT TYPES OF KOSHER PRODUCTS

Which foods need a Kashrut Symbol and which do not.

Kosher Food Products available in Hong Kong can be divided into three categories.

1. Kosher food products WITH a PRINTED HASHGACHA – Kashrut Certification
2. Kosher food products WITHOUT a PRINTED HASHGACHA - Kashrut Certification.
3. Products that DO NOT REQUIRE KASHRUT SUPERVISION due to the nature of the product.

Kosher Food Products WITH a printed Hashgacha (Kashrut Symbol)

Kosher products from the USA, Canada and Israel usually carry a printed Hashgacha – Kashrut symbol- on the packaging of the food. These are very simple to spot. The most common symbols are  ,  ,  and  .

Over the past 20 years, however, there have been many Kashrut agencies established – each one with their own unique and copyrighted symbol. Unfortunately, not all of these symbols are supported by reliable Kashrut agencies. A list of the symbols that are generally recommended has been included in this Guide.

IMPORTANT: The letter K is sometimes used to identify a product as Kosher. This is usually not a reliable Kashrut sign since it is not a copyrighted symbol and can be printed by any company that wishes to do so. To find out whether the product with a “K” is, indeed, kosher you need to contact the product’s manufacturer and ask for the details of the supervising Rabbi or agency. With this information in hand, you can speak to a Kashrut expert to ascertain whether or not the product is, indeed, Kosher.

Kosher Food Products WITHOUT a printed Hashgacha.

In many countries, such as England, Australia, South Africa, France etc. the Kashrut agencies are not always able to print Kashrut symbols on all the products which they supervise.

For this reason, guides are periodically printed by each country's Kashrut authority to identify the available Kosher products.

The full Hong Kong Kashrut Kit includes the guides from London and Melbourne, which cover a large variety of food available in Hong Kong.

Please refer to each Kashrut Guide for an explanation of the codes used within the guide.

IMPORTANT: It is important that you understand each guide's coding system, as some of the products listed within these guides do require that the Hashgacha be printed on the label.

TIP: Make use of the indexes in the back of the guides which list food products and companies. This makes it much easier to find what you are looking for.

NOTE: The London Bet Din Kosher Guide is now available as an iPhone app, too. See page 8 for more information.

Products that do not require Kashrut Supervision

There are many processed food products that do not require any Kashrut supervision, due to the way in which they are produced. Please see the list on the opposite page.

Fresh fruits and vegetables are all considered Kosher. One must be careful, however, to check certain vegetables carefully for bugs.

Foods that DO NOT require Kashrut Supervision.

Make note of guidelines in italics

Baking Powder and Baking Soda

Beans – Dried

Cocoa – Plain

Coffee – Unflavored

Corn Meal and Corn Starch

Dried Fruits No additional flavor, oil or glycerin

Flour – Plain

Fruit – Canned

Make sure the fruit is not canned in grape juice or unspecified juice. Acceptable ingredients on label are: Water, Salt, Sugar, Corn Syrup, Corn Sweetener, Citric Acid, Ascorbic Acid, Calcium Chloride, Lactic Acid and Ferrous Glutamate.

Fruit – Frozen

Fruits known to be infested with bugs should not be used.

Fruit Juice – except Grape Juice

Make sure that there are no additives and flavoring.

Maple Syrup – from Canada or Vermont

Milk - Fresh cow's milk from Australia or USA

UHT and Long Life Milk requires hashgacha.

Note: With reference to all milk and dairy products, it is preferable to use Chalav Yisrael - fully supervised milk.

Nuts – Raw or roasted in Shell

Make sure there is no oil or other ingredients listed.

Oats – Unflavored

Polenta – Non Processed and Unseasoned

Pasta – Plain and dried

From Italy, USA and UK.

Popcorn – No Oil or Flavoring

Raisins – Plain without oil - Made in USA

Rice – Uncooked and unflavored

Rice Pasta

Semolina

Spices – Dried

Mixed Spices cannot be used. See complete list of acceptable spices on following page

Sugar

Tea – Unflavored

Wasabi Powder

Vegetables - Canned

Canned in water and brine only

Vegetables known to be infested with bugs should not be used. Canned Vegetables from China, without supervision, should not be used.

