



## Temple Beth Sholom of the East Valley Guide to a Kosher Pesach

### BEFORE PASSOVER

Since the Torah prohibits the ownership of chametz (leaven) during the Festival of Passover, we arrange to sell our chametz into non-Jewish ownership during the eight day Festival. The transfer, *mekhirat chametz*, is accomplished by appointing an agent, usually the rabbi, to handle legal transfer of ownership. At the end of the holiday, the agent arranges for the reversion of ownership of the now-permitted chametz. If ownership of the chametz was not transferred before the holiday, the use of this chametz is prohibited after the holiday as well (chametz she-avar alav ha-Pesach).

What follows is a general guideline. Please contact the rabbi for additional information or questions.

### PROHIBITED FOODS

Prohibited foods include the following: leavened bread, cakes, biscuits, crackers, cereal, coffees containing cereal derivatives, wheat, barley, oats, spelt, rye, and all liquids containing ingredients or flavors made from grain alcohol.

Most Ashkenazic authorities have added the following foods (kitniyot) to the above list: rice, corn, millet, legumes (beans and peas; however, string beans are permitted). The Committee on Jewish Law and Standards has ruled unanimously that peanuts and peanut oil are permissible, as peanuts are not actually legumes. Some Ashkenazic authorities permit, while others forbid, the use of legumes in a form other than their natural state. For example: corn sweeteners, corn oil, soy oil. Sephardic authorities permit the use of all of the above. Consult the rabbi for guidance in the use of these products if you are unsure.

### PERMITTED FOODS:

- A. The following certified kosher foods require no kosher le-Pesach label if purchased prior to Pesach: unopened packages or containers of natural coffee without cereal additives. (please note that coffees produced by Gen-eral Foods are not kosher for Passover unless marked KP); sugar; pure tea (all herbal teas require a kosher le-Pesach label); salt (not iodized); pepper; natural spices; frozen fruit juices with no additives; milk; butter; 4% or 2% cottage cheese (not fat-free); cream cheese; frozen (uncooked) fruit (with no additives); baking soda.
- B. The following foods require no kosher le-Pesach label if purchased before or during Pesach: fresh fruits and vegetables (for legumes see above), eggs, fresh fish and fresh kosher meat.



- C. The following kosher foods require a kosher le-Pesach label if purchased before or during Pesach: all baked products (matzah, cakes, matzah flour, farfel, matzah meal, and any other products containing matzah); canned or bottled fruit juices; canned tuna (since tuna, even when packed in water, has often been processed in vegetable broth and/or hydrolyzed protein - however, if it is known that the tuna is packed exclusively in water, without any additional ingredients or additives, it may be purchased certified kosher without a kosher le-Pesach label); wine; vinegar; liquor; oils; dried fruits; candy; flavored milk; ice cream; yogurt and soft drinks (but not unflavored seltzer or soda water).
- D. The following processed foods (canned, bottled, or frozen), require a kosher le-Pesach label if purchased during Pesach: milk, butter, juices, vegetables, fruit, milk products, spices, coffee, tea, and fish, as well as all foods listed in Category C above.

DETERGENTS: Powdered and liquid detergents do not require a kosher le-Pesach label.

MEDICINE: Since chametz binders are used in many pills, the following guidelines should be followed: if the medicine is required for life-sustaining therapy, obviously, it may be used on Pesach; non-prescription medications and vitamins should be discontinued during Pesach. When in doubt, consult your physician. In all cases, when directed by a physician, medications should be continued throughout the eight days of Pesach.

KASHERING OF UTENSILS: The process of kashering utensils depends on how the utensils are used. According to halakhah, leaven can be purged from a utensil by the same process in which it was “absorbed” by the utensil (ke-voleo kakh polet). Therefore, utensils used in cooking are kashered by boiling, those used in broiling are kashered by fire or heat, and those used only for cold food are kashered by rinsing.

- A. EARTHENWARE (china, pottery, etc.) can not be kashered for Pesach. However, fine translucent chinaware which has not been used for more than a year may be used if scoured and cleaned in hot water.
- B. METAL (wholly made of metal) / UTENSILS USED IN FIRE (spit, broiler) must first be thoroughly scrubbed and cleaned and then made as hot as possible. Those used for cooking or eating (silverware, pots) must be thoroughly scrubbed and cleaned and completely immersed in boiling water. Pots should have water boiled in them which will overflow the rim. The utensils should not be used for a period of at least 24 hours between the cleaning and the immersion in boiling water.
- C. OVENS AND RANGES: Every part that comes in contact with food must be thoroughly scrubbed and cleaned. Then, the oven and range should be heated as hot as possible for a half-hour. If there is a broil setting, use it. Self-cleaning ovens should be scrubbed and cleaned and then put through the self-cleaning cycle. Continuous cleaning ovens must be kashered in the same manner as regular ovens.

- D. MICROWAVE OVENS: They do not cook the food by means of heat, should be cleaned, and then a cup of water should be placed inside. Then the oven should be turned on until the water disappears. A microwave oven that has a browning element cannot be kashered for Pesach.
- E. GLASSWARE: Authorities disagree as to the method for kashering drinking utensils. One opinion requires soaking in water for three days, changing the water every 24 hours. The other opinion requires only a thorough scrubbing before Pesach, or putting them through a dishwasher cycle (I personally follow the latter!)
- F. DISHWASHER: After not using the machine for a period of 24 hours, an empty full cycle wash with detergent should be run.
- G. ELECTRICAL APPLIANCES: If the parts that come into contact with chametz are removable, they can be kashered in the appropriate way (if metal, follow the rules for metal utensils). If the parts are not removable, the appliance cannot be kashered. (All exposed parts should be thoroughly cleaned.)
- H. TABLES, PANTRIES AND COUNTERS: If used with chametz, they should be thoroughly cleaned and covered, and then they may be used.
- I. KITCHEN SINK: A metal sink can be kashered by thoroughly cleaning and then pouring boiling water over it. A porcelain sink should be cleaned and a sink rack used. If, however, dishes are to be soaked in a porcelain sink, a dish basin should be used.
- J. CHAMETZ AND NON-PASSOVER UTENSILS: Non-Passover dishes, pots and chametz items whose ownership has been transferred, should be separated, locked up or covered, and marked in order to prevent accidental use.