



Kosher The BULLETIN

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Passover Greetings & Updates

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. Whatever your custom, you can be assured that there is a meaningful reason behind it. Understanding these only enhances our Seder experience.



As in previous years, we at Kosher Check (BC Kosher) make ourselves available to you, the Kosher consumer during this busy time of year. No matter your question, please feel free to call, email, text, or post a message on our facebook page. 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 Kosher V'Sameach,

Richard Wood

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What's in a name? Why the change from BCK to Kosher Check?

As some people may remember, BC Kosher was founded over 30 years ago under the auspices of the Orthodox Rabbinical Council (Beth Din). At that time there was a shortage of Kosher certified products available in the Lower Mainland. In addition there was only two Kosher stores for the community to rely on. The selection of Kosher certified products and Kosher facilities was much less than we have today. With this in mind Rabbi Avraham Feigelstock together with Rabbi Feuerstein, then Rabbi of Schara Tzedek and other local Rabbi's established BCK to increase the availability of Kosher products both in Vancouver and beyond. Today we certify close to 15,000 products available in every major Grocery store from Victoria to St. Johns, Newfoundland and beyond.

From 1985 onwards Rabbi Feigelstock was one of the first Rabbi's to start certifying food manufacturers in China. Of course, being located in Vancouver with more direct flights to China than any other North American city made this ideal. In the mid Nineties the Rabbi was accompanied by a reporter from the Wall Street Journal who accompanied the Rabbi on his inspections and wrote a subsequent article on his experience. Today roughly 40%-50% of our clients are outside of Canada. A few of the more well known retail products that you have probably seen are the Philippine Brand Mangos and Juice Products

sold in Costco and various other stores. The Blue Monkey Coconut Water sold in Wholefoods and not forgetting Dan-D-Pak cashew products produced by Dan D Foods in both Vietnam and Thailand.

Having visited hundreds of food manufacturers around the World one thing that has always been on the Rabbi's mind is food safety. It is our opinion that if a food or drink is not safe to eat then it cannot be considered Kosher. With this in mind several years ago BC Kosher instituted a clause into all client agreements. This clause stated that as a part of the Kosher certification, a company must meet minimum food safety requirements as defined by the Canadian Food Inspection Agency. As the world continues to become a much smaller place and food manufacturers now have the opportunity of buying ingredients from anywhere around the world. We, at BC Kosher thought that not only should our symbol represent Kosher but also that the food manufacturer has a food safety plan. As a part of this shift we have made it mandatory that all food manufacturers have a Food Safety Plan such as HACCP in place. In addition BC Kosher has grown from a small local agency to an International Agency certifying hundreds of food manufacturers around the world. Thus came the birth of Kosher Check.

"BC Kosher has grown from a small local agency to an International Agency certifying hundreds of food manufacturers around the world."

Over the next few years companies will replace the existing BCK symbol with the new Kosher Check symbol. You may have already started to see this on some products. If for any reason you have a question about a product or a particular brand. Please don't hesitate to contact us.

Richard Wood



Kosher Checked. Globally Accepted.

Questions for the Rabbi

Q. Is Icing Sugar acceptable to use for Passover?

A. 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 cornstarch is Kitniyot, Ashkenazic custom is to refrain from using this on Passover.



Q. Do Dried Fruits require Kosher for Passover Certification?

A. 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.

Q. Can I purchase frozen fish to use during Pesach?

A. 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.

Q. Do Whole Nuts require Kosher L'Pesach Certification?

A. 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.

Q. Does Coconut Oil require Kosher L'Pesach Certification?

A. Coconut Oil is produced typically in South East Asian countries including Thailand, Philippines, Indonesia, India and Sri Lanka. 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** available from **Choices** bearing the KLBD is acceptable for Passover.

Q. Can I use Frozen Fruit during Pesach?

A. 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.

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

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

Q. Does Maple Syrup require Kosher L'Pesach Certification?

A. Although Maple Syrup must contain mostly Maple Syrup it is common to add other ingredients to it. In addition to Maple Syrup you can also purchase Maple Flavoured Syrup. This commonly contains Corn Syrup in addition to various flavours. Both products would present an issue for Pesach. Therefore Maple Syrup is only recommended when purchased bearing Kosher L'Pesach certification.

