



**KOSHER CHECK TEAM**

**Rabbi Avraham Feigelstock**  
Av Beth Din  
(604) 731-1803 Ext. 102

**Richard Wood**  
Director, Business and Marketing  
richard@koshercheck.org  
(604) 716-2770

**Rabbi Mendy Feigelstock**  
Director of Kashrus  
mendy@koshercheck.org  
(604) 781-2324

**Rabbi Mendy Mochkin**  
Rabbinic Field Representative  
Rabbimochkin@koshercheck.org  
(604) 782-0410

**Rabbi Menachem Matusof**  
Rabbinical Representative  
(403) 714-9009

**Philip Wolf**  
Mashgiach – Calgary  
philip@koshercheck.org  
(587) 700-1946

**GENERAL ENQUIRIES**  
(604) 731-1803 ext. 101

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# Pesach Message from Rabbi Avraham Feigelstock

I sincerely thank all the Rabbis of the Greater Vancouver community for their ongoing support of Kosher Check. As well, I want to thank all the staff of Kosher Check for their hard work and devotion to maintaining high kashrus standards and growing the market for the benefit of the kosher consumers.

As the Yom Tov of Pesach approaches we begin to focus once again on the concept of freedom. What kind of freedom did we experience at the exodus of Egypt? We left slavery in order to be given instead a set of laws that would from then on govern our life. One might wonder, is this why we yearned for hundreds of years to be freed from Egypt?

Moreover, if we take a serious look at the lives we live today, we again can ask ourselves, am I really living a life of freedom? We look around ourselves and see people completely absorbed in all aspect of modern technology. Discoveries that were supposed to make our lives freer, easier and give us more time, instead enslaved us by occupying more and more of our time with each new advance in technology.

People are addicted to their phones, their emails, their whatsapps and all sorts of social media. How many people can hear their phone beep and not feel pressured to check their messages? Now instead of leaving your office and going home to your family, you take your office and all of its work home with you. Instead of seeing ads about products you might need once or twice a day, you are bombarded with temptations of things you might need continuously throughout the day, each time you look at your phone.

Pesach comes to remind us, what true freedom is. Our Rabbis teach that true freedom

comes from being involved with Torah learning and Mitzvot. True freedom is focusing on who you really are. On your neshama. On the part of you that is One with G-d.

When G-d instructed us to bring the Korbon Pesach (Pascal Sacrifice), He said "Draw forth and take for yourselves a sheep". These words have a very deep message hidden within them. In order to properly keep Pesach and internalize its message, we must first "draw forth –pull ourselves" away from the idol worship of Egypt. Only then can we "take for ourselves a sheep" for the Korbon Pesach to serve Hashem. We must first leave our obsession with our physical surroundings and then we will be able to focus on our connection to G-d.

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*"In order to truly be free, we, like the Jews in Egypt, must rid ourselves from the idol worship of our time, all those things that prevent us from dedicating ourselves to G-d and growing spiritually. "*

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As we prepare to rid ourselves and our homes from Chametz, that which rises, and symbolizes arrogance and emphasis on the "I", let's remember the lesson of Matzo, humility. Let the Yom Tov of Pesach and its message help us to set the tone for the rest of the year. Let's get rid of all of our distractions and focus on what is truly meaningful; serving G-d, building relationships with our family and friends and focusing on our spiritual growth.

Wishing you all a kosher, joyous and meaningful Passover,

Rabbi Avraham Feigelstock

# Gefilte Fish: a Holiday Staple for Jewish Holidays such as Passover

**G**efilte fish is traditionally served in Ashkenazi households as an appetizer on Jewish Holidays such as the Passover. While the name itself is Yiddish, it is originally derived from the Dutch “gevulde vis” meaning “stuffed fish.” Carp, pike, mullet, or whitefish were typically used to make gefilte fish, although another white fish, perch, has also been used. Essentially the fish is first skinned and deboned, ground with eggs, onions, matzo crumbs and spices, and then cooked into large blocks and served as slices or as long pieces.

## GEFILTE FISH IS INTRODUCED TO NORTH AMERICA

The influx of Eastern European Jews at the end of the nineteenth century introduced gefilte fish into the culinary landscape of North America. In the 1940’s two large food companies, Mother’s Fish Products and Manischewitz, both introduced commercial gefilte fish in large jars. Today, if you go into one of the large supermarkets in North America prior to the Passover you will inevitably find large jars of Manischewitz gefilte fish next to boxes of matzo.

