

Passover Greetings and Updates

During the year on Shabbat and Chagim we place two Challot on the table. This represents the Lechem Mishneh, the double portion of manna that would fall in the wilderness before the Sabbath and Festivals. On Pesach the third piece of Matza, the middle Matza represents the Lechem Oni "the bread of our affliction" or "Poor man's Bread".

There are many reasons why we break the middle matza. The first is that we eat matza in place of the offering in the temple. The Afikoman is eaten at the end of the meal just as the paschal offering was eaten at the end of the meal. The second reason is, since matza is called "Poor man's Bread". A poor man would not generally know where his next meal would come from. Therefore he would save a portion of his food for his next meal. Another suggestion is that the three Matzot represent the three measures of flour taken by Abraham to bake cakes for the three angels (Genesis 18:6). According to Rashi, the day of their visit was Pesach.

The focus of Kosher Check (The Orthodox Rabbinical Council) since its inception has been to provide assistance to the Jewish Community of BC and beyond in any way possible.

Over 20 years ago Rabbi Feigelstock and the Orthodox Rabbinical Council were asked to assist the Calgary Jewish Community in designing and constructing a Mikveh (ritual bath). Without hesitation Rabbi Feigelstock went to assist and help construct this essential cornerstone of any Jewish Community.



In December of 2014, the Orthodox Rabbinical Council was invited back to Calgary to help the community improve its Kosher infrastructure. I am proud to announce that as of September 2015 the Orthodox Rabbinical Council has officially taken over responsibility for Kashrut in Calgary.

With Pesach only a few weeks away please feel free to call, email or text us a message. No matter your question, large or small we are here to help! Please also visit our YouTube page to check out an informative video we made to assist you in making your kitchen Kosher L'Pesach.

www.youtube.com/user/bckkosher

Wishing you and your families a Chag Kasher V'Sameach,

Richard Wood

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Questions for the Rabbi

Is Icing Sugar acceptable to use for Passover?

Icing Sugar also known as Confectioners Sugar is made up of regular granulated sugar that is then further ground up into a smooth powder. An anti-caking agent, usually Cornstarch is added to ensure the sugar does not clump up. Since corn starch is Kitniyot, Ashkenazic custom is to refrain from using this on Passover.

Do Dried Fruits require Kosher L'Pesach Certification?

Dried Fruits are often coated in either dextrose, flour or oil to stop them sticking together. We have seen facilities in Asia where employees make their own oil at home and then bring to work to use in coating the fruit. Since both Dextrose and Flour are Kitniyot or could even be Chametz, Dried Fruits require Kosher L'Pesach Supervision, and regular Supervision during the year.

Can I purchase frozen fish to use during Pesach?

During the processing of Frozen Fish it is common for food manufacturers to glaze the fish in Corn Starch. This is done to increase the shelf life of frozen products. It is advisable to avoid packaged frozen fish during Pesach.

Can I use Frozen Fruit during Pesach?

Frozen Fruit can be used without certification. As long as it is not sweetened or cooked. In addition you should check the ingredient declaration to ensure that it does not contain Ascorbic Acid or Citric Acid as both of these are Kitniyot.

Do Raw Nuts require Kosher L'Pesach Certification?

Any unroasted nuts in-shell do not require Kosher L'Pesach Certification. Any nuts out of shell such as Almonds or Cashews etc. do not require Kosher L'Pesach Certification as long as they are not roasted and do not have any additional additives or preservatives like BHA or BHT. This applies to raw nuts in any format including whole, sliced, crushed or slivered.



Does Coconut Oil require Kosher L'Pesach Certification?

Coconut Oil is produced typically in South East Asian countries including Thailand, Philippines, Indonesia, India and Sri Lanka. Typically manufacturers will also produce other products including products derived from Chametz in the same facility. Therefore Coconut Oil will require Kosher L'Pesach certification. We have confirmed that **Earth's Choice Virgin Coconut Oil, Coconut Flour** and **Unsweetened Coconut** available from **Choices** bearing the KLBD is acceptable for Passover.

Can I purchase regular Kosher certified Milk for use on Pesach?

Milk contains added vitamins that may contain chometz. Therefore it is advisable to purchase Kosher L'Pesach Cholov Yisroel Milk. If this is not available one should purchase milk before Pesach at which time any chometz will be nullified.

Questions for the Rabbi

Does Maple Syrup require Kosher L'Pesach Certification?

Often consumers assume that Maple Syrup contains no additives, however this is not the case. Maple Syrup can contain anti foaming agents, flavours or corn syrup which would be problematic for Passover. We understand that some manufacturers even use bacon for flavour. Therefore Maple Syrup is only recommended when purchased bearing Kosher L'Pesach certification.

Can I prepare Rice Cereal for my infant during Pesach?

Rice is considered Kitniyot, but is permitted to be consumed by infants. Manufactured Baby rice cereals can contain Chometz and therefore should be avoided. When preparing home made Rice Cereal it should be done using specially designated pots and utensils. Rice should be carefully checked before preparing. Below is a recipe to prepare Rice Cereal at home:

1. ¼ cup rice powder (brown or white, non enriched) rice ground in blender, food processor or coffee grinder.
2. 1 cup water
3. Bring liquid to a boil in saucepan. Add rice powder while stirring constantly.
4. Simmer covered for 10 minutes, mix in formula/ milk and fruits if desired.
5. Serve warm

What Seeds/Spices are not considered Kitniyot?

The following seeds/spices are not considered Kitniyot:

Anise, Chia Seeds, Coriander, Cottonseed, Cumin, Flaxseed, Linseed, Saffron

They require checking and should not be purchased as a fine powder, since they could contain an anti-caking agent.



Does Honey require Kosher L'Pesach Certification?

Some Honey producers add flavours to their honey, which may be derived from Chametz. In addition some honey may contain corn syrup. We can confirm that **Chilliwick River Honey** is acceptable to use on Pesach.

Does Green Tea require Kosher L'Pesach Certification?

Pure Green Tea leaves without any additives or flavours do not require Kosher L'Pesach Certification. This does not include Matcha Green Tea.

Does Instant Coffee require Kosher L'Pesach Certification?

It is common for Instant Coffee to contain additives or thickening agents including Maltodextrin, which is derived from corn. It is also possible for the Instant Coffee to be extracted using solvents derived from Chametz. Therefore Instant Coffee requires Kosher L'Pesach Certification. **Starbucks Via Instant Regular Coffee** and **Folders Special Roast Instant Coffee** bearing an OU is acceptable to use on Pesach providing it has been purchased before.

Are any Nespresso pods acceptable for use on Chol Hamoed Pesach?

We have confirmed with the Basel Rabbanut that the following list of Nespresso products are acceptable to use during Chol Hamoed Pesach. Please note that your Nespresso Machine should be koshered prior to Pesach by Iruy.

NESPRESSO CLASSIC (NC) RANGE:

Ristretto, Arpeggio, Roma, Così, Volluto, Divolitto, Altissimo, Voltesso, Stormio,

Odacio, Melozio, Elvazio, Capriccio, Livanto, Kazaar, Dharkan, Half Caffeinato,

Deca Intenso, Decaffeinato, Vivalto Decaffeinato, Volluto Decaffeinato, Arpeggio

Decaffeinato, Dulsão do Brasil, Indriya from India, Rosabaya de Colombia,

Limited Edition, Special Club, Special Reserve.