Q. Can I prepare for my infant Rice Cereal during Pesach?

A. Rice is considered Kitniyot, but is permitted to be consumed by infants. Manufactured Baby rice cereals can contain Chametz and therefore should be avoided. When preparing home made Rice Cereal it should be done using specially designated pots and utensils. 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



Do you have a question about a product, a hechsher or just a general question about kashrus?

Contact Rabbi Mendy at mendy@bckosher.org

Returning to the Exodus and Exiting Again

A Report on a visit to Cairo by Rabbi Leonard E. Book M. Phil

When I was first requested to visit Cairo for the purpose of 'Hashgacha' – to inspect* a Herb and Spice processing plant, I thought of Michael Solomon Alexander, (1799–1845). "Who is he"? I hear you ask. He was the first Anglican Bishop of Jerusalem. He was born of orthodox Jewish parents, and became, 'gishmad', i.e. converted to the Anglican faith. Queen Victoria agreed to his appointment, she said that since he was born a Jew, he would know, therefore, in what manner to answer any doubters. So how was he involved with 'inspection'? Well, dear reader, if you let me finish, he was once, as indeed I was (*lehavdil!*), a *Shochet* and *Bodek!* A Religious Slaughterer and Inspector.

The rest of his story, which I feel sure you would not be interested to learn about, can be found in his biography, *A Jewish Bishop in Jerusalem: the life story of Michael Solomon Alexander*. He died whilst on his first visit to Cairo on behalf of Her Majesty's Government, to present his credentials to the Bishop of Cairo, at the age of forty-six, on. I told him not to go back – even in Purim disguise! Those entering the Old City by the Jaffa Gate, pass by his church – but *Minhag/* Jewish custom dictates that one is not allowed to point out that fact, even though it has a symbolic 'Aron HaKodesh/Ark' and inscriptions in Hebrew. If you need to pray *Mincha*, I would advise you to travel for a few more meters to some genuine *terra-sancta*.

Besides the above, a member my own family was not too happy that I should be travelling to Egypt. I was reminded that the last time members of our family were in Egypt it took over two-hundred years before they were permitted to leave! Maybe that is why I was a little confused how to answer when one of my hosts asked me if I had been to Egypt before?

I was only going for two days, which never gave me time to see if any of my antecedents' had left anything behind, such as gold or jewels, and any of the promised valuables they could not take out during their last period of residence, being too heavy to carry. I passed by Lake Qaroun, where it is rumored that there is gold in the depths beneath its surface. Fortunately, this

time, I had a twenty-kilogram weight allowance, but no diving suit - maybe next time? Next time – *gewalt!*

The day I arrived the now ex-President, Mohamed Morsi, was standing trial in the Cairo Court House. The roads surrounding the Court, which was not too far from the airport, were surrounded by the army. I thought that it could not have been a *Kabalat Panim* - reception committee for me, as a member of the Moses Brotherhood, so onwards we drove, for another one-hundred miles. We travelled to a small town called, El Faiyum. The journey, owing to the state of the roads, army barriers, not to mention the suicidal driving of the other road users, or rather abusers, took twice as long as first estimated. One can now begin to understand why it took the Israelites forty-years to get out of Egypt! I thought Yom Kippur is early this year!

I am of the opinion that most foreign nationals are peace loving. Every nation has its share of radicals, some more than others. The representatives of the company I visited, and their local employees at the plant, gave me a warm reception – no, they did not try to immolate me, one gentleman actually said that we, i.e. the Jewish people, were cousins to the Arabs. As I came on a peaceful mission, namely, to check their produce and products for *kashrut*, and as I did not want, nor had the time, to get into any fight over, as opposed to 'with' according to my hosts, my new-found *mishpach*, I simply gave them a Semitic smile. (A Jew cannot give an anti-Semitic smile)

The task in hand was not too difficult as most of the produce grew in fields adjacent to the processing plant. A primitive 'flow-line' chart may have commenced:

PLANT - TAKE OUT PLANT – TAKE IT NEXT-DOOR TO THE PLANT – PLANT IT ON THE FLOOR - ETC.

A majority of the company's produce was certified, 'organic'. This, however, does not preclude the possibility of insect infestation, even 'organic' insects are not kosher!



