

Kosher 101
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KOSHER 101 COURSE OUTLINE

CLASS I – WHAT NEEDS TO BE KOSHER?

CLASS II – DIVISIONS BETWEEN MEAT AND MILK

CLASS III – WHAT TO DO WHEN SOMETHING GOES WRONG (IT HAPPENS!)

CLASS IV – MISCELLANEOUS LAWS (BISHUL AKUM, STAM YAINAM, TEVILAT KEILIM, KOSHER TERMS, ETC.)

CLASS II

The Biblical prohibition of mixing meat and milk together divides into three primary parts:

1. Cooking - This is prohibited whether it is being cooked for a Jew or a gentile
2. Eating – This is prohibited, and there are many rabbinic laws to fortify this prohibition
3. Gaining benefit – This is prohibited even if nothing is being eaten by humans, like in the case of feeding a prohibited meat and milk combination to one's dog.

'Dairy' is defined as any dairy derivative from any animal, including milk, cheese, whey, curd.

'Meat' is defined as flesh from a mammal or bird.

Fish are neither meat nor milk (parve).

Eggs are neither meat nor milk (parve).

1. COOKING ISSUES

2. EATING ISSUES

COOKING ISSUES

Prohibited cooking of meat and dairy together can happen in two ways:

1. An actual piece of meat (or its tangible residue) is cooked with an actual piece of dairy (ie. chicken parmesan, chicken grease residue in a deep fryer)
2. Remnants of meat are cooked with remnants of dairy. In halachik literature these are called *Beliyot* - absorbed particles in a porous surface. (Think about the chicken soup pot that has been sitting in the fridge for a week...)
 - o There are three ways that beliyot are transferred: (1) Heat and (2) 24 hours of continuous direct contact with the food item (3) sharp foods like radishes and onions.

- Due to the concern of beliyot, parve food cooked in meat utensils (which had been used within 2 hours) should be treated as meat in terms of then not cooking it or serving it with dairy food items. If the utensil had been used within 24 hours the food is generally considered meat.
- Due to the Beliyot, very often separate meat and milk utensils, dishes and appliances are required. Items of particular concern are as follows:
 1. Pots, pans, knives, etc. – the kosher kitchen must have two sets of dishes (unless you are a vegetarian). They should be stored in separate drawers to prevent confusion. Ideally the meat and milk sets should look different.
 2. Oven – If there is only one oven, then it should be designated as either meat or dairy, and when using it for the other food type, the food should be dry or covered. If the food in question cannot be covered (like a cheesecake) the oven would need to be koshered before use.
 3. Microwave – If it will be used for both meat and milk (not at the same time of course) then it must be clean and one of the food types should be covered.
 4. Stovetop – Can be used for meat and milk if (1) clean and, (2) meat and milk pots are not touching and their contents are not coming in contact with each other.
 5. Dishwasher – Cannot be used for both milk and meat.
 6. Countertop – Should be treated like any other utensil.
 7. Sink – Should be treated like any other utensil. A sink should be designated as (1) meat, (2) milk, (3) parve, (4) not kosher – yes this is an option.
 8. Refrigerator/Freezer – Foods should not be stored in such a way that meat and dairy will mix.
 9. Sponges/steel wool – The same one cannot be used to wash both meat and dairy dishes
 10. Tablecloth, towels, oven mits – May be used for both meat and dairy if cleaned in between.
 11. Water urn, teapot – may use one urn for both meat and dairy meals

EATING ISSUES

1. Waiting between eating meat and milk
 - After eating meat, one should wait 6 hours before eating dairy.
 - After eating most dairy, one needs to have a clean mouth before eating meat.
 - After eating cold hard cheeses, one needs to wait 6 hours before eating meat.
2. Meat and dairy should not be eaten at the same time at the same meal or table
 - If meat and dairy are being eaten by two people at the same table there must be a physical barrier or marker present.
 - One should not eat dairy followed by meat in one meal. Rather one would need to eat the dairy, recite the appropriate after blessing and then begin a new meal with the meat

3. Dairy bread is not kosher unless it has a unique shape or is made in a small quantity.
4. Left over parve foods that were served at a meat meal should not be then served at dairy meal unless care was taken to ensure it remained parve.