

ids of oven-proof glass must be designated for either meat or milk. In order to prevent confusion, bread should always be parev - so it must not be made with butter or milk products.

FISH & MEAT

Another rule is not to eat fish and meat together - but for a different reason to that of separating meat and milk. The Talmudic sages advised that such a combination is physically harmful. So you shouldn't use a Worcestershire Sauce made with anchovies, in the preparation of a meat dish. (You will find a brand made without anchovies listed in the Guide).

It is acceptable to eat meat immediately after fish, and vice versa; say a salmon canapé after a cocktail sausage at a reception, but it is the custom to cleanse the palate first by having some bread or a drink in between. This may explain the reason why some people drink a Le'chaim - a toast in whisky, vodka or another strong liqueur - after the gefilte fish at the Shabbat table before moving on to the next course!

MEAT

The basic rules about which animals, birds and fish are kosher are set out in Leviticus Chapter 11. Pig meat is specifically prohibited and the rule for red meat is that the animal must have cloven hooves and chew the cud - such as goats, sheep, cattle and deer. Kosher venison is not generally available in the UK only because, according to agricultural regulations, deer must be shot in the open field, not brought into an abattoir. In the 19th century, kosher butchers used to go down to the Rothschilds' estate once a year to slaughter deer, in order to maintain the tradition of shechita of deer in England.

The Torah lists only the birds which are forbidden to eat, such as ostriches, owls and vultures. We cannot be sure of the true identity of the species listed but, by tradition passed down through the generations, we know we can eat poultry such as duck, chicken, goose and turkey. Pigeon, pheasant and partridge are also kosher, while a Germanic tradition also allows sparrow, but you would have to catch them without shooting or hurting them to prepare them for shechita.

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