The BCK are not the first Kashrut Board to 'return' to *Mitzraiym*. If Yoseph *HaTzaddik* was able to take stock of Egyptian produce, then it becomes a simple case of the actions of the fathers are a sign for the children. More food for thought, Yoseph must have been able to write in Hebrew. David Hamelech wrote, "*When Israel went out of Egypt, the house of Jacob from a foreign people*". (Psalm 114:1) The Radak, (Rabbi David Kimchi - 1160-1235) comments that the Israelites spoke Hebrew whilst in Egypt.

It has been suggested that I could recount my personal 'exodus' experience at the forthcoming *Seder* table to my grandchildren. Well the thought did cross my mind, except I have been informed that I might have to return. It must have something to do with the sign at the Giza Pyramid just outside Cairo. The tour guides had gone on strike, they placed an old-car horn at the entrance with a sign, which stated: 'TUTANKUMIN'.

O.K, I am off to grate some more maror – honestly, one could weep!

Chag Same-ach.

SUPER OILS

BY PROFESSOR MICHAEL ESKIN

Following the previous two articles on superfoods and supergrains, I would like to focus this article on those vegetable oils rich in omega-3 fatty acids. Since our bodies are unable to make omega-3 fatty acids, such as linolenic acid, they must be provided in our diet. Such oils include canola, soybean and new niche oils from flax and chia seeds. They can all be considered super oils because of the many health benefits derived from them. In addition to controlling blood clotting and building cell membranes in the brain, omega-3 fatty acids also protect against heart disease and strokes. Other health benefits by omega-3 fatty acids include protection against cancers, inflammatory bowel disease and such autoimmune diseases as lupus and rheumatoid arthritis. The current concern with proper nutrition is ensuring a balanced diet in which fat is an important component. Fat has been much maligned and misunderstood as it provides us with essential fatty acids and fat-soluble vitamins, A, D, E and K needed to keep our bodies healthy. Of particular importance is the ratio of omega-6/omega-3 fatty acids in our diets.

CANOLA

Canola oil, Canada's Cinderella crop, has emerged as one of the healthiest vegetable oils on the planet. As a young academic arriving in Canada in 1968, I had the distinct privilege of working with the late Professor Baldur Stefansson, a distinguished plant breeder at the University of Manitoba who was developing canola. Together with my colleague, the late Professor Marion Vaisey-Genser, we established the chemical, physical and performance properties of this new oil while the nutritional properties were examined by other colleagues in my department. None of us had any idea as to the global impact of our work, but we were all extremely gratified with the results. Canola oil was unique as it was very low in saturated fatty acids (7%), very high in the monounsaturated fatty acid oleic acid (around 60%) and relatively high in polyunsaturated fatty acids, particularly the omega-3 fatty acid, linolenic acid (8-11%). This fatty acid combination gave canola oil its distinct nutritional properties that resulted in receiving the heart healthy award from the American Heart Association. The beneficial effects of

oleic acid plus the excellent ratio of omega 6/omega3 fatty acids of 1:2 are responsible for effectively lowering plasma cholesterol. Current research on canola oil is focussed on identifying minor components that have both antioxidant and anticancer properties. Until the development of canola, Canada had no indigenous edible oil other than sunflower oil. The conversion of rapeseed oil, an oil high in erucic acid (around 70%) that was an excellent lubricating oil for marine engines during the Second World War, to canola oil (with less than 2% erucic acid) made Canada one of the world's important vegetable oil producers. Canola seeds are very high in oil accounting for over 40% of the seed. The meal is still an underutilized by-product with most of it used for animal feed and some for biodiesel. However, there are considerable efforts to better utilize the protein in the meal. Canola oil makes an excellent salad and cooking oil and contributes billions of dollars to the Canadian economy by providing employment for hundreds of thousands of Canadians. The replacement of hydrogenated fats with high oleic acid canola oil for use in the food service and processing industries has essentially eliminated unhealthy trans fatty acids from our diet.

SOYBEAN

Soybean oil, extracted from the seeds of soybean, is without question the world's largest oilseed crop because of the great value of its protein as well as oil. Unlike canola, proteins are the major economic portion of soybeans accounting for around 46% of the seed compared to 23% for the oil. Unlike canola oil, the saturated fatty acid composition of soybean oil is much higher at 15%, the oleic acid content is less than half (at 24%), the linoleic acid level is double (at 54%) while linolenic acid is only slightly lower at around 7-8%. Being highly polyunsaturated, soybean oil has important nutritional advantages by lowering serum cholesterol, preventing atherosclerosis and improving heart disease. This is attributed to the oil's ability to regulate plasma lipids and eicosanoids, by reducing atherosclerotic and thrombosis tendencies, the main causes of heart attacks and strokes. There has been extensive work in developing new varieties that are low in linolenic acid but high in oleic acid. Such oils exhibit greater stability to rancidity making them more stable at

frying temperatures. Other advances include the development of high stearic acid soybean oil which has crystallization properties similar to partially hydrogenated soybean. The high stearic acid soybean oil would essentially eliminate the need for hydrogenated fats in margarine production and avoid the production of trans fatty acids.

FLAXSEED and OTHER NICHE OILS

Flaxseed, grown for many years for its fiber and oil, was used extensively in the paint and linoleum industry. The original flaxseed oil was very rich in linolenic acid, around 60%, but was unstable and quite unsuitable for human use. New varieties of flax were developed for human consumption by plant breeders in Australia and Canada using traditional techniques. The omega-3-fatty acid, linolenic acid, was reduced from 50-60% to less than 5% making the oil more suitable for human consumption. One of these varieties, Solin, has a similar fatty acid composition to sunflower oil, by being high in linoleic acid (71%) but still containing a small amount of linolenic acid (less 3%). Solin oil is establishing itself as an important niche oil in the North American market. In addition to flaxseed, Chia, a herbaceous plant from the mint family is becoming increasingly popular in North America. The seeds are rich in lipids (35%) and contain very high levels of omega-3 fatty acids (around 60%). Several other seeds, including perilla, are also being considered as potential sources of omega-3-fatty acids in our diet. All of these oils will help us address the serious imbalance in North America of the ratio of omega-6 to omega-3 fatty acids in our diet.

PROFESSOR MICHAEL ESKIN, an internationally recognized Food Biochemist, is the author and co-author of 13 books and over 120 publications. He is the recipient of a number of prestigious international awards including the 2013 Alvin S. Bailey Award by the American Oil Chemists' Society and the 2012 Stephen S. Chang Award by the Institute of Food Technologists (IFT) in the USA for his work on canola oil. Professor Eskin is co-editor of Lipid Technology and sits on the editorial boards of five International Journals.



Why having a Kosher Supervised Simcha is important?

Many people are not aware that a Kosher Style function can actually be treif. Is the fish a kosher specie? Is the stock pot truly vegetarian? Is the lettuce bug-free? Behind the scenes of a Kosher function, time is spent cleaning and koshering, to transform the kitchen into a Kosher kitchen, ready for food preparation.

It is not sufficient enough to hire a non-kosher caterer to use a Synagogue kitchen and then transport the food to the venue for the function. At the venue an oven may need to be koshered in order to heat the food or cook last minute items. Cutlery may need to be koshered or a sink may need to be koshered for washing utensils. The only way to guarantee that a function is Kosher is by having a Mashgiach present. BC Kosher for many years has provided the services of a Mashgiach for community and private functions for minimal cost in order to assist people in having a 100% Kosher Function.

THE ARTICLE BELOW WAS WRITTEN BY 14 YEAR OLD BEN SILBERSTEIN FROM A SMALL JEWISH COMMUNITY IN LEEDS, ENGLAND.

Ben realised how important it was for him to have a Kosher Supervised Function for his Bar Mitzvah.

The following is reprinted with the permission of the Kashrut Division of the London Beth Din.

For some, having a kosher or non-kosher Bar mitzvah would not make an iota of difference. Surely, they would argue, if everyone enjoyed the celebration, but the food was not kosher, why would it matter? But for me, having a kosher supervised function was especially important.

In my opinion the Bar mitzvah celebration must be done properly. By this I mean a venue that has a kosher kitchen (or can be koshered), kosher utensils, kosher plates and cutlery and obviously serves kosher food.

The Bar mitzvah is the thirteen year old boy's coming of age and so it is vital that he has the correct start to his life as a Jewish man. Personally I felt that it would have been disrespectful to G-d to break the laws of kashrut on such a holy occasion. If I had had a Bar mitzvah function which was not kosher, I would have felt a great sense of guilt. I could not have enjoyed my Bar mitzvah knowing that I was sinning at such a spiritual time. The Bar mitzvah is such an important milestone for a Jewish boy and so it must be done according to the laws of kashrut.