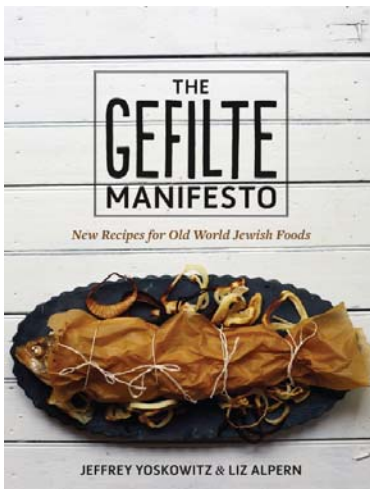
## NUTRIENT CONTENT

A study published almost 30 years ago by scientists at the University of Rhode Island examined the nutrient content of processed fish products common to the Jewish diet. Compared to smoked salmon and pickled herring, gefilte fish made with carp, whitefish, pike and mullet, had the lowest protein content of 9.1% but the highest iron and zinc contents. This was not unexpected as unlike smoke salmon or pickled herring, gefilte fish also contained matzo meal, sugar and gum. Nevertheless it was still a good source of protein as well as some important B vitamins and minerals. Gefilte fish was

also reported to contain the highest levels of the fatty acids, oleic acid and palmitic acid. In addition, all fish products, including the gefilte fish, were rich in the polyunsaturated fatty acids EPA and DHA. The latter, together with oleic acid, are recognized for their importance to human health which includes their ability to lower cholesterol. Recent studies showed many benefits can be derived from white fish because, in addition to being excellent sources of protein and fat, they are rich in B vitamins, selenium and iodine. These can be good for your skin, immune system, and thyroid gland.

## VARIATIONS IN PREPARATION

In Eastern Europe how the gefilte fish was prepared identified which Jewish community you were from. If you were a Galitzianer it would be made with sugar and slightly sweet but if you were a Litvak it would be savoury and made with pepper.



A cookbook titled The Gefilte Fish Manifesto includes many traditional recipes as well as modern variations using two kinds of horseradish, either from beet or carrot-citrus. This way you could decide whether your gefilte fish would be sweet or peppery.

New recipes on gefilte fish now incorporate salmon, avocado, and mango which not only enhances the taste but also the nutritional quality of the appetizer. Since fish is pareve, it is generally served as an appetizer prior to a meat meal, as they are prohibited from being eaten together.

This Passover may you continue the wonderful East European tradition of eating gefilte fish either as homemade or from commercially available jars or frozen blocks.

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### ARTICLE BY PROFESSOR MICHAEL ESKIN

Professor Michael Eskin, an internationally recognized Food Biochemist, is the author and co-author of 15 books, 60 chapters and over 130 publications. He is the recipient of numerous awards including the prestigious 2018 Stephen S. Chang Award by the American Oil Chemists` Society in recognition of his decisive accomplishments in research that resulted in the improvement or development of products related to lipids. In 2016, Dr. Eskin was inducted into the Order of Canada for his pioneering research that led to the successful development of the Canadian canola oil industry. Professor Eskin is celebrating his 50th year at the University of Manitoba where he was voted an Outstanding Professor in 2017 by the students in his faculty. His latest book “New Developments and Research of Water-Soluble Vitamins” was recently published by Elsevier Press.

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## SEE RECIPE

***Fresh Salmon Gefilte Fish Loaf with Arugula, Avocado & Mango Slaw***  
see PASSOVER RECIPES page



# Questions for the Rabbi

## Is Icing Sugar acceptable to use for Passover?

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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 corn starch is Kitniyot, Ashkenazic custom is to refrain from using this on Passover.



## Do Dried Fruits require Kosher L'Pesach Certification?

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Dried Fruits are often coated in either dextrose, flour or oil to stop them from 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, and regular Supervision during the year.

## Can I purchase frozen fish to use during Pesach?

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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. Please purchase before Pesach and wash well prior to the start of the holiday.

## Can I use Frozen Fruit during Pesach?

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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.

## Do Raw Nuts require Kosher L'Pesach Certification?

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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 like BHA or BHT. This applies to raw nuts in any format including whole, sliced, crushed or slivered.

