

## **KOSHER FOOD**

Food, or premises in which food is sold, cooked, or eaten- satisfying the requirements of Jewish law. those that conform to the Jewish dietary regulations of kashrut, primarily derived from Leviticus and Deuteronomy.

The Torah permits only land animals that both chew the cud and have cloven hooves. Four animals, the hare, hyrax, camel, and pig, are specifically identified as being forbidden because they possess only one of the above characteristics: the hare, hyrax and camel are hindgut fermenters, while the pig has a cloven hoof.

The Torah lists winged creatures that may not be consumed, mainly birds of prey, fish-eating water-birds, and bats. The Torah permits fish residing in "the waters" (seas and rivers) only having both fins and scales.

The Torah forbids creeping things that crawl the earth (Hebrew: *sheqets*) and "flying creeping things", with four exceptions: two types of locust, the beetle/cricket, and the grasshopper.

### **Food preparation by non-Jews**

The classical rabbis prohibited any item of food that had been consecrated to an idol or had been used in the service of an idol. Since the Talmud views all non-Jews as potential idolaters, and viewed intermarriage with apprehension, it included within this prohibition any food that has been cooked or prepared completely by non-Jews. (Bread sold by a non-Jewish baker was not included in the prohibition.)

ask an average person to describe kosher food and they might say it is food "blessed by a rabbi."

### ***3 Categories of Kosher Foods.***

Gen 1:29 - vegetarianism was commanded by God as the ideal diet.

(Leviticus 11), only certain kinds of animals are considered inherently kosher.

1. For land animals, any creature that both chews its cud and has split hooves is kosher.

2. For sea creatures, any fish that has both fins and scales is acceptable, and

3. For birds, only those birds approved by the Torah (or others that later authorities have judged to be like them, a list that excludes scavengers and birds of prey).

In addition, it is repeated three times in the Torah that it is forbidden to cook a baby goat in its own mother's milk.

**Dairy** - The Yiddish word Milchig , these are foods, such as cheese, milk, yogurt, ice cream, etc.

**Meat** - The Yiddish word fleischig, this includes all kosher animals and fowl slaughtered in the prescribed manner, and their derivative products.

**Pareve** - A Yiddish word meaning "neutral," this describes foods that are neither dairy nor meat, such as eggs and fish, tofu, nuts, seeds, fruits and vegetables, and the like, provided they are not prepared with any milk or meat products.

### **Common Modern KOSHER Foods –**

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| 1. Hebrew National franks                | 6. Lamb, Tuna, Salmon, Tilapia                           |
| 2. Falafel                               | 7. Kosher salt, kosher pickles, etc                      |
| 3. Matzoh ball soup<br>bread dumpling    | 8. sweet or savory KUGEL<br>(casserole noodle or potato) |
| 4. braided CHALLAH (bread)               | 9. spicy SHAKSHUKA<br>Eggs in tomato sauce               |
| 5. Flaky BOREKAS<br>fried pastry pouches | 10. Brisket  |
|  | 11. Flour free chocolate cake                            |

Gen 1:29-30 - Then God said, "Behold, I have given you every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed; it shall be food for you; and to every beast of the earth and to every bird of the sky and to every thing that moves on the earth which has life, I have given every green plant for food"; and it was so.

1 Cor 8:8 – Some people are still so accustomed to idols that when they eat sacrificial food they think of it as having been sacrificed to a god, and since their conscience is weak, it is defiled. <sup>8</sup> But food does not bring us near to God; we are no worse if we do not eat, and no better if we do. <sup>9</sup> Be careful, however, that the exercise of your rights does not become a stumbling block to the weak. <sup>10</sup> For if someone with a weak conscience sees you, with all your knowledge, eating in an idol’s temple, won’t that person be emboldened to eat what is sacrificed to idols? <sup>11</sup> So this weak brother or sister, for whom Christ died, is destroyed by your knowledge. <sup>12</sup> When you sin against them in this way and wound their weak conscience, you sin against Christ. <sup>13</sup> Therefore, if what I eat causes my brother or sister to fall into sin, I will never eat meat again, so that I will not cause them to fall.

1 Cor 10:31 – Eat anything sold in the meat market without raising questions of conscience, <sup>26</sup> for, “The earth is the Lord’s, and everything in it.”<sup>27</sup> If an unbeliever invites you to a meal and you want to go, eat whatever is put before you without raising questions of conscience. <sup>28</sup> But if someone says to you, “This has been offered in sacrifice,” then do not eat it, both for the sake of the one who told you and for the sake of conscience.

Mark 7:18,19 – <sup>18</sup> “Are you so dull?” he asked. “Don’t you see that nothing that enters a person from the outside can defile them? <sup>19</sup> For it doesn’t go into their heart but into their stomach, and then out of the body.” (In saying this, Jesus declared all foods clean.)

1 Tim 4:1-5 - Forbidding to marry, and commanding to abstain from meats, which God hath created to be received with thanksgiving of them which believe and know the truth. For every creature of God is good, and nothing to be refused, if it be received with thanksgiving: For it is sanctified by the word of God and prayer.”

Acts 10:10 - He became hungry and wanted something to eat, and while the meal was being prepared, he fell into a trance. <sup>11</sup> He saw heaven opened and something like a large sheet being let down to earth by its four corners. <sup>12</sup> It contained all kinds of four-footed animals, as well as reptiles and birds. <sup>13</sup> Then a voice told him, “Get up, Peter. Kill and eat.” <sup>14</sup> “Surely not, Lord!” Peter replied. “I have never eaten anything impure or unclean.” <sup>15</sup> The voice spoke to him a second time, “Do not call anything impure that God has made clean.”