



*Ohel Sarah* (Sarah's Tent)

Lada'at HaShem Sisterhood Organization

Lada'at Hashem = Knowing G\_d

לדעת השם

**Lada'at HaShem's Kosher Kitchen 2016 –**  
**Let's update the existing!**  
**A step higher.**

At Lada'at HaShem, we encourage people to consider what the Bible teaches about food in private homes and our daily lives. Our practices and standards vary. But we all will eventually have the same goal in mind. Our kitchen is not kosher to rabbinic standards in the sense of the utensils used in meat and milk thus separation of dishes and cutlery; although we do separate meat & milk, perhaps we will manage to get to that stage in the future. It entails having separate dishes and cutlery etc. our dishes at the moment would be considered not kosher and will have to be replaced. Quite an expensive exercise. We still apply the regulations for a kosher dairy/parev kitchen according to traditional Jewish standards. We will learn as we move forward, join us you will find this very rewarding.

If you have not yet studied Kosher living there are many different books, "*Biblically Kosher*" is obtainable from the book shop. Any reading material on running a kosher kitchen would be good. Make sure to attend the Kosher Course coming soon. We are not re-inventing Kosher in the 21<sup>st</sup> century, we endeavour to find out what HaShem has taught the Jewish nation.

In 2016 we will try to tighten our training and understanding of Kosher to a higher standard, please walk with us. Traditional kosher standards limit us to what we may bring, but to contribute to the Lada'at HaShem's Oneg meal is very easy, just follow the following steps and help us to further our kosher standard in the shul. We are extremely proud of what our people have achieved this far.

**The microwave will not be used on Shabbos!**

First of all we ask you not to use the microwave during Shabbos. For example melt cheese or boil milk in it on Shabbos. By doing so you break one of the Shabbos mitzvot. The mitzvah that tells you that you are forbidden to cook food on Shabbos. **Lev: 23: 1-3**. When you for instance used the microwave to melt the cheese on your sandwich. Then you used the power of the microwave to cook the cheese to its melting point. You have used the "fire" in the microwave to make yourself a nice warm meal. Then you have created something on Shabbos that you are not allowed to do either. Like it says in: **Gen: 2:1-3**.

Thank you for your cooperation!

We do use electricity on Shabbos to heat the already made food. We are not "making" food just heating it up. We try to use less power, as best we can so that the food may not cook by mistake. If you are very strict on Shabbos you don't use the ovens or the microwave at all. You replace the ovens and the microwave with a heating tray that you have set on a timer. But we are in the beginning of our kosher journey for the shul and we would appreciate your understanding and your cooperation. May we all go through this change with joy in our hearts and like sisters in the Lord.

Now that we know how our Apostles and Messiah lived and that we are instructed to keep Kosher in Acts. May we encourage you to clean out your kitchen put everything that you are not sure to be kosher separate and use it up? Thereafter DON'T BRING ANYTHING INTO YOUR KITCHEN THAT IS NOT KOSHER. To be able to do that you need a few guidelines.

For beginners: stick to items with a Kosher hechsher, if it does not have a hechsher don't buy it.

For those of us who have been doing this for more than a year: It is time to study and find out what products are Kosher without a hechsher.

**Here is something to look at:**



Lada'at Hashem Ministries

Tel: 012 804 1206

P.O. Box 1104, Silverton, Pretoria, Gauteng, 0127

Sidney: 083 3100 513

E-mail: [h\\_gordon@mweb.co.za](mailto:h_gordon@mweb.co.za)

482 Josef Bosman Street, Silverton, Pretoria  
Non Profitable organization : 079-676-NPO

NEDBANK Silverton Account no: 161 807 2366

Fax 086 672 2360

## A Few Guidelines:

### A. Hechsher

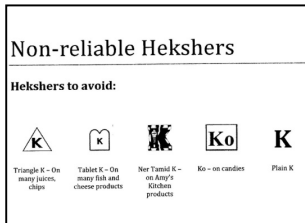


South Africa's Beth din Reliable hechsher

<http://www.uos.co.za/kashrut/>

This is a good South African website to obtain more info on kosher products, and kosher itself. It's a blessing in your life to start being kosher in your own house.

<http://www.uos.co.za/kashrut/hechshers.asp> some reliable Hechsher.



### What makes a hechsher unreliable?

Please review the following for contributions and hechsher that are not reliable information

In some cases, kosher-certifying agents are simply not qualified or come from a liberal perspective. Even an orthodox kosher-certifying agency may rely on leniencies that are not well accepted for either procedures or ingredients. They also might not provide adequate supervision. Some of the hechsher might be disqualified for reasons that do not even pass the standards of most G-d-fearing Gentiles and Messianic Jews. Lada'at HaShem has decided not to accept hechsher which are not accepted by the Beth Din of South Africa. In the case of the plain K, there is nothing to prevent any manufacturer from placing this symbol on his produce. Occasionally, a plain K does represent a legitimate hechsher, such as in the case of Tabasco.

A good read is found: <http://www.uos.co.za/kashrut> and click on PROBLEMATIC PRODUCTS then you will understand better as to why we pay so much attention to the kosher hechsher on products.

### B. Fresh Fruit & Vegetables

#### Our kashrut step up in 2016: Checking vegetables and fruit for insects

Previously we requested all raw fruit and vegetables to come uncut, but due to the fact that we have no lady in the kitchen on Shabbat to work the Fruit and veg, we will host a "kosher fruit and veg checking demonstration" and will ask you to adhere to those preparation standards if you use fruit and veg in a dish. Keeping in mind that there are 6 prohibitions against the eating of "goggas" - insects and only one against eating pork. We know if Torah notes something twice we need to pay attention but if HaShem says it 6 times...we better DO IT, and DO IT PROPERLY? It is such a small and easy way to do the right thing and make your life pleasing to what HaShem has asked ... in writing!

***Vayikra 11; 44 tells us to make ourselves kadosh, for Hashem is kadosh, and we shouldn't make our souls tamei with any crawling insects. The next verse tells us that it's because I am Hashem, Who took you out of Egypt to be your God, and you (we) should therefore be kadosh.***

### C. Fellowship Meal and Oneg Contributions:

Our Kitchen was not kashered, our dishes were used for meat as well as milk and are therefore rabbinically not kosher. We will take this step later if we all agree and we have the finances to do it, we are only at the beginning, but we are starting to walk towards something meaningful. We will begin to even take this area of our lives to a higher standard pleasing to our creator, and act of worship. This is part of making the mundane holy and beautifying the mitzvot.

For now:



- **Ready-made, pre-packed contributions:** The kitchen will accept purchased Ready-made meals only if they are in their **original, sealed package with an appropriate kosher certification** (hechsher). Home-made meals are accepted, we trust that you will use kosher ingredients, and that you are with us on a way to kosher to your own kitchen.



Lada'at Hashem Ministries

Tel: 012 804 1206

P.O. Box 1104, Silverton, Pretoria, Gauteng ,0127

Sidney: 083 3100 513

E-mail: [h\\_gordon@mweb.co.za](mailto:h_gordon@mweb.co.za)

482 Josef Bosman Street, Silverton , Pretoria

Non Profitable organization : 079-676-NPO

NEDBANK Silverton Account no: 161 807 2366

Fax 086 672 2360

- We accept that our members will begin to study the ways in which fresh vegetables and fruit are checked for insects, why because there are 6 prohibitions against eating insects while there is only one against eating pork.
- We will accept that you will use only ingredients with a reliable kosher hechsher in your baking ingredients.
- If you are not able to make something consider buying and contribute in bulk we have ladies that would prepare something out of it, this saves time and money. You may also consider a monetary contribution to help cover the cost.
- **All contributions must be kosher.**
- Be careful to bring dishes **without milk or butter** when we do eat meat or chicken on a Kabbalat Shabbat or festival. **We will clearly indicate it on the invitation.**
- **Please do not bring any meat or poultry.**
- Please abstain from buying ready-made dishes at a **Non-kosher Deli**, we do not know what their checking standards are. Neither what products they use in the preparation. Stick to Bakers and homemade. Pork lard is often and mostly used in bakeries.
- Make it your standard practice NOT to bring anything **without** the kosher hechsher into your house any more. It makes life much less complicated.
  - Certified kosher varieties of items can be purchases within most grocery stores.
    - Checkers, Spar and Woolworths all have kosher products. Shop around.
    - Many of the **Checkers no name brands** have the Kosher Hechsher, even the packet instant soups. Note whether they are parev or Milchick.
    - **Pick n Pay no name brand** also have many kosher products with the Hechsher.
  - Make sure to check your margarine many are kosher but milchick. If you are separating meat and milk. We now use real butter for Milchick meals and the PAREV margarine Blossom for meat dishes. A small sacrifice with a huge satisfaction
  - There a products declared kosher even without a hechsher -you will find them on the UOS web site on top in blue,nearly 20 000 products are listed. it is good to know that stuff like STAR coconut, Spray & Cook, Flour from Western Cape Milling, probably all the Coco Cola products, Appetizer (SA),Pepsi, Brookes squash, are Kosher even if they do not have a kosher hechsher.
  - You can download it or smply use the PDF file it consist of 252 pages, the easiest way to use this list is to go down the product colum and find what you want like Cereal, Dairy Products, Baking ingredients etc.You will now be able to find eg Lancewood Cream cheese under dairy and see that it is Kosher with out the Beth Din Hechsher
  -

Product	Manufacturer	Category	Kosher	Beth Din	Mehadrin	Parev	Milchik	Chalav Yisrael
---------	--------------	----------	--------	----------	----------	-------	---------	----------------

You will also see things like: Oros Orange Ready to drink is Not Kosher while Oros Orange Squash is Kosher.

The following items are only suggestions to get you thinking about what to contribute.Home made dishes are most welcome when you follow above kosher guidelines.

#### **Fish:**

Canned Tuna  
 Canned Salmon  
 Canned Sardines  
 Smoked Fish  
 Smoked Salmon  
 Pickled Herring  
 Frozen fish

#### **Breads:**

Kosher bread sliced bread  
 Kosher Bagels  
 Kosher challah, home made donations of bread & cake flour and instant yeast.  
 Peanut butter and jams

#### **Salad and dressing:**



Mayonnaise  
Salad dressing with Kosher hechsher  
**Checked** Fresh produce

**Fruit and vegetables:**

Fresh fruit and veg.  
(All fruit, onions, carrots, celery, tomatoes, cucumbers etc.)  
Frozen vegetables  
Canned fruits  
Canned vegetables  
Canned olives  
Canned pickles

**Chips & dip:**

Chips make sure they have the hechsher, most of the cheese flavours are not kosher.  
Salsa  
Sealed Guacamole  
Whole Avocado  
Hummus  
Tortilla

**Cheeses:**

Sour cream  
Cream cheese  
Cottage cheese  
Blocks Mozzarella, cheddar etc. Check for the hechsher some cheeses are aged in a pork or shellfish resin (Clover, Kiri, Philadelphia, and Fairview)  
Woolworths Yogurt 2 x 1L plain full cream to make lebane from

**Desserts:**

Prepacked snacks  
Cookies (Bakers)  
Oreos  
Ice cream  
Canned fruit  
Candies  
Kosher treats & drinks for the kids.

Many of Checkers and Pick a Pay no name brands have the Kosher hechsher.

I am sure you get the idea.

Join us as we walk forward and **make every aspect of our lives a worship unto Him and His Torah.**