## Can I use Canola Oil on Pesach?

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Canola Oil is produced from the Canola Seed. In addition to pressing the Oil generally goes through a refining, bleaching and deodorizing process. Prior to shipping Anti Oxidant's are added to the oil which may be produced from Chametz. In addition many authorities view Canola Oil as Kitniyot. Kosher Check certifies a cold pressed Canola Oil from Mountainview Farms which is suitable for use by Sephardim on Pesach.



## Does Coconut Oil require Kosher L'Pesach Certification?

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Coconut Oil is produced typically in South East Asian Countries including Thailand, Philippines, Indonesia, India and Sri Lanka. Typically 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, Coconut Flour** and **Unsweetened Coconut** available from **Choices** bearing the KLBD is acceptable for Passover. **Trader Joe's Coconut Milk, Coconut Cream** and **Coconut Oil** bearing a BCK are all acceptable for Passover.

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

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

# Questions for the Rabbi

## Does Maple Syrup require Kosher L'Pesach Certification?

Often consumers assume that Maple Syrup contains no additives, however this is not the case. Maple Syrup can contain anti foaming agents, flavours or corn syrup which would be problematic for Passover. We understand that some manufacturers even use bacon for flavour. Therefore Maple Syrup is only recommended when purchased bearing Kosher L'Pesach certification.

## Can I prepare Rice Cereal for my infant during Pesach?

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

## What Seeds/Spices are not considered Kitniyot?

The following seeds/spices are not considered Kitniyot:

Anise, Chia Seeds, Coriander, Cottonseed, Cumin, Saffron

They require checking and should not be purchased as a fine powder, since they could contain an anti-caking agent.



## Does Honey require Kosher L'Pesach Certification?

Some Honey producers add flavours to their honey, which may be derived from Chametz. In addition some honey may contain corn syrup. We can confirm that **Chilliwack River Honey** is acceptable to use on Pesach.

## Does Green Tea require Kosher L'Pesach Certification?

Pure Green Tea leaves without any additives or flavours do not require Kosher L'Pesach Certification. This does not include Matcha Green Tea.

## Does Instant Coffee require Kosher L'Pesach Certification?

It is common for Instant Coffee to contain additives or thickening agents including Maltodextrin, which is derived from corn. It is also possible for the Instant Coffee to be extracted using solvents derived from Chametz. Therefore Instant Coffee requires Kosher L'Pesach Certification. **Starbucks Via Instant Regular Coffee** and **Folders Special Roast Instant Coffee** bearing an OU is acceptable to use on Pesach providing it has been purchased before.

## Are any Nespresso pods acceptable for use on Chol Hamoed Pesach?

We have confirmed with the Basel Rabbanut that the following list of Nespresso products are acceptable to use during Chol Hamoed Pesach. Please note that your Nespresso Machine should be koshered prior to Pesach by Iruy.

### NESPRESSO CLASSIC (NC) RANGE:

Ristretto, Arpeggio, Roma, Così, Volluto, Divolitto, Altissio, Voltesso, Stormio,

Odacio, Melozio, Elvazio, Capriccio, Livanto, Kazaar, Dharkan, Half Caffeinato,

Deca Intenso, Decaffeinato, Vivalto Decaffeinato, Volluto Decaffeinato, Arpeggio

Decaffeinato, Dulsão do Brasil, Indriya from India, Rosabaya de Colombia,

Limited Edition, Special Club, Special Reserve.

### LUNGO RANGE:

Decaffeinato Lungo, Vivalto Lungo, Finezzo Lungo, Fortissimo

Lungo, Linizio Lungo, Bukeela Ka Ethiopia

### NESPRESSO PROFESSIONAL (NP) RANGE:

Espresso Forte, Espresso Leggero, Espresso Decaffeinato, Espresso Origin Brazil, Lungo

Lungo Decaffeinato, Lungo Origin Guatemala Ristretto, Ristretto Forte, Lungo Leggero,

Intenso, Ristretto origin India, Limited Edition, Special Club, Special Reserve.

## Are any Keurig K cups acceptable to use on Chol Hamoed Pesach?

We have confirmed that any unflavoured K cups (not decaffeinated) are acceptable to use during Chol Hamoed Pesach when bearing an OU. Please note that your Keurig Machine should be koshered prior to Pesach by Iruy.