LUNGO RANGE:

Decaffeinato Lungo, Vivalto Lungo, Finezzo Lungo, Fortissimo

Lungo, Linizio Lungo, Bukeela Ka Ethiopia

NESPRESSO PROFESSIONAL (NP) RANGE:

Espresso Forte, Espresso Leggero, Espresso Decaffeinato, Espresso Origin Brazil, Lungo

Lungo Decaffeinato, Lungo Origin Guatemala Ristretto, Ristretto Forte, Lungo Leggero,

Intenso, Ristretto origin India, Limited Edition, Special Club, Special Reserve.

Are any Keurig K cups acceptable to use on Chol Hamoed Pesach?

We have confirmed that any unflavoured K cups (not decaffeinated) are acceptable to use during Chol Hamoed Pesach when bearing an OU. Please note that your Keurig Machine should be koshered prior to Pesach by Iruy.

Do you have a question about a product, a hechsher or just a general question about kashrus? Contact Rabbi Mendy at mendy@koshercheck.org

Africa & back in a Nut Shell

BY RABBI LEONARD BOOK, PHD



A few weeks ago I received a call asking me if I wished to travel to Mozambique for the purposes of *Hashgacha* - to investigate, and report back to the BCK of Vancouver. The BCK had received a request from a company in Mozambique who wished to have their product recognised, and enjoyed, as 'Kosher'.

Having lived in South Africa for a number of years, I was fully aware of the political situation in Mozambique during the 1990's - hopefully, times have changed, although recent press reports show that underlying political rumblings continue to be heard.

Travelling around the world these days is a matter of routine for many business personnel, for kashrut supervisors also, albeit 'Hashgacha' is not strictly classified as a business. I agreed to travel where no Mashgiach had ventured before, accepted the responsibility, and a date was set.

The journey to Mozambique – the only place in my worldly travels where I could not find a 'kosher' fridge magnet, must have been planned with a broken compass. From Israel I first had to

fly North before flying South to Johannesburg, where I boarded a plane for Nampula, a small town in northern Mozambique. As we were approaching Nampula many of the South African passengers expressed their surprise at not having an aerial view of any private swimming pools. On arrival, I was met by the Company's regional manager.

The notice in the hotel, which stated that it was not safe to go out at night, did not deter me, as I termed myself a 'Shaliach Mitzvah', an emissary to perform a positive command, i.e. to ensure that my fellow co-religionist were able to be assured that foodstuffs under the BCK label were 100% Kosher, so I felt 'protected' – then I remembered the old adage, "Ain somchin al hanes" – one should not rely on miracles, so I never went out at night! Anyway the nearest minyan was over a thousand miles away.

I suppose by now you are wondering what was so special that BCK had to send a representative to Mozambique. The same question may possibly be asked to all Kashrut organisations that trawl the world in search of a variety of foodstuffs that may grace the Jewish tables.

The purpose of this article is not so much to tell you what the product was, or why the company requested kosher status. It is more about the inland journey and the kind of people I met. It also

covers one or two kashrut problems that may be encountered on a simple mission.

The first thing that I was aware of whilst travelling through the country, in order to reach the processing plants, was the poverty in the surrounding areas. The second thing that passed through my mind was the question of how many times I must bensch 'Gomel' – the blessing recited when one has survived a dangerous situation, as the roads occasionally disappeared - then a few kilometres further they, for want of a better word, 'resurfaced'. For any adventurous Mashgiach - be warned, one does not travel on the roads of northern Mozambique at night! I tried it, and my Sat-Nav simply kept on repeating, "Bist ihr gor Meshuggah", before blowing a fuse! The Sat-Nav, however, did not warn me of having to bribe armed traffic police, who then permitted me to peacefully continue my journey. For that matter, neither does anyone with any sort of back problem travel day or night.

Returning again to the foremost purpose of my visit, as mentioned, the managerial staff were more than accommodating. Having realised that I was not on an industrial spying mission, I was allowed to take photographs of the process in order to check against the 'flow-line' sheets. They answered all relevant questions without hesitation or reservation. Fortunately the plant was not too mechanically complicated, and covered a small area. This made it infinitely easier to supervise every part of the process without any difficulty.

It was here, i.e. the flow-line charts, that I encountered my first small problem. Whilst the technically drawn printed flow-line charts suggested that everything was in a straight line, or easy to follow, as is occasionally the case, in this particular processing plant a hand held radar might have been an advantage. Part of the process included a cooling process, which requiring that the product be placed on the floor. Some of the listed machinery was placed behind a structural pillar – not shown on the flow-line chart. This, all in all, did not present any problem. My point is that one must not take anything for granted, especially when, as is often the case, more than one building requiring inspection is involved.

Another piece of advice for verifying facts, one which was known to our ancient sages, is, מְסִיחַ לְפִי תוֹמוֹ / "Meisi-ach l'fee tu-mo", literally, through speaking innocently/indirectly to

Africa and back (continued)

extract the required information. In this way anything that may not have been listed, as it was thought to be of no relevant importance to their application for kashrut approval, may come to light. In my visit to Mozambique I noticed that small amounts of oil were to be seen near one of the machines. Through indirect questioning it was ascertained that oil was indeed being used – but only to lubricate one of the machine’s bearings. The oil, after obtaining the specification sheet from the producers in Spain, proved to be of synthetic origins, and fit for human consumption. Incidentally, this did not affect the kosher status of the product I was inspecting. It was good to know, nevertheless, that the Company had already received kosher certification for this particular product.

The managerial-staff were mainly from India and respected Judaism and Jewish values, whilst the workers were from the local area and probably just looked at me as another prospective customer for the end product. They glanced at my hat and tzitzith, no doubt they had not seen many Englishmen in this remote area, which was a four hour round trip from Nampula.

One of the advantages of visiting countries where English or Hebrew or even Yiddish is not spoken, is to learn some simple terms of the native language – in this case Portuguese.

This permits one to ask questions or read ingredients should the personnel not be fully conversant with the English or Yiddish languages. On this inspection tour I had no need to learn any Portuguese, or Ladino, as the whole managerial staff spoke English. All of the product’s relevant information was printed in clear English.

The return journey may have been from, what one could only call, a primitive airport, I thought I saw Orville and Wilbur, but the satisfaction of knowing that yet another product can be unquestionably certified 100% ‘Kosher’ makes it all worthwhile.

Hopefully my next trip will not require the address of the local chiropractor! Meanwhile I am boning (parev) up on my Chinese, Urdu, Russian and maybe Arabic – who knows what tomorrow may bring?

“B’tayovon”!

Rabbi Leonard E. Book Phd
Ashkelon, Israel



Young cashew nuts



Raw cashews

The Changing Face of the Craft Beverage Industry

Over the past twenty years there has been rapid change within the Beverage Industry. In addition to take over and mergers within the large manufacturers, such as the Molson – Coors merger of 2005.

There has been a birth and rapid growth of a new market within the Beverage Industry known as the Craft Brewer or Craft Distiller. In 1979 there was 89 breweries in the US. By 2013 this number increased to 2,416 of which 1,139 were considered Craft Breweries. According to the American Distilling Institute there were roughly 50 micro distilleries operating within the US in 2005. Over the last 10 years that number has grown to over 300.

A recent trend has been for large distillers, such as the owners of the famous Bourbon Makers Mark to create their own craft distillery within their current facility using purposely purchased small stills to compete for this market. What makes a Craft Distiller? In order to qualify as a Craft Distiller, a distillery should not produce more than 100,000 litres of alcohol per year in Canada. Or 100,000 gallons of alcohol per year in the US.

From time to time we receive questions from members of the community regarding the kashrus status of particular types of alcoholic beverages. Having visited over a dozen craft distilleries and breweries over the past couple of years from Kelowna to Vancouver Island we can tell you that there are many kashrus issues that affect the kosher status of unflavored brands of Vodka, Gin or Rye. These issues would not have arisen 20 years ago.

It is common for small craft distilleries to produce many different kinds of products including various kinds of non-kosher brandy. Brandy is produced by distilling grape based wine. There are also distilleries that distill wine for commercial wineries. Most distilleries do not want their stills sitting idle and are therefore happy to distill products for a customer that may be not kosher. It is also common that the stills used for the distillation process are purchased in used condition. Another possibility is that during the production process of rye or blended whisky, wine is blended in to add flavor to the Whisky.

It is common for Craft Breweries and Breweries in general to experiment. Most recently Mol-

son produced a limited release beer named 1908, a beer derived from a recipe found in the companies archives. Craft Breweries will also produce seasonal beers such as a chocolate flavored beer or milk stout during the winter months. These will both pose a kashrus concern since the use of dairy will change the status of all the other pareve beers. It is also common that flavors are added to beers to increase the taste. These can be produced from both kosher and non-kosher sources such as carmine. Some Craft Breweries including breweries in Ontario produce Bacon Flavoured Beer and Clam Flavoured Beer. This is done by adding bacon or clams into the brew tank.

Other Breweries have started to age beer in used wine casks which poses another issue.

The main concern with beer is generally the processing equipment. Many companies use the same equipment to produce numerous products. If a company produces unflavored beer on the same equipment as non-kosher beer, the equipment may cause all beer produced to be non-kosher.

Kosher Check recommends purchasing Craft Alcoholic Beverages from only Kosher Certified Craft Distilleries and Craft Breweries.

Kosher Check is proud to certify the following Craft Beverage companies Kosher within British Columbia.



(NOT FOR PESACH)

Howe Sound Brewing

Blueberry Ale
Cloudburst India White Ale
King Heffy
Four Way Fruit Ale
White Cap Wheat Ale



Shelter Point Distillery

Apple Flavoured Vodka
Black Pepper Flavoured Vodka
Chocolate Flavoured Vodka
Grape Flavoured Vodka
Lemon-Lime Flavoured Vodka
Licorice Flavoured Vodka
Maple Flavoured Vodka
Mint Flavoured Vodka
Off the wall Vodka Spicy Cinnamon
Orange Flavoured Vodka
Peach Flavoured Vodka
Raspberry Flavoured Vodka



Odd Society Spirits

Wallflower Gin
East Van Vodka
Mongrel Whisky



Victoria Spirits

Victoria Gin
Left Coast Hemp Vodka
Twisted & Bitter Orange Bitters
Twisted & Bitter Rosemary Grapefruit Bitters
Twisted & Black Pepper Bitters

Alcohol Policy Update

NOT FOR CONSUMPTION ON PESACH

All wine, sparkling wine, brandy, vermouth, sherry, port and liqueurs must be made under Rabbinical Supervision. Please find below the BCK approved alcohol list (note: list is subject to change). For any questions please contact the BCK Office at (604) 731-1803.

BOURBON

Straight Bourbon (Sour Mash is a variety of Bourbon) is acceptable. Some examples of Bourbons include: Bookers, Basil Hayden, Bakers, Knob Creek, Jack Daniel's, Jim Beam, Maker's Mark, Old Crow, Old Granddad, Old Weller, Wild Turkey.

SCOTCH

Scotch Whisky either single malt or blended is acceptable without any mention of the use of sherry, port or sauterne, dual casks, French casks, European casks, port or Madeira finish, dual or triple finish double matured and/ or triple matured on the label. Whisky which has been matured in wine casks is forbidden for consumption.

RYE

Canadian, Canadian Club (Not Classic), Seagrams VO and 7 (Canadian Blend Only), Gibsons, Wisers

GIN

Gin with no added flavours is acceptable (Note Sloe Gin is a liqueur and requires certification)

Victoria Gin (KC)

RUM

Rum generally requires supervision, Bacardi and Cruzan (unflavoured varieties) is acceptable without a hechsher on the label.

TEQUILA

Regular white (also known as Silver) Tequila is acceptable without a hechsher. Gold or Reposado is only acceptable when bearing a hechsher. The following are allowed only when bearing a hechsher. Tequila bottles containing worms are not acceptable regardless of the variety.

Don Bernardo G (OU), Salusa, Campo Azul, Sol Dios, Anejo (OU), Herrudura, Sol Dios Platinum/Blanco (OU), Agave 99 (OU), El Diamante Del Cielo (OU), Stallion (OU), Tonalá (OU)



VODKA

Domestic Vodka (Made in North America) are acceptable without certification unless made with grapes, flavoured vodka's should only be used if they bear a hechsher.

The following unflavoured imported Vodka's are acceptable without certification on the label: Absolut, Kettle One, Belvedere, Provda, Chopin, Stolichnaya, Finlandia, Vox, Ice Berg, Van Gogh, Three Olives (from England), Grey Goose.

Absolut – The following are acceptable without an OU on the bottle.

Mango, Oak, Pears, Peppar, Raspberri, Ruby Red, Tropics, Vanilia, Wild Tea, Bitter Cherry, Kurant, Apple, Mandarin, Berri Acai, Citron.

Smirnoff – The following varieties are acceptable without certification. Blue Label, Red Label, Silver label.

Left Coast Hemp Vodka (KC)

Skinny Girl Vodka – The following are only acceptable when bearing the OU

White Cranberry Vodka, Pina Colada Vodka, Margarita Vodka, Mojito Vodka

Stolichnaya - The following are only acceptable when bearing an OU

Blueberi, Razberri, Vanil

Van Gogh - The following are acceptable without certification on the bottle

Espresso

Double Espresso

LIQUEURS

Liqueurs including aperitif's or referred to as a Cordial generally have a lower alcohol content and are by nature flavoured drinks. All liqueurs require certification. The following products are acceptable only when bearing certification.

Frangelico (OU Certified, No certification on bottle needed)

Amaretto Disaronno (No certification on bottle needed), Kedem (OU), Bartenura (OU), Leroux (OU), Carmel (OU),

Cointreau (no certification on bottle needed), **Drambuie** (LBD), DeKuper (OU), Honkes (MK), Monfort (OU), Peter Cherry Heering (OU), Starbucks (OU), Sabra (OU), **Sambuca Luxardo dei Cesari** (LBD without certification on the bottle)

NOT RECOMMENDED PRODUCTS

The following are popular brands which are not recommended for consumption.

B&B Liqueur, Bailey's Irish Cream, Grand Mariner, Ouzo, Southern Comfort, Krishwasser, Tia Maria, Yukon Jack, Smirnoff Ice, Mike's Hard Lemonade and other flavoured alcoholic drinks are not recommended.

**Items in bold are available at BC Liquor Stores*

Butter Vs Margarine

BY PROFESSOR MICHAEL ESKIN



With respect to health, is there a difference between butter and margarine?

Butter production is over 5,000 years old and goes back to the early nomadic tribes of Asia. It is produced by churning the milk cream which inverts the normal oil-in-water emulsion to the water-in-oil emulsion of butter. In contrast, the production of margarine is a relatively recent phenomenon with its origins in 19th century France. Emperor Napoleon III established a prize for someone to develop an alternative to butter suitable for his army and the lower classes. This resulted in the development of margarine, also a water-in-oil emulsion.

Until recently, margarines were produced in North America by hydrogenating vegetable oils. As a result the margarines sold were extremely high in trans fatty acids which are now considered unhealthy and banned. In sharp contrast, Europe produced their margarines by a different process, interesterification, in which no trans fatty acids were ever formed. As a result, hydrogenation was discontinued in North America so that the majority of soft, spreadable margarines sold in Canada are now completely trans free.

Prior to the banning of hydrogenation, the high level of trans fatty acids made these margarines extremely unhealthy compared to butter. The non-hydrogenated margarines now on the market, however, are lower in saturated fatty acids, higher in unsaturated fatty acids and are free of any cholesterol. In addition, some of these margarines may be fortified with phytosterols to enhance health benefits. These are plant sterols that have been shown to be very effective in lowering blood cholesterol. Some margarines are also fortified with omega-3 fatty acids which have number of beneficial effects including lowering cholesterol although not as good as omega-3 fatty acids in fish oils. In Canada and the United States, margarine is fortified with Vitamin D.

Because of Laws of kitniyot, Ashkenazi Jews are not permitted to use corn or soybean oil, both traditional bases for margarine production. As a result, Passover margarine is usually made from cottonseed oil, a by-product of cotton. A shortage of Passover margarine in the United States in 2008 resulted from farmers growing more corn, rather than cotton, to meet the more lucrative market for corn-based ethanol for the biodiesel industry. Fortunately a shortage of Passover margarines has not been experienced since then.

Does this mean butter is bad for you? Certainly not! Even though it is a more concentrated source of saturated fats and cholesterol, be-

cause it is made from animal fat, it contains a unique group of trans fatty acids, conjugated linoleic acids or CLAs. These are synthesised in the mammary gland from breakdown products provided by the rumen bacteria. Approximately 18 different forms of CLA are found in milk some of these have anticancer properties while others exert important health benefits on diabetes and fat and muscle metabolism. Butter is also a good source of Vitamin A.

In terms of the original question, butter and margarine each have their own specific health benefits and both can be enjoyed as part of healthy diet. There is no doubt that the taste of butter makes it more suitable for certain dairy dishes compared to margarines. However, the pareve nature of margarines, although there are some that are dairy, enables their use in both dairy and meat food dishes.

PROFESSOR MICHAEL ESKIN, an internationally recognized Food Biochemist, is the author and co-author of 14 books and over 125 scientific publications. He is the recipient of a number of awards including the 2012 prestigious Stephen S. Chang Award in Lipid and Flavor Science by the Institute of Food Technology (USA) and the 2013 Alton S. Bailey Medal Award in Lipids, by the American Oil Chemists' Society. Professor Eskin is co-editor of *Lipid Technology*. His latest book to be released later this year is *Bitterness: Perception, Chemistry and Food Processing*.



For over thirty years Kosher Check has provided Kosher Supervision to companies throughout North America and around the World. Being ideally situated in Vancouver with the shortest flying routes to many Asian cities has made Kosher Check a first choice in Kosher Certification for many food manufacturers across the Asia Pacific gateway and beyond.

Sri Lanka, located off the South East Coast of India in South Asia is a diverse country, rich in culture and tradition. A once strategic position on the Silk Road, Sri Lanka is well known for its exotic fruit and has some of the most succulent fruits, whose flavours are naturally sweet.

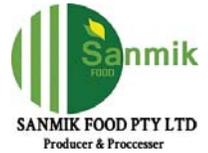
It is also well known for spices such as Nutmeg, Cardamom, Cinnamon, ginger and vanilla, not to forget Ceylon teas and of course the world famous King Coconut. Sri Lanka is the fourth largest producer of coconuts and Cinnamon in the world. Coconuts account for over 10% of the agricultural produce in Sri Lanka.

Cinnamomum Verum, the specie used to produce Cinnamon is called the "True Cinnamon Tree". This small evergreen whose inner bark is used to produce Cinnamon is native to Sri Lanka, India, Bangladesh and Burma only. Most Cinnamon produced around the world today with the exception of Sri Lanka is produced from Cassia, a related species.

It is interesting to note that Tanach makes specific mention of both Cinnamon and Cassia throughout. In Shemot both Cinnamon and Cassia are mentioned in the preparation of the Anointing Oil for the High Priest. "Take thou also unto thee the chief spices, of flowing myrrh five hundred shekels, and of sweet cinnamon half so much, even two hundred and fifty, and of sweet calamus two hundred and fifty. Of cassia five hundred, after the shekel of the sanctuary, and of olive oil a hin". (Shemot 30:23-24)

Sanmik Foods

Sanmik Foods is a leading producer of Coconut Oil, Coconut Milk, Dessicated Coconut, Spices and a variety of Dried Fruit. Sanmik commenced operations in 2003 and started exporting to Australia in 2007. In addition their products can found in Supermarkets throughout North America. Over the past several years Coconut products such as Coconut Water have become very popular in North America given the health benefits associated with coconuts and coconut by-products.



Expo Lanka

The story of the Expolanka Group starts in 1978. Initially a pioneer exporter of fresh produce, the Company emerged as a strong and dynamic Group of Companies to be listed on the Colombo Stock Exchange (CSE) as Expolanka Holdings PLC. In 2008, Expo Lanka envisioned a growing demand for organic certified food. Hence, the company Tropical Green (Pvt) Limited was formed. This company focusses on Organic Dried Fruit, Organic Fruit Pulps, Organic Coconut Water, Organic Virgin Coconut Oil, Organic Coconut Milk & Cream and Organic Coconut Flour.



G.P. De Silva

G.P. De Silva and Sons is one of the largest Cinnamon processors in Sri Lanka. Mr. G.P. De Silva started to trade in Cinnamon in 1942, over the years he grew and expanded his operations. Over the next 70 years G.P De Silva and Sons expanded their business and started shipping Cinnamon and other spices to many countries around the world. Recently they expanded their operation to include Cinnamon Oil.



Rabbi Feigelstock (left), Pathmalal Withanage (company owner), Richard Wood, Mangalika (Sri Lankan representative)

Why we eat what we do at the Seder

Over the past several years I have incorporated into my Pesach message an explanation of particular minhagim of the Seder. This has ranged from vegetables used for Karpas at the beginning of the seder, to spilling wine for the ten plagues. It has always intrigued me the reasoning for certain customs that we perform at the Seder. I hope that this article will arouse your curiosity to ask more questions at this year's Seder.

KARPAS

One of the first things we do at the beginning of the Seder is the dipping of the Karpas (Vegetable) into salt water or vinegar. The Jerusalem Talmud queries the exact plant which is used for karpas and defines it as Petrozel, commonly known today as Parsley (Shevi'is 9:1)

According to one's custom celery or parsley are usually used however other customs include boiled potato, raw onion, cucumber or raddish. We eat the Karpas to arouse the curiosity of the children that they might ask "Why is this night different?" Some have explained that we do this to symbolize Joseph's brothers, who sold him into slavery and whose robe was dipped into the blood of a slaughtered goat (Genesis 37:31). The dipping itself reminds us of this event, the karpas itself is dipped into salt or vinegar and turns from a sweet taste to sour. Just as Joseph's freedom was sweet and then became sour after being sold into slavery. Other commentators mention that karpas was used as an appetizer to stimulate the appetites of the nobility in ancient Rome. On Seder night we use it as a symbol of our freedom.

SPILLING WINE FOR THE 10 PLAGUES

One interesting custom is the spilling of sixteen drops of wine from one's cup during the Seder. This is done at three intervals during the Seder. The first three drops are removed when we mention the three plagues brought down in the book of the prophet Joel (Blood, Fire and Pillars of Smoke). The next ten drops are removed for the more familiar Ten Plagues. Lastly Three drops are removed for Rabbi Yehudah's three word Acronym for the plagues.

Since wine is a symbol of joy, we remove a drop from our glass each time we mention another plague. We do so not to rejoice in the downfall of our enemies. Rabbi Isaac Luria was particular that one should not use any finger, rather spill out the wine onto a saucer. Others maintain, including the famous Ashkenazi authority Rabbi Moses Isserles states in his Darchei Moshe (473:18) "Because it represents the finger of G-d,

one should use a forefinger and not a little finger. Some Sephardim and Chassidim are more particular about this wine. All wine used for the sixteen drops is collected in a bowl and then disposed of. According to Kabbalah, the reason we do not use this wine is because we are mentioning the plagues with which G-d punished the Egyptians while we are spilling out the wine. Since the wine now represents punishment and anger, we do not want to ingest it.

THREE MATZOT

During the year on Shabbat and Chaggim we place two Challot on the table. This represents the Lechem Mishneh, the double portion of manna that would fall in the wilderness before the Sabbath and Festivals. On Pesach the third piece of Matza, the middle Matza represents the Lechem Oni "the bread of our affliction" or "Poor man's Bread".

There are two reasons why we break the middle matza. The first is that we eat matza in place of the offering in the temple. The Afikoman is eaten at the end of the meal just as the paschal offering was eaten at the end of the meal. The second reason is, since matza is called "Poor man's Bread". A poor man would not generally know where his next meal would come from. Therefore he would save a portion of his food for his next meal.

There are two other suggestions for the Three Matzot at the Seder. The first is that the three matzot represent the three divisions of the Jewish people, Kohen, Levi and Yisrael. Another suggestion is that the three Matzot represent the three measures of flour taken by Abraham to bake cakes for the three angels (Genesis 18:6). According to Rashi, the day of their visit was Pesach. Among some Sephardim there is a custom to keep a piece of the Afikoman throughout the year to ward off the evil eye. Preserving a piece throughout the year represented good luck.

MAROR

Before we start our festive meal on Seder Night we eat Bitter Herbs dipped in Charoses. To remind us of the bitter lives our ancestors experienced in Egypt. The Mishna (Pesachim 39a) lists five vegetables that one can use for Maror. They are Chazeres, Tamchah, Charchevina and Ulshin. Most authorities identify Chazeres with lettuce and Tamchah with Horseradish.

There are differing customs as to what vegetable to use for Maror. In the times of the Mishnah lettuce (Chazeres) was commonly used. In northern and eastern Europe where it was diffi-



cult to obtain lettuce horseradish was used instead. Some Sephardim also use green onions or curly parsley. The Shulchan Aruch states that in order for one to fulfill their obligation the flavour of the maror must be unadulterated by cooking or preserving. Nowadays many of us use both Romaine and Horseradish. Using Romaine at this point for the Maror and Horseradish for the Hillel Sandwich which is next to come.

CHAROSET

One of the last symbolic acts of the Seder before partaking of the meal, is dipping the Marror into the Charoset. Jewish custom preferred to choose ingredients that had a symbolic meaning or an association to verses from the Tenach. The Kitzur Shulchan Aruch explains the recommendation of ingredients for the Charoset, "one should choose fruits that were originally grown in Israel" (118:4).

The choice of Apples comes from the verse "Under the apple tree I will awaken thee" (Song of Songs 8:5). The Rabbi's understood this as referring to the Israelite wives who went out into the orchards to give birth under the shade of the apple trees, thus in defiance of Pharaoh's decree. The use of nuts is suggested based on the verse "Into the nut garden I descended" (Song of Songs 6:11). Figs are recommended based on the verse "When the green figs will ripen on the fig trees" (Song of Songs 2:13). The Midrash views this as an allusion to the basket of first fruits brought into the Temple on Shavuot. Pomegranate and Dates are also recommended. In Sephardic communities it is common to make Charoset from dates. Cinnamon (bark) and Ginger are also recommended since they cannot be chopped up too fine. Thus they become reminiscent of the straw which the Israelites had to go out and collect and that was added to the mortar. Wine or Vinegar is added, of course symbolic of the blood that was shed.

Richard Wood

Pesach Recipes

The following recipes have been provided by Pamela Reiss of Winnipeg. For further information please check out Pam's website pamelareiss.com

CHICKEN IN MANGO CHUTNEY

Don't let the long list of ingredients scare you. The preparation is fairly simple as most of it gets chopped in the food processor.

8 oz. | 225 g red onion, peeled and roughly chopped (1 medium)
4 large garlic cloves
2 jalapeno peppers, cored and seeded
1 Tbsp. | 15 mL fresh ginger, minced
1 Tbsp. | 15 mL chopped fresh cilantro
3 Tbsp. | 45 mL fresh lemon juice
3 Tbsp. | 45 mL fresh lime juice
6 oz. | 170 g apple, peeled, cored and cut in quarters (1 medium Fuji, Gala, Macintosh)
3 Tbsp. | 45 mL sugar
¼ tsp. | 1 mL ground nutmeg
½ tsp. | 2 mL salt
½ tsp. | 2 mL ground cinnamon
2 oz. | 55 g dry apricots, roughly chopped (¼ cup | 60 mL)
3-4 lbs. | 1.4-1.8 kg chicken, cut into 8 pieces salt and pepper
2 Tbsp. | 30 mL olive oil
12 oz. | 340 g ripe mango flesh, cut into ½-inch | 1-cm cubes (from 2 large mangoes)
3 oz. | 85 g golden raisins (½ cup | 120 mL)
1 cup | 235 mL water

For the chutney, place red onion, garlic, jalapeno, ginger, cilantro, lemon juice, lime juice, apple, sugar, nutmeg, salt, cinnamon and dry apricots into the bowl of a food processor. Process until finely chopped. Set aside.

Season the chicken with salt and pepper. Heat a large Dutch oven over medium heat and add olive oil. Brown the chicken pieces, about 3-4 minutes per side. Do this in batches if you can't fit all the pieces in a single layer. Remove the chicken pieces once they are browned.

When all the chicken is browned, return it to the pot and add the chutney, mango, raisins and water and stir everything together.

Reduce the heat to low and simmer, covered for 25 minutes. Stir every few minutes making sure that nothing is sticking to the bottom. Uncover and cook another 10 minutes. Check the chicken



for doneness. Once it's cooked through, if the sauce is very loose, remove the chicken, set aside and continue to simmer the sauce until thickened, about 10 minutes.

Place the chicken on a serving platter and pour the chutney over and serve. Serves 4

CHEESECAKE CRUST

Use this crust as a base for either the Lime or Chocolate Cheesecakes.

4 ½ oz. | 125 g finely ground almonds (1 ¼ cups | 295 mL)
2 oz. | 55 g sugar (¼ cup | 60 mL)
¼ tsp. | ½ mL salt
½ tsp. | 2 mL vanilla
1 large egg white

Preheat the oven to 350°F | 175°C.

Prepare a 10-inch | 25-cm spring-form pan by wrapping a piece of aluminum foil over the base before placing it in the pan and snapping it shut.

You should have a flat piece of foil on the inside bottom, with the edges coming out the bottom sides.

Mix the almonds, sugar and salt together in a mixing bowl. Add the vanilla and egg white and mix until combined.

Pack the crust into the bottom of the spring-form pan, forming an even layer. Wet your hands if you find that the crust is sticking.

Bake for 20-25 minutes or until golden brown.

Proceed with the Chocolate Cheesecake recipe.

CHOCOLATE CHEESECAKE

Crust – See Cheesecake Crust
2 lbs. | 910 g cream cheese, softened
10 oz. | 20 g sugar (1 ¼ cups | 295 mL)
¼ tsp. | 1 mL salt
½ oz. | 15 g cocoa powder, sifted (2 Tbsp | 30 mL)
1 tsp. | 5 mL vanilla
4 large eggs
½ cup | 120 mL whipping cream
6 oz. | 170 g semisweet chocolate, melted
Serves 10-12 | Dairy
Preheat the oven to 350°F | 175°C.

Use the paddle attachment in a stand mixer, running on medium, to mix the cream cheese, sugar and salt until smooth. Add the cocoa powder and mix until incorporated.

Add the vanilla and the eggs, one at a time and mix well. Stop the machine and scrape down the sides. Add the whipping cream and mix; then add the melted chocolate and mix until combined. Pour the filling over the crust.

Bring 3-4 cups of water to a boil in a kettle.

Take two sheets of aluminum foil and place the pan on top of the sheets. Bring the aluminum up the sides of the pan, then place the pan in a large roasting pan. Pour enough hot water into the roasting pan so that it comes half-way up the sides of the spring-form pan. Carefully place in the center of your oven and bake for 55-70 minutes or until the cheesecake is set – it should be firm when you touch it gently in the center. Remove from the oven and let cool.

Refrigerate until ready to serve. Run a knife with a thin blade around the edge of the cake to loosen it from the sides and carefully open and remove the pan. Serve as it is or with some lightly sweetened whipped cream.

Utensils For Use On Passover



Jewish law requires special dishes, cooking utensils, glassware, and silverware for Passover use, with separate meat and dairy sets. They can be made of any material, including plastic or paper. Once these are used for chametz, they may not be used again on Passover.

If it is not possible to maintain a complete set of separate utensils for Passover, it may be possible to use some year-round utensils for Passover after a special “kashering” procedure.

PROCEDURES FOR “KASHERING” COMMON ITEMS ARE AS FOLLOWS:

To prepare for the procedure, clean all parts of the kitchen well. This involves the removal of all food, rust, dirt, calcium deposits and anything else that protrudes; it does not include the removal of discolorations. Counters, tables, ovens, stoves and refrigerator should be perfectly clean. Scrub utensils and set them aside. Twenty-four hours prior to kashering, the stove, oven and broilers should not be turned on, and hot water should not be used.

Items which have narrow cracks, crevices, deep scratches or other areas that cannot easily be cleaned, cannot be kashered for Pesach.

THE FOLLOWING, CANNOT BE KASHERED:

- Colanders
- Decanters or baby bottles (due to their narrow necks)
- Filters/screens over drains in sinks
- Graters
- Knives (or other utensils) where food or dirt can get trapped between the blade and handle
- Slotted spoons
- Sponges
- Toothbrushes

Additionally, the common custom is to cover tables, counters, refrigerator shelves and other areas where one might not have been able to clean away every trace of chametz.

DISHES & UTENSILS

Sets of dishes, pots and pans, flatware and other necessary utensils should be set aside specifically for Passover use. Certain utensils, such as flatware, metal pots and pans, etc., may be made Kosher for Passover use through Ha’galah (dipping in boiling water).

Ha’galah is accomplished by:

1. Not using the utensil for anything, including non-chametz, for twenty-four hours. This also applies to the (non-Pesach) pot in which the halalah water will be boiled.
2. Submerging the utensil in boiling water that is over the fire. The water must be at a rolling boil before the utensil to be kashered is put into it, and the water must touch every surface of the utensil. Therefore, each item should be kashered individually, and the water should be allowed to return to a boil before the next item is placed into the pot. Large utensils may be submerged in the water one part at a time.
3. Remove the utensil from the water and rinse it in cold water.

All new metal, aluminium and glass vessels and utensils require T’vilat Kelim (ritual immersion). New disposable aluminium pans are acceptable for Pesach without certification. Ritual immersion, however, is required if they are to be used more than once.

GLASSWARE & PLASTICS

Drinking glasses (not plastic) may be kashered for Passover by soaking them in water for three days. The water should be changed every 24 hours. This method of kashering does not apply to glass ovenware, whiskey glasses, glass dishes in which hot food is served, or bottles used to store beverages which are chametz or which contained vinegar or grain alcohol. Please note however, that according to Sephardic tradition glass need not be kashered for Passover; it is sufficient to clean it well and ensure there are no remains of Chametz stuck in it.

If new, Teflon and similarly coated pots and pans, plastic, Styrofoam, coated paper dishes, serving utensils, glasses and plastic tablecloths may be used on Passover.

Tablecloths must be freshly laundered before Passover; however, no starch should be used.

ELECTRIC MIXERS, FOOD PROCESSORS & BLENDERS

Since the motor area of the electric mixer is often exposed to chametz and can be cleaned only with great difficulty, it is recommended that a special mixer for Passover be used. However, those food processors and blenders that have totally sealed units in their motor area, may be used if the bowls and mixers are changed.

SINKS

Kashering a Stainless Steel Sink:

1. If the filter covering the drain has very fine holes, remove the filter and put it away for Pesach with the chametz dishes. If the holes are larger, the filter may be kashered with the sink.
2. Clean the sink, faucet and knobs, and don’t use the sink for anything other than cold water for twenty-four hours.
3. Boil water up in one or more large pots (clean pots that have not been used for twenty-four hours). The pots may be chametz pots.
4. Dry the sink, then pour the boiling water over every spot on the walls and floor of the sink and on the faucet. One may kasher part of the sink and then boil more water for the rest of the sink. A hot iron should then be run over every side of the sink. Extreme care should be taken during this type of kashering to ensure that none of the boiling water splashes onto the person doing the kashering or others who are nearby.
5. Rinse the sink and faucet with cold water.
6. Put a new filter over the drain. One should also purchase new sponges and a fresh bottle of dishwashing liquid.

Kashering a Porcelain Sink:

Since a porcelain sink cannot be kashered, one should kasher the faucet and knobs as outlined above and, for the duration of Pesach, place a basin (or insert) into the sink. All dishes, silverware, etc., should be washed in the basin, and wash-water can be disposed of through the sink’s drain. One should be careful not to allow the sink to fill with hot water while the basin is in the sink.

Utensils For Use On Passover (continued)



SHELVES & COUNTERS

Special care must be taken to prevent Passover foods and utensils from coming in contact with your countertops. After thorough cleansing and scalding, new liners should be used to cover the surfaces during the entire Pesach period. This procedure is also required for tabletops made of Formica. Vendura, Avonite and Corian countertops must be thoroughly cleaned and scalded with boiling water, but may be left uncovered. Also, special dish racks, sink racks and wash basins should be used.

RANGES & OVENS

Every part of an oven or stove which may have been reached by food during the year must be completely cleansed and scraped. For the top of the range, a special metal sheet is to be provided to prevent contact with Passover utensils. The gas rings (grates) must be “glowed” or new ones used. If no glow can be produced, the metal sheet must cover them too. Blow torches may be rented from your local hardware dealer. Every part of the oven is then heated with a blow torch until it gets red hot. Care should be taken, not to point the flame directly to the thermometer probe inside the oven. If this method is not possible, the oven should be heated at its highest temperature for approximately one hour, after which a fitted metal liner and new grates are placed inside the oven allowing baking for Passover. The door of the oven and any parts of the oven that are still visible, should be covered with heavy duty aluminum foil.

SELF CLEANING OVENS may be kashered by running it through the self-cleaning cycle. The door must be covered with heavy duty aluminum foil.

The Sephardic custom for kashering ranges and ovens is as follows: the stovetop should be cleaned thoroughly and the grates should be dipped in boiling water. The element should then be turned on high for a few minutes.

The oven should be cleaned very well (preferably by using a cleaning agent) and then the oven is left unused for 24 hours. The oven is then turned on at its highest heat for one hour. For self cleaning ovens the only step necessary is to run it through a self-cleaning cycle.

MICROWAVE OVENS may be used on Chol Hamoed Pesach (not on Shabbat and Yom Tov). To kasher your microwave for the holiday, clean the inside thoroughly, fill a large paper container with water and bring to a boil, refill with water, place in another area and repeat the process. The glass tray cannot be kashered. Either a new glass tray should be purchased or paper should be used in its place.

REFRIGERATORS & FREEZERS

All parts of refrigerators and freezers must be thoroughly cleaned and washed, including storage bins. The shelves should be lined with plastic or foil with small perforations to allow for air circulation.

TABLECLOTHS, KITCHEN GLOVES, APRONS & OTHER ITEMS MADE OF FABRIC

Any item made of fabric can be koshered by washing it in a washing machine set on “hot” and then checking to make sure that no pieces of food remain attached to it. Vinyl and plastic-lined tablecloths cannot be kashered.

THE FOLLOWING MAY NOT BE KASHERED

- China, pottery, earthenware, Teflon and similarly coated pots and pans, plastic dishes, enameled pots, pans and ladles, utensils with wooden or plastic handles
- Ceramic—all types—including brick, china, coffee mugs and enamel.
- Corningware and Corelle.
- Utensils or vessels which cannot be thoroughly cleaned, such as those having crevices in which chametz can accumulate (e.g. bottles with narrow necks, sieves, etc).
- Dishwashers. (For Sephardic law regarding kashering dishwashers, please contact your Rabbi).

Guidelines for Medicines on Pesach

1. **CREAMS AND INJECTIONS** may be owned and used on Pesach even if they contain chametz or kitniot, since they are inedible.
2. **FOR PRESCRIPTION NON-CHEWABLE MEDICATION** one should consult their local rabbi to find out if it is permissible to take on Pesach. Our office has a list of all medication that contain chametz or kitniyot.
3. **LIQUID MEDICINES, CHEWABLE PILLS AND PILLS COATED WITH A FLAVOURED GLAZE** are edible and may contain chametz and/or kitniyot. Therefore:
 - A) If possible, they should be replaced - under the direction of a doctor - with a pill that is okay to take on Pesach.
 - B) If substitution is not possible and the person is in a state of sakanah or safek sakanah (any possible danger to human life), they may own and consume the medication. The same applies if the condition is not yet a safek sakanah but may deteriorate to that point and there may be any delay in getting the medicine on Pesach. (A Rabbi should be consulted regarding this matter and whether it is preferable to purchase the medicine before or on Pesach.



They should also check with the rabbi as to how they should dispose of the medicine once the danger passes).

C) If substitution is not possible and a doctor determines that there is no potential sakanah if the person doesn't take the medicine, a Rabbi should be consulted. He may be able to determine that the medicine does not contain chametz and/or kitniot, or he may decide that the medicine may be consumed due to the seriousness of the patient's condition.

4. **You should exercise extreme caution and consult with your doctor and Rabbi before making a decision not to take a medicine.**

Oral Care

Kosher Check recommends purchasing Kosher L'Pesach toothpaste prior to the start of Passover.

If this is not available the following brands have been identified as

Chometz Free TOOTHPASTES

COLGATE
All except Colgate 2 in 1 liquid toothpaste

ARM & HAMMER
All

Passover Zmanim

		VANCOUVER	VICTORIA	CALGARY	EDMONTON	WINNIPEG
All Kashing must be done before Thursday Evening.						
THURSDAY April 21	Search for Chometz	8:50 PM	9:05 PM	9:37 PM	9:46 PM	9:25 PM
FRIDAY April 22	Latest time to eat Chametz	10:49 AM	10:51 AM	11:12 AM	11:07 AM	11:05 AM
	Latest time to burn Chametz	12:00 PM	12:01 PM	12:23 PM	12: 20 PM	12: 16 PM
	Candle lighting	7:58 PM	7:57 PM	8:26 PM	8:31 PM	8:16 PM
SATURDAY April 23	Candle lighting after (from an existing flame)	8:53 PM	9:09 PM	9:42 PM	9:51 PM	9:30 PM
THURSDAY April 28	Candle lighting	8:07 PM	8:06 PM	8:36 PM	8:41 PM	8:25 PM
FRIDAY April 29	Candle lighting (from an existing flame)	8:09 PM	8:07 PM	8:38 PM	8:43 PM	8:26 PM
SATURDAY April 30	Yom Tov Ends	9:15 PM	9:21 PM	9:56 PM	10:06 PM	9:42 PM

Edibles Not Requiring Certification

The following items may be used on Passover without Passover certification.



Artificial sweetener – Pillsbury Sweet-10, Sucaryl

Coffee – Ethical Bean, except decaffeinated

Eggs

Fruit – raw

Ice in Bags – plain unflavoured

Infant formula – Isomil, Similac, Enfamil (using separate utensils - some may contain Kitniyot)

Milk – Lucerne, Dairy Glen, Avalon milk, Happy Days goat milk

Nuts – any brand unroasted – whole (except peanuts) without BHA added

Olive oil – extra virgin, not lite or spray

Orange juice - frozen concentrate without additives

Salt – any brand without iodine, maltodextrin, dextrose or polysorbates

Spices – any whole, unground (except mustard)

Sugar – all Rogers sugar except icing sugar.

Tea – any brand pure, unflavoured tea leaves or tea bags – except instant or decaffeinated

Vegetables – any fresh (other than legumes)

Water, bottled – unflavoured, uncarbonated

Pesach with Pets

One of the challenges we face on Pesach is finding pet food which is Halachically acceptable. One issue pertains to Pesach itself, ensuring that the product does not contain any Chametz and the other issue pertains to the rest of the year, where food may be comprised of milk and meat together. The Torah states three times “One may not cook a goat in its mother’s milk”. From this we derive that it is forbidden to cook milk and meat together, it is forbidden to eat milk and meat together and it is forbidden to have benefit from milk and meat together.

Purchasing pet food on Pesach can be tricky and one cannot always rely on food ingredient panels. Look out for wheat, cracked flour, germs, gluten, grouts, middlings, starch, barley, oats, pasta rye and brewers dried yeast. Should you not know the meaning of a certain ingredient, do not hesitate to contact your Rabbinic Authority. Dog and Cat food generally contain gravy or sauce which is Chametz.

Kitniyot, legumes such as rice and beans may be given to animals even though these ingredients are not eaten by Ashkenazi Jews.

The following is a list of commonly found items on pet food ingredient panels which are allowed on Pesach.

Beans
Buckwheat
Brewers rice
Corn

Grain sorghum
Lentils
Millet
Peanuts

Peas
Rice
Safflower
Sesame

Soybeans
Soyflower
Sunflower

Other ingredients such as Barley grass, BHA, BHT, carrageenan, cellulose, colours, eggs, Gums (other than xanthan gum), kelp, lactose, linseed, milk products, molasses, oil, psyllium and whey do not pose an issue in pet food.

It is forbidden to leave a pet with a non-Jew during Pesach if one knows that the non-Jew will feed the pet Chametz. Since there are many pet foods that do not contain Chametz, one should not leave his pet at a kennel unless the kennel will supply the pet with non-Chametz food or the owner of the pet has stipulated which non-Chametz food the kennel may serve.

Where it necessitates, one may sell his animal to a non-Jew who will take the pet into his own property and take care of it accordingly, as well

as feed the pet whatever he chooses. This process should be done under the guidance of a Halachic authority.



NEW PRODUCTS UNDER CERTIFICATION

TRADER JOES

Organic Coconut Flour
Organic Unsweetened Coconut
Flakes
Organic Coconut Milk
Organic Coconut Cream
Organic Coconut Chips
Organic Canned Pineapple Pieces
Mango Juice

TROPICAL LINK CANADA

Available at Loblaws City Market
Coconut Syrup
Virgin Coconut Oil

HERBALAND NATURALS – NEW COMPANY

Multi Vitamin Gummy
Coenzyme Q10 Gummy
Omega 3 Gummy
Sugar Free Multi Vitamin Gummy
Vitamin B12 Gummy
Vitamin D3 Gummy

GIA FOODS – NEW COMPANY

Available at Save On Foods, London
Drugs, IGA
Basmati Rice
Jasmine Rice
Quinoa
Teff

SCREAMIN BROTHERS – NEW COMPANY

Pareve Frozen Ice creams available
at: Wholefoods, Save On Foods,
Loblaws City Market
Dairy Free Frozen Treats – Vanilla
Chocolate, Mint Chocolate, Choco-
late Banana,
Mocha, Key Lime, Orange Pineapple,
Maple, Strawberry

LEVEL GROUND TRADING - NEW COMPANY

Available at Wholefoods, Choices,
IGA, Costco
Cane Sugar
Dehydrated Mango
Dehydrated Pineapple
Dried Banana
Dried Dragon fruit

FLORA HEALTH

Available at Superstore, Finlandia,
Wholefoods
Flax-O-Mega Capsules
DHA Vegetarian Algae Capsules
Udo's Oil Omega 369 Blend Capsules

Community Services

The Kosher Hotline

Do you have a question about the kosher status of a product, or have used a dairy utensil for meat or vice versa and don't know what to do? Call Rabbi Mendy at 604-781-2324.

Moving House/ Becoming Kosher

Are you moving or need your kitchen kasherred? We will do it for you at no charge. Please contact Richard at 604-716-2770.

Follow us on

Add BC Kosher as a friend on Facebook to keep track on the latest new products and developments from the world of kosher!

Kosher for Passover Products are available in Vancouver at:

KOSHER FOOD WAREHOUSE

612 Kingsway (rear)
Tel: (604) 709-9889

CANADA SAFEWAY

At the following locations:
640 W. 41st Avenue
990 W. King Edward Avenue
4255 Arbutus Street

OMNITSKY KOSHER BC

(Precooked meals
also available)

5775 Oak Street
Tel: (604) 321-1818

SABRA

3844 Oak Street
Tel: (604) (604) 733-4912

Processed Products available before Passover from Safeway and Superstore

- Lucerne Milk (BCK)
- Rogers Sugar - except icing sugar (BCK)
- Any Safeway Brand of Frozen Fruit (BCK)
- Sifto Salt (COR P)
- Pellegrino Sparkling Water (OU P)
- Ceres Juices (Star K P)

Delegation Of Power For Sale Of Chometz

KNOW YE that I, the undersigned, fully empower and permit Rabbi Avraham Feigelstock to act in my place and stead, and on my behalf to sell all Chametz possessed by me (knowingly and unknowingly) as defined by the Torah and Rabbinic Law (eg Chametz, possible Chametz and any kinds of mixtures). Also, Chametz that tends to harden and adhere to inside surfaces of pans, pots or cooking and usable utensils, and all kinds of live animals that have been eating Chametz or mixtures thereof. And to lease all places wherein the Chametz owned by me may be found, especially in the premises located at:

_____ and elsewhere.

Rabbi Avraham Feigelstock has the full right to sell and to lease by transactions, as he deems fit and proper for such time when he believes necessary in accordance with all detailed terms and detailed forms as explained in the general authorization contract which has been given this year to Rabbi Feigelstock to sell the Chametz.

The general authorization is made a part of this agreement. Also, do I hereby give the said Rabbi Avraham Feigelstock full power and authority to appoint a substitute in his stead will full power to sell and to lease as provided herein. The above power is in conformity with all Torah, Rabbinical regulations and laws, and also in accordance with the laws of the Province of British Columbia and Canada. And to this, I hereby affix my signature on the ____ day of _____ in the year of 2016, 5776.

Signature _____ Name _____

Address _____ City _____

Kindly complete this form and return it to:
Rabbi Avraham Feigelstock, c/o The Orthodox Rabbinical Council of BC
401 – 1037 West Broadway, Vancouver BC V6H 1E3
Fax: 604-731-1804 | E-mail: info@koshercheck.org