Vegetables - Frozen

Vegetables known to be infested with bugs should not be used.

Yeast - Non Wine Yeast from the USA and UK

Spices that do not require Kosher Supervision.

| | | |
|--------------|--------------------|--------------------------|
| allspice | cloves | parsley |
| anise | coriander | peppercorns (all colors) |
| basil | cumin | rosemary |
| bay leaf | dill | saffron |
| black pepper | fennel | sage |
| caraway | fenugreek | salt |
| cardamom | ginger lemon grass | sesame seed |
| chervil | mace | tarragon |
| chives | marjoram | thyme |
| cilantro | nutmeg | turmeric |
| cinnamon | oregano | white pepper |

KOSHER APPS

Useful Kashrut Related apps for your iphone or ipad.

cRc Kosher

This app includes updated kosher product lists, the cRc's Fruit and Vegetable Guide, as well as a listing of over 80 Kosher agencies worldwide recommended by the cRc

Cost: FREE

The UK Really Jewish Food Guide

A comprehensive list of Kosher and non-kosher food alerts with a very useful search tool.

Cost: US\$11.99

OK Vegetable Checking Guide

Detailed guidance on how to check vegetables for insect infestation.

FREE

Kosher or Not?

Includes a database of Kosher and non-kosher fish in five languages.

Input name of any fish to ascertain its Kosher status.

Cost: US\$1.99

KNOW YOUR SIGNS

LIST OF ACCEPTABLE KASHRUT SYMBOLS COMMONLY FOUND IN HONG KONG



The Organized Kashrus
Laboratories
www.bckosher.org



Kosher Supervision
of America
www.ksakosher.com



The Union of Orthodox
Jewish Congregations
www.ou.org



Montreal Kosher



Star K Supervision
www.star-k.com



Johannesburg Beth
Din
www.uos.co.za



Kaf-K Supervision
Service
www.kof-k.org



Star D Supervision
www.star-k.com



London Beth Din
Kashrut Division
www.kosher.org.uk



Federations of
Synagogues - London
info@kfkosher.org



Kosher Australia Pty.
Ltd.
www.kosher.org.au



Orthodox Council of
Br. Columbia
www.bckosher.org



The NSW Kashrus
Authority
www.ka.org.au



OV Kosher Inspec-
tion Servis of St.
Louis



Chicago Rabbinical
Council
www.crcweb.org



Manchester Bais Din



Kashrus Council of
Canada
www.cor.ca

NOTE: To find out about the status of other kosher symbols that you may find,
log onto www.kosherquest.org

GOING SHOPPING

Jewish Community Center Retail Shop

70 Robinson Road, Midlevels

Tel: 2801 5440

Shalom Grill

2/F, Fortune House, 61 Connaught Road Central

Tel: 2851 6300

Park N Shop , Taste, Fusion

Branches throughout Hong Kong and Kowloon

www.parknshop.com

Wellcome

Branches throughout Hong Kong and Kowloon

www.wellcome.com.hk

Olivers

2/F Prince's Building, 10 Chater Road, Central, Hong Kong

Tel: 2810 7710 www.oliversthe Deli.com.hk

Great Food Hall

Basement Two Pacific Place Admiralty

Tel: 2918 9986 www.greatfoodhall.com

Three Sixty

3rd and 4th Floor, Landmark Central

Tel: 2111 4480 www.threesixtyhk.com

City Super

IFC Mall, Level 1, Central

Tel: 2234 7128 www.citysuper.com.hk

Gateway

188 Des Voeux Road Central Golden Center Basement

Tel: 2545 0338

A&M US Groceries

Basement 6-9, Shun Tak Center 200 Connaught Road Central

Tel: 2548 8200

Healthgate

8/F, Hung Tak Building, 106 – 108 Des Voeux Road, Central, Hong Kong

Tel: 2545 2286 www.health-gate.com

SOUNDS FISHY

INSTRUCTIONS FOR A FISH MONGER

Buying fish in the market can be tricky - especially if you don't speak the local language. Below are some typical instructions for a FISH MONGER - translated into Chinese - that make it easier to communicate and help you achieve your desired result.