Do you have a question about a product, a hechsher or just a general question about kashrus? Contact Rabbi Mendy at [mendy@koshercheck.org](mailto:mendy@koshercheck.org)

# Flying to Egypt and Back

Those of us born before 1990 remember the days before the Internet, before websites for booking engines such as Expedia, Airbnb or TripAdvisor existed. The days when, in order to book a flight or your annual family vacation, you would visit a Travel Agent and even look through a tour operators catalog. Fast forward to 2014 and imagine my surprise when I found that I could not book a flight from Tel Aviv to Cairo online!

## AIR SINAI

Located in a very nondescript building on Ben Yehuda Street in Tel Aviv, together with the Consulate General of France and a couple of African consulates, you will find the office of Air Sinai. Who is Air Sinai you ask? Air Sinai was created in 1982, after the Israel-Egypt peace treaty went into effect. The treaty called for the national airline of each country to fly regularly in and out of the other countries main Airport. El Al was happy to comply and for several years offered a route from Tel Aviv to Cairo. For Air Egypt it was a little more difficult and thus Air Sinai was established.



Pyramids of Giza

## BOOKING THE FLIGHTS

Booking flights on Air Sinai is a difficult job. With no website or booking engine my only help came from Google. After finding a phone number online I was able to contact the Air Sinai Office and book a ticket. Then came the payment. I asked if I could pay by credit card and was told no, only cash or wire transfer! Upon arriving at the Air Sinai office, I was expecting an office similar to a regular travel agent. In I walk and I was taken back to the age of DOS computers and line printers with tractor fed paper! After having now made and booked several trips for myself and Mashgichim I am on first name terms with the staff. So much so that the last time I picked up my ticket, the agent asked how my son was doing after he broke his leg!

The flight to Cairo is less than an hour and, if you are lucky, you will get a Kosher meal that isn't frozen! On check-in at Ben Gurion I was issued an Air Egypt boarding pass.

I asked the Station Manager Mr. Anis if it was possible to get Aeroplan points for this flight, because Air Egypt is part of the Star Alliance. He tells me sadly it is not. However, the Egyptians are very hospitable people and want to make sure that you have an enjoyable stay. Tourism is still greatly suffering in Egypt.

## ARRIVING IN CAIRO

After leaving the fresh air of Vancouver I arrive in Cairo Airport, located just outside the city of New Cairo, to the smell of exhaust fumes and pollution. My Uber taxi from Cairo Airport passes Giza, the Pyramids and the new Egyptian Museum currently under construction.

After travelling for three hours, passing many apartment buildings that appear to be half built, we arrive in the port city of Alexandria.

(continues on next page)



# Flying to Egypt and Back (continued)

Upon arrival at the company the owner greets me “Habibi – My dear, my friend”. This is only the second time we have met! He goes on to tell me that we are brothers and that we both have the same father, Abraham. I mention to him that we Jews are commanded in the Torah “You Shall not despise an Edomite, since he is your brother, you shall not despise an Egyptian, for you were a stranger in his land” (Deuteronomy 23:8).

I always ask each company I go to why they wish to become Kosher? In Egypt more often than not it is because they are either exporting to North America or, as my friend whispered to me, it is because they have a customer in Israel. Although they are happy to have orders from Israel, they are still a little nervous to tell their employees who they are selling to. Hopefully one day they will overcome this.

The next day I head off to Faiyum, an agricultural area to the south of Cairo. On our way we pass the Bahr Yussef, “Waterway of Joseph”, a canal built by one of the Pharaohs to connect the river Nile with the city of Faiyum.



Eliyahu HaNavi Synagogue in Alexandria, currently under restoration.

After spending a few days in Egypt I take a taxi from the hotel to the Airport. The Taxi driver remembers me because I gave him 40 Egyptian Pound (\$3 dollars) last time.

We make a quick detour through Old Cairo so we can pass the Rambam’s Synagogue (original home of the Cairo Geniza) and it’s off to my next destination!



Richard Wood with the employees of Global Fresh Fruits of Al-Beheira, Alexandria

# What's the Story behind Manuka Honey?



New Zealand, located in the South west of the Pacific Ocean is known for many things. Among them the national symbol of New Zealand the Kiwi bird, known for its shrill sound. New Zealand Dairy and Butter, with its high butter fat content. Not to forget Manuka Honey, a native of New Zealand. Recently myself and Rabbi Feigelstock visited Manuka Health in New Zealand to see what all the fuss was about!

Created by nature, Manuka Honey is formed by bees collecting nectar from Manuka bush flowers (also known as *Leptospermum scoparium*), a New Zealand native. Manuka Honey isn't only world renowned for its distinctive flavour, it's a power-house of anti-bacterial and healing properties. Scientists have proven that honey produced from the New Zealand native Manuka bush has one of the world's richest sources of antimicrobial activity found in nature, not found in other types of honey.

Like a one-stop-shop for health treatments, Manuka Honey can support the body against a myriad of health conditions like Acne and Eczema, staph infections, burns, wounds, tooth decay and gingivitis, acid reflux and irritable bowel syndrome (IBS), sore throats, and allergies. Manuka Honey is also a beauty treatment, health tonic, immune booster and even helps to promote sleep!



Inbar Yagolnitzer standing next to a Manuka Bush

Honey has ideal wound dressing properties, and there have been numerous studies looking at the use of manuka as a wound dressing. Apart from its broad antimicrobial activity, honey has anti-inflammatory activity, reduces healing time and scarring, has a natural debriding action (which draws dead tissues, foreign bodies and dead immune cells from the wound) and also reduces wound odour.

Honey, and in particular manuka honey, has successfully been used to treat infected and non-infected wounds, burns, surgical incisions, leg ulcers, pressure sores, traumatic

injuries, meningococcal lesions, side effects from radiotherapy and gingivitis.

There is no evidence that eating honey helps hay fever sufferers, helps lower cholesterol or fight diabetes as we might have hoped. However according to one study, honey was more effective than cough medicine!

Manuka Health is made up of a team of 140 employees and 1.5 billion bees! Their products are available in Finlandia and Costco stores in Western Canada.



Rabbi Feigelstock with Inbar Yagolnitzer. Manuka Health Plant Manager and Richard Wood



For over thirty years Kosher Check has provided Kosher Supervision to companies throughout North America and around the World. Several years ago Kosher Check began certifying companies throughout the continent of Africa. As today food manufacturers look to source the best raw materials from around the World. Kosher Check certifies over 25 companies throughout Africa, from Egypt in the North to the Ivory Coast on the West. To Kenya on the East and Madagascar in Southern Africa.

Africa's economy goes back to the Silk Road and was diverse, driven by extensive trade routes that developed between cities and kingdoms. Some trade routes were over land, some involved navigating rivers, still others developed around port cities. Large African empires became wealthy due to their trade networks, for example Ancient Egypt, Nubia, Mali, Ashanti, and the Oyo Empire. Some parts of Africa had close trade relationships with Arab kingdoms, and by the time of the Ottoman Empire, Africans had begun converting to Islam in large numbers. This development, along with the economic potential in finding a trade route to the Indian Ocean, brought the Portuguese to sub-Saharan Africa as an imperial force. Colonial interests created new industries to feed European appetites for goods such as palm oil, rubber, cotton, precious metals, spices, cash crops other goods.



## TAFISSA | TafiPati

The Ivory Coast or Côte d'Ivoire is located on the West Coast of Africa. The French and Portuguese explorers of the 15th and 16th centuries divided the West Coast of Africa into five Coasts, reflecting the different economies of the regions. The Ivory Coast was aptly named the Côte d'Ivoire by the French and Costa do Marfim by the Portuguese as both mean "Ivory Coast". This was because the major trade that had developed in the region was the export of Ivory. The Ivory Coast today produces one third of the World's Cocoa crop and is the World's largest exporter. It also has the largest economy in Western Africa. TAFISSA was established over 25 years ago in San Pedro and is today one of the leading Chocolate and Cocoa manufacturers in the Ivory Coast. TAFISSA exports products around the World including throughout Africa, Europe and North America.

## TSAR EXPORT

Madagascar was an important trading post, connecting ports of the Indian ocean to Africa for trade. Later it became a French Colony. Today Madagascar is one of the most diverse countries in the World. More popularly known for the Cananga Tree and the sweet essence derived from its flowers. Today Madagascar is the World's largest producers of Vanilla, Cloves and Ylang Ylang which are exported around the world. In addition to producing other spices such as Cinnamon, Pepper corns, ginger.

Madagascar is also known for its fine gems including Sapphires. Tsar Export is a leading producer of Vanilla and Vanilla extract in Madagascar. Their Madagascan Vanilla is shipped to Europe and North America where it is used by flavour companies and dairy companies in a vast array of products.

## ETG

Located in Tanzania and Mozambique. Tