

Congregation Beth Ami
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Food and Potluck Guidelines

From the Kitchen Committee
A sub-committee of the Religious Practices Committee

FOOD GUIDELINES FOR POTLUCKS

The potluck lunches after Shabbat morning services give us a time to socialize after worshipping together. We encourage you to join us and bring ready-to-serve food that requires minimal or no preparation.

Our congregation is comprised of some who keep kosher and others who do not. We want those who do keep kosher to feel comfortable eating at Congregation Beth Ami, and we also want those who do not keep kosher to be able to bring food to share.



These guidelines are a compromise to accommodate all members.

To keep the synagogue kitchen kosher, food items brought into or prepared in the kitchen need to be overseen by a Mashgiach – someone who has been taught how to maintain the integrity of our kosher kitchen. The Mashgiach in charge for the potluck is responsible for making sure that the food conforms to synagogue guidelines for potlucks.



All items coming into the synagogue must be either Pareve (non-dairy and non-meat) or Milchig (dairy), and preferably brought in disposable serving dish or glass dish.

Baked Main Dishes: This is a main dairy or pareve dish that is *entirely* prepared and baked in a single pan. It is the baking process which cooks the noodles, rice, potatoes or vegetables. This dish would need to be able to be served cold or at room temp for Shabbat meals. This should be prepared and baked in a disposable aluminum baking pan, using uncooked (e.g., vegetables, potatoes, rice, noodles etc.) and kosher ingredients (e.g.; mayonnaise, relish, etc.) and baked in the oven.

Any utensil used to prepare this should not have been used in the preparation of non-kosher or meat food.

Important: Please do not hesitate to ask the rabbi regarding the *kashrut* of any of the ingredients you plan to use in your recipe.

Desserts:

1. Purchased Baked goods for desserts: In unopened packages and displaying a Kosher symbol (*for some examples of kosher symbols, see page 4*).

Exceptions from Rabbi: Purchased baked dessert goods baked at Safeway and at Costco brought in unopened original package

2. Home Baked Dessert Items: (e.g., cookies, cakes, cupcakes etc):

Made from kosher ingredients (if not certain, ask.)

Are mixed in baking/mixing bowl and put in baking pan and baked in oven in preferably disposable pan or dedicated pan for baked goods.

The following applies only to home baked goods (does not apply to puddings, etc.): Ingredients that require melting or heating such as “melted butter or melted chocolate” may be prepared in a microwave or on a stove top provided that it is done in a new (previously unused) microwavable dish or new saucepan using new utensils as needed, all which will be dedicated for this purpose. Such a dish and/or saucepan and/or utensils necessarily will be considered kosher and dairy, and will be maintained as such (for use in CBA home prepared bake desserts); only for this purpose and washed in your dishwasher or under running water with a paper towel.

3. Puddings and other desserts like puddings, whether boiled or baked, are not acceptable unless made in CBA kitchen.

Purchased prepared foods:

Any prepared food (e.g., crackers, chips, croutons, hummus, peanut butter, gefilte fish) should be in its unopened original package with kosher symbol (dairy or pareve) (*for some examples of kosher symbols, see page 4*).

Eggs:

1. Hard boiled eggs (The intact shell of the egg is considered kosher. Boiling the egg in that intact shell cooks the egg in its shell, a kosher container)

2. Egg salad made from kosher ingredients (if not certain, ask.)

Vegetables and fruits:

1. Any uncooked (raw), cold fruits or vegetables for salads or serving platters prepared at home are acceptable.

2. Salads using canned or packaged items (e.g., beans, croutons, etc.) need to be made from kosher items (if not certain, ask.)

3. Preparing pasta or potatoes at home to include in salads or other dishes is not okay. If you wish to make a pasta or potato salad, you will need to cook those items in the CBA Kitchen.

Cheeses:

1. Kosher cheeses are acceptable.

2. Domestic cheeses (made in the USA), are acceptable; however the cheese can not contain cooked or pickled items (e.g., olives, pimentos).

Sauces and spreads:

1. Unopened bottled dressings purchased with kosher symbol are acceptable

2. Home made with ingredients that are kosher (pareve or dairy), with no cooking, are acceptable

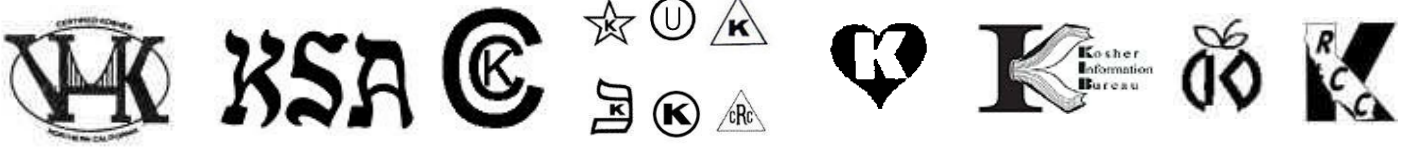
3. Homemade cooked sauces or spreads are not acceptable

4. Homemade jams, jellies, pickles, or olives are, unfortunately, not acceptable.

Checking for kosher symbols.

Careful, the word kosher or the letter K (alone) does not imply the product is kosher. Look for the kosher symbol; they are trademarks.

Here are some examples:



Unless there is a kosher symbol on it, please don't assume that packaged vegetarian, vegan, or organic foods are kosher. Also, there are a lot of ingredients and/or chemicals that are derived from products that may fool you. For example, some “non-dairy” creamers may still have milk by-products (e.g. sodium caseinate) for ingredients, and some “natural flavors” may have meat and/or milk by-products in them and you wouldn't know.

(Some “natural colors” are from insects.)



A kosher symbol is not enough: what is the category of the food?

According to Jewish Dietary Laws, meat and dairy food must be prepared and consumed separately, and pareve food can be eaten with either meat or dairy dishes.

The Kosher food categories are Meat (*Fleishig* in Yiddish, *Basari* in Hebrew); Dairy (*Milchig* in Yiddish, *Chalavi* in Hebrew); or Neither Meat and Dairy (*Pareve* in Yiddish, *Parve* in Hebrew).

Categories:

Meat: “Meat”, “M”, or “Glatt” printed near the kosher symbol.

Dairy: “Dairy” or “D” printed near the kosher symbol.

Fish: “F” printed near the kosher symbol (considered Pareve).

Pareve: “Pareve”, “Parev” or “Parve” printed near the kosher symbol.

Passover: A “P” printed near the kosher symbol means product is kosher for Passover and all year round.



Some References to look at if you're interested:

The Jewish Dietary Laws : by Samuel H Dresner & Seymour Siegel

About.com Kosher Foods: <http://kosherfood.about.com/od/guidetokosherfoodlabels/ss/symbols.htm>

Judaism 101: <http://www.jewfaq.org/kashrut.htm>