Due to my religious dietary laws, the fish that I eat must have fins and scales. Which fish do you have with fins and scales?

基於本人的宗教飲食禮儀，所允許本人食用的魚類，必須是有魚鰭和魚鱗的魚，才可食用。請問哪種魚類是有魚鰭和魚鱗的？

Please wash the cutting area and knives very carefully before cutting my fish.

請將切魚的刀和地方小心清洗後才切本人要的魚。

Please remove the bones but leave the fish whole.

請將這條魚完整起骨。

Please cut this fish into fillets and remove the skin.

請將這條魚起魚片及去皮。

Please cut this fish into fillets but leave the skin on the fish.

請將這條魚起魚片但去皮。

I would like to have the head and the bones. Please put it into a separate bag.

本人想要魚骨和魚頭，請將頭和骨另外放入袋中。

I do not want the head and the bones.

本人不要魚骨或魚頭。

KOSHER FISH LIST:

| | |
|-------------|---------|
| Anchovy | 鰵魚 |
| Bass | 鱸魚 |
| Carp | 鯉魚 |
| Cod | 鱈魚 |
| Flounder | 比目魚 |
| Grayling | 鱒魚 |
| Haddock | 黑線鱈 |
| Halibut | 大比目魚 |
| Herring | 鯡魚 |
| Kipper | 鮭魚 |
| Ling | 鱈 |
| Mackerel | 青花魚/馬鮫魚 |
| Mullet Grey | 灰鯡魚/灰鯔魚 |
| Mullet Red | 紅鯡魚/紅鯔魚 |
| Perch | 河鱸 |
| Pike | 狗魚/大眼獅鱸 |
| Salmon | 三文魚 |
| Sardine | 沙丁魚 |
| Sild | 挪威沙丁魚 |
| Snapper | 真鯛 |
| Sole Lemon | 檸檬比目魚 |
| Trout | 鮭鱒魚 |
| Tuna | 金槍魚/鮪魚 |
| Whiting | 牙鱈 |

KOSHER IN A NUTSHELL

WHAT IS KOSHER?

Keeping Kosher is the religious diet of Jews that has been instructed to them by G-d. The word "Kasher" is a Hebrew word for "fit" or "appropriate." Kosher food, therefore, is food that is fit for a Jew to eat.

For Jews, the proper maintenance of their kitchen is extremely important and holy to them. For those who work in Jewish homes it is very important to your employer that you take the laws seriously. Your employer relies on you to be extremely careful and honest.

KOSHER FOOD IN A NUTSHELL

Kosher food is divided into three categories:

1. Meat

- a. Only the meat of certain animals and birds may be eaten.
- b. Kosher animals and birds must be slaughtered and prepared in a very specific way. (Chicken and beef sold in Park 'N Shop, for instance, would not be Kosher because they were not prepared in the Kosher way.)

2. Milk

Only Milk and milk by-products from Kosher animals may be used.

3. Pareve Food that is neither milk nor meat is called Pareve.

- a. Only fish with fins and scales are Kosher. The fins and scales must be present when the fish is purchased and must be cut with a clean knife on a clean board.
- b. Only eggs from Kosher birds or fish may be eaten. Consumption of any amount of blood is forbidden. Even a blood spot in an egg is forbidden, and eggs must be checked carefully.
- c. Raw fruits, vegetables and grains are Kosher.*
- d. Grape products such as wine, grape juice, etc. have special restrictions and should not be bought or used without consulting with your employer. This does not apply to raw grapes.

Non-Kosher Food

- a. Any food that does not fall under the criteria above is not Kosher.
- b. All insects are forbidden – even small ones that are often found in vegetables.*
- c. Even the smallest amount of a non-kosher substance is not allowed.

*Vegetables, rice, pasta and some flour should be checked carefully before using.