I strongly believe that a non-kosher celebration cannot be called a Bar mitzvah as it is going against the laws of Judaism. It is simply a party.

Strict adherence to the laws of kashrut was also necessary for the guests. I invited rabbonim, family and friends who could not have attended the function unless it was properly supervised. everybody wants to invite their rabbonim and their Bar mitzvah teacher, but how could they be expected to come if they could not eat the food? How could they feel comfortable in the knowledge that the food being served could have been treif? In addition brachot can only be said before and grace after meals after kosher food.

However I did not just invite my Jewish friends as I go to a multicultural school. I invited friends from other religions such as Christianity and Hinduism and so it was very important for me to show them how my religion works. If I did not have a kosher-supervised function, I would be setting a poor example of the Jewish faith to other religions.

My Bar mitzvah was in March 2012 and I celebrated this joyous occasion with a function at the Marjorie and Arnold Ziff Community Centre in Leeds, which has its own kosher caterer. I felt that it was essential to have a kosher-supervised function as my maftir and Haftorah which I read in the synagogue the day before would have meant nothing without a properly supervised function and the only way to achieve a guaranteed kosher-supervised function is by having a kosher caterer.

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 hagalah 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

BC Kosher 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
SUNDAY April 13	All Kashering must be done before Sunday Evening. Search for Chometz.					
MONDAY April 14	Latest time to eat Chametz	10:55 AM	10:57 AM	11:19 PM	11:15 PM	11:11 PM
	Latest time to burn Chametz	12:04 PM	12:05 PM	12:27 PM	12: 25 PM	12: 20 PM
	Candle lighting	7:45 PM	7:45 PM	8:12 PM	8:15 PM	8:02 PM
TUESDAY March 26	Candle lighting after	8:47 PM	8:47 PM	9:15 PM	9:17 PM	9:04 PM
WEDNESDAY March 27	Yom Tov Ends	8:49 PM	8:48 PM	9:16 PM	9: 19 PM	9: 06 PM

Edibles Not Requiring Certification

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



Artificial sweetener – Pillsbury Sweet-10, Sucaryl
Cocoa – 100% pure, not processed in Europe
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
Meat - unprocessed
Nuts – any brand unroasted – whole (except peanuts) without BHA added

Olive oil – extra virgin, not lite or spray
Orange juice - frozen concentrate without additives
Poultry - unprocessed
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), pre-cut salads
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**
(NOT CERTIFIED FOR PESACH USE)

HOWE SOUND BREWERY – New Company

Available from All major Liquor Stores

Blueberry Ale
Cloudburst
Four Way Fruit Ale
King Heffy
Whitecap Wheat Ale

ODD SOCIETY SPIRITS – New Company

Available from BC Liquor Stores

Wallflower Gin
Eastvan Vodka
Mongrel Whisky

PURDYS CHOCOLATES – New Company

Available at Purdys Chocolates Stores in BC, Alberta, Saskatchewan, Manitoba, Ontario

Hedgehog Dark
Hedgehog Milk
Hedgehog NSA
Almond Bark Bar
Crisps and Chocolate Bar
Family Size Milk Almond Bar
Heart Truffle
Irish Charm
Champagne Truffle
Sambuca Shores
Coffee Crunch Mayan
NSA Hazelnut Brulee
Orange Meltie Milk

CANADA SAFEWAY

Lucerne Strawberry Greek Yogurt
Lucerne Vanilla Greek Yogurt
Lucerne Greek Yogurt
Lucerne Honey Greek Yogurt

SCREAMIN BROTHERS – New Company

Pareve Frozen Ice creams available at: Community Natural Foods

Chinook Station, Calgary Sangsters, Willow Park Village,

Calgary Save On Foods, Mayfield Common, Edmonton

Dairy Free Frozen Treats – Vanilla
Chocolate, Mint Chocolate,
Chocolate Banana, Mocha, Key
Lime, Orange Pineapple,
Maple, Strawberry

ROCK RIDGE DAIRY - New Company

Goats Milk
Organic Skimmed Cows Milk

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 kashered? 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)
5866 Cambie Street
Tel: (604) 321-1818

SABRA

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

Processed Products available before Passover from Canada Safeway

- 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 2014, 5774.

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@bckosher.org



Kosher Checked. Globally Accepted.