

## How to Host or Bring Food to Rabbi Stephen and Family

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Rabbi Stephen and his family express their commitment to *Hashem* partly through the observance of Jewish food laws (*Kashrut*). These teachings specify not only what foods are holy but also prescribe how those foods are prepared. For those who are less familiar with keeping kosher, these practices can seem confusing and overwhelming. We have compiled this one-page guide to help people feel more comfortable. However, if you have any further questions, please feel free to give us a call. We are very much looking forward to spending time with you and enjoying your hospitality!

### Purchasing Kosher Food

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In order for a meal to be kosher, meat products and dairy products cannot be served as part of the same dish or meal. Kosher meat can be purchased at Trader Joes and often at other grocery stores. Fish is kosher if it has fins and scales. All fresh fruits and vegetables are kosher!

Many mass-produced food items can be purchased with a kosher certification on the label. Here are a small number of the MANY examples of what a kosher certification looks like. The easiest way to find if a product is kosher is to look for a “K” (stands for Kosher) with some other symbol or a U with a circle around it.



Ingredients should be either certified kosher or clearly vegan.

Cheese should either be certified kosher or vegetarian (made with vegetarian rennet). Cabot cheese is a widely available kosher option. For a list of some commonly available vegetarian cheeses see:

<http://cheese.joyousliving.com/>

### Option I: Cooking With the Tools You Already Have at Home

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#### Ways to prepare food without needing to do anything to your cooking equipment:

Prepare a meal in your oven using a glass pan that has been thoroughly clean and dry for 24 hours or a disposable pan.

When preparing food on the stovetop, use pots, pans and metal utensils that have been thoroughly clean and not used for at least 24 hours. Avoid the use of wooden utensils or cast iron pans.

Prepare a cold salad or fruit salad with utensils and serving pieces that have been washed thoroughly. Please leave out of the salad or the dressing any hot (*charif*) ingredients. Hot ingredients include ones that are physically hot and ones that taste “hot,” like onions and garlic. If you would like to use this type of ingredient, use a new and/or disposable knife and cutting surface when cutting the item.

#### Serving:

We are happy to enjoy a meal with you using your regular plates and cutlery. If you happen to have glass dishes, those are ideal, but we are totally comfortable using any plates or silverware that has been clean and dry for 24 hours.

Again, please reach out if you have any additional questions or just want to talk more about *kashrut*. 😊

## Option 2: Kashering Your Cooking Supplies

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**This is not necessary, but if you would like to make your cooking equipment kosher here are some guidelines for how to do that.**

Oven: Wipe out the oven and turn it on high heat for one hour **or** run the self-cleaning function.

Microwave: Wipe the microwave out to remove any food, fill a bowl with hot water, and put it in the microwave on the highest setting so that the water boils for one minute.

Pots and pans: Fill a large pot with water and bring it to a boil, then put the item you wish to kasher into the boiling water and completely immersing it for at least 15 seconds. If the pot or pan to be kasher is too big to submerge in another pot, fill it with water to the very top and boil the water. Move the pot to a sink and displace the water so that the boiling water flows up over the sides of the pot.

Utensils: If the utensil is entirely metal, fill a large pot with water and bring it to a boil, then drop the utensil you wish to kasher into the boiling water and completely immersing it for at least 15 seconds.