SEPARATION OF MILK AND MEAT

One of the most important aspects of keeping Kosher is the separation of milk and meat. A Kosher kitchen will have two separate sets of pots, dishes, cutlery and equipment - one for meat and one for milk (dairy). The reason is:

1. Milk and meat may not be combined in any way or in any amounts. This includes products made from milk and meat such as cheeses and gravies. This must be kept very strictly.
2. Utensils that have been used to prepare meat dishes are considered to be "meaty" and cannot be used to prepare "milky" dishes. The same is true the other way around. Utensils that have been used to prepare milk dishes are considered to be "milky" and cannot be used to prepare "meaty" dishes.
3. The same applies to sinks, washing equipment, etc.
4. Utensils and equipment that have been used to prepare non-kosher food are considered non-kosher and should not be used in a Kosher kitchen.
5. Pareve food (food that is neither meat nor milk) can be combined with either milk or meat.
6. Pareve food, however, that has been cooked in meat utensils or served with meat food cannot be served on or combined with milky foods and vice versa.

KOSHER SIGNS AND SYMBOLS

In the past, when all food was bought raw and prepared at home, buying Kosher food was very simple. Today, most of the food products that we buy are produced in factories and the ingredients list is very long and complicated. Reading the ingredients list is not enough. So, how do we know if something is Kosher? How do we know if the chemicals in the food have meat or dairy products or by-products in them?

The answer is that it is often impossible for the shopper to know. It is for this reason that a number of agencies are headed by Rabbis and chemists who inspect factories and check out the production of thousands of food products. In some countries the Rabbis are permitted to put the logo of their agency onto the food label. In other countries, they publish a Guide of Kosher products. These guides have lists of many Kosher products available in Hong Kong.

BUYING KOSHER FOOD IN HONG KONG

Meat, Chicken and Bread

The JCC and the Shalom Grill have a large selection of Kosher meats, chicken and bread. At the moment this is the only source for Kosher meat and chicken.

General Groceries

Great, Olivers, Park 'N Shop, ThreeSixty and Wellcome and other stores listed in this supplement carry a large range of Kosher products. This Guide will make it easy to identify the Kosher products in these stores.

NOTES TO A DOMESTIC HELPER:

THINGS THAT NEED TO BE DONE BY A KOSHER OBSERVER

There are a number of things that can only be personally done by a Jew who keeps Kosher.

They are:

- a. Turning on the fire of the stove or oven – in most cases
- b. Checking vegetables for bugs
- c. Supervising the cutting and cleaning of a kosher fish.
- d. Checking eggs for blood

If you have any questions - ASK!! Your employer will feel secure knowing that when you are in doubt - you will ask.

KOSHER SA MAIKLING PALIWANAG

ISANG GABAY PARA SA MGA KATULONG BAHAY

Ikaw na namamasukan sa isang pamilyang hudyo (Jewish Family), nararapat lang na ikaw ay maging pamilyar sa palakad o pamamaraan ng “Kosher”

KAHULUGAN NG “KOSHER”

Ang “Kosher” ay isang uri ng pagkain na ipinagkaloob sa kanila ng Diyos. Ang “Kosher” ay isang salitang Hebrew na ang ibig sabihin ay “tama at nararapat”. Sa-makatuwid – ang Kosher na pagkain ay pagkain na tama at nararapat para sa mga Hudyo.

Ang tamang pag-alaga sa kusina ay napakamahalaga at banal sa mga Hudyo. Napakamahalaga sa sino man na naninirahan o namamasukan sa tahanaan ng isang Hudyo na sundin ang kanilang batas ukol dito. Umaasa ang iyong Amo (Employer) na ikaw ay maging maingat at matapat sa kanilang pamamaraan.

Pagkain Kosher

Ang Kosher ay nahahati sa tatlong bahagi.

1 Karne

- a. Pili lamang ang karne ng hayop o ibon na maaaring kainin na ukol sa Torah (Bible). Karne ng Baka, Tupa, Pabo, Manok at itik ay ilang lamang sa mga maaring kainin.
- b. Maaari lang na katayin ang Kosher na hayop at ibon sa isang tiyak na pamamaraan.

2. Gatas

Tanging gatas at productong gatas na galing sa hayop na Kosher ang maaring gamitin.

3. Pareve

Ang Pareve ay pagkain na hindi gatas at karne.

- a. Isda na mayroong palikpik at kaliskis ay matatawag na Kosher. Ang palikpik at kaliskis ay kailangang kasama sa pagbili ng isda at kailangang gamitan ng malinis na kutsilyo at sangkalan sa paghiwa at paglilinis nito
- b. Itlog galing sa Kosher na ibon o isda ang maaring kainin. Bawal ang pagkaing may dugo. Bawal ang kahit maliit na bahid o patak ng dugo sa itlog. Ang itlog ay kailangang suriin at siyasatin mabuti.

- c. Hilaw na prutas, gulay at butil ay matatawag na Kosher. *
- d. Productong ubas (grapes) gaya ng alak, grape juice at iba pa ay mayroong espesyal o natatanging paghihigpit at kailangang hindi bilhin o gamitin ng walang pahintulot sa iyong amo. Samantala, ang hilaw na ubas ay maaring ihanda at kainin

Pagkaing Hindi Kosher

- a. Anumang pagkain na hindi nalalagay sa tatlong bahagi ng kosher sa itaas ay hindi matatawag na kosher.
- b. Lahat na uri ng insecto o kulisap – kasama ang maliliit na insecto at bulate na makikita sa gulay.
- c. Kahit konting sukat o bahid ng pagkaing hindi Kosher ay bawal.

* gulay, bigas, pasta o ibang klase ng harina ay kailangang suriing mabuti bago gamitin.

ANG PAGBUBUKOD NG GATAS AT KARNE

Isa sa pinakamahalang pag-gamit ng kosher ay ang pagbubukod ng gatas at karne. Ang Kusinang Kosher ay may dalawang hiwalay na gamit o kasangkapang pang-kusina para sa gatas at karne. Sa kadahilanang:

1. Gatas at Karne ay hindi dapat pagsamahin sa anumang paraan at dami. Kasama na dito ang ibat-ibang productong galing sa gatas at karne gaya ng keso, katas ng karne (gravy).
2. Kasangkapang pangkusina na ginamit sa paghanda o pagluluto ng karne ay matatawag na lutong karne (“meaty”) at hindi maaaring gamitin sa paghanda ng mga lutong gatas (“milky dishes”). Ito ay tutoo sa kabaliktaran ng paggamit nito. Ang kasangkapan na ginamit sa paghanda at paggawa ng mga lutong gatas ay matatawag na lutong gatas “milky” at hindi maaring gamitin sa paghanda ng lutong karne (“meaty dishes”).
3. Ang mga hugasan at gamit panghugas ay kasama sa pagbubukod ng gatas at karne.
4. Kasangkapan at gamit sa kusina sa paghanda ng pagkaing hindi kosher ay maituturing hindi kosher at hindi dapat gamitin sa Kusinang Kosher. Kung ang iyong Amo ay pumapayag sa pagkaing hindi Kosher para sa iyo, kailangan mong maging maingat sa paggamit at hindi paghalo sa mga gamit na kosher at hindi kosher.
5. Pagkaing Pareve – hindi karne o gatas, ay maaaring mahalo sa gatas o karne na kosher.
6. Subalit ang pagkaing Pareve na naluto sa kasangkapan o gamit na nilutuan sa karne ay hindi maaring ihain o ihalo sa pagkain may gatas at ang kabaliktaran nito.

SAGISAG AT BAKAS NG KOSHER

Noong unang panahon, ang pagbili ng pagkaing kosher ay maituturing karaniwan at payak na kung saan nabibili ito ng hilaw at niluluto sa kanilang mga tahanan. Sa ngayon, ang karamihan ng pagkaing kosher ay ginagawa na sa mga pagawaan (factories) na kung saan ang mga sangkap nito ay marami at masalimuot. Ang pagbasa at pagintindi nito ay hindi sapat. Paano malalaman kung ito ay Kosher? Paano malalaman kung ang sangkap ay mayroong karne o pagkaing-gatas at producto ng mga ito ?

Ang kasagutan ay – kalimitan na impossible sa mga mamimili na malaman ito. Sa ganitong dahilan, marami sa mga pagawaan (factories) ay pinangungunahan ng mga Guro (Rabbis) at Kimika (chemist) na kung saan kanilang sinusuri at minamanman ang paggawa ng libo-libong pagkaing producto. Sa ilang mga bansa, pinahihintulutan ang mga Guro na maglagay ng kanilang mga tanda o simbolo sa mga produktong pagkain. Makikita sa kasulatang ito ang listahan ng mga pagkaing Kosher na mahahanap sa Hong Kong.

MGA BAGAY NA KAILANGANG GAWIN NG MGA NAGPAPATNUBAY NG KOSHER

May mga ilang bagay na maaring lamang gawin ng isang nagpapatnubay ng Kosher.

Ito ay ang mga sumusunod:

- a. Ang pagbukas at paggamit ng kalan o pugon – sa lahat ng pagkakataon.
- b. Ang pagsusuri o paghahanap ng insecto, kulisap o bulate sa gulay.
- c. Pamamahala sa paghiwa at paglinis ng isdang kosher.
- d. Pagsusuri ng dugo sa itlog.

SAAN MAKAKABILI NG PAGKAING KOSHER SA HONG KONG

Karne, Manok at Tinapay

Ang JCC (Jewish Community Centre) at Shalom Grill ay mayroong ibat-ibang uri ng pagkaing kosher gaya ng karne, manok at tinapay. Sa ngayon, sila lamang ang may tinda ng ganitong uri ng pagkaing kosher.

Panglatang Pamilihan

Great, Olivers, Park N Shop, ThreeSixty at Wellcome ay nagtitinda ng iba't-ibang uri ng pagkaing Kosher. Ang kasulatang ito ay tutulong sa inyo sa pagtanda ng pagkaing Kosher sa kanilang mga tindahan at mga paninda.

Mahalaga! Kung meron kang duda o alinlangan – Magtanong!!!! Ang iyong Amo ay matutuwa at makakaramdan ng ligtas at katiwasayan dahil alam niya na ikaw ay magtatanong kung meron kang duda o alinlangan.

THE MITZVAH OF CHALLAH

Contrary to common assumption, Challah does not mean bread. What, then, does it mean?

When the Jewish people first inhabited the Land of Israel, one of the many gifts they were commanded to give to the Kohanim (priestly tribe), was a portion of their dough - the first and the best. This gift of food was known as "Challah." Since the destruction of the Bet Hamikdash, we may not give this dough to the Kohanim of today. However, in remembrance of this gift and as a reminder of our communal responsibility, we still observe the mitzvah of separating the "Challah" portion. Jews have since used this word for the loaves of bread used on Shabbat.

This mitzvah is one of the three mitzvot entrusted especially to the Jewish woman. It is a tradition that is said to "cause blessing to rest on our house." Jewish women have traditionally baked their own loaves for Shabbat, treasuring the opportunity to perform this special mitzvah.

MITZVAH of CHALLAH: How and When?

While the separating of Challah is relatively easy to do, it is necessary to understand how and when this mitzvah is performed. The following is a brief synopsis.

Type of Flour: Challah is separated when the dough is made of one of, or a combination of, the following five grains: wheat, rye, barley, oat and spelt. Other types of flour such as rice, soy, corn, etc. do not require the separation of Challah.

Amount of Flour: The amount of flour also determines whether or not the separation of challah is necessary.

Less than 1230 grams of Flour: Do not separate Challah

1230 - 1666 grams of Flour: Separate Challah without a Bracha.

More than 1666 grams of Flour: Separate Challah with a Bracha.

Liquid: To separate Challah with a blessing, the majority of the liquid contents of the dough should be water. If the majority of the liquid content is comprised of other liquids such as oil, eggs, honey, etc., Challah is separated without a blessing.

Procedure of Separating Challah:

Before forming loaves, say the blessing below and remove a small piece (about the size of an egg) and say Harei zeh challah - This is Challah. The piece that has been removed should be burned.

Ba-ruch A-tah A-do-nai E-lo-hei-nu Me-lech Ha-o-lam A-sher Kid-sha-nu
Bi-mitz-vo-tav Vi-tzi-va-nu L'haf-rish Challah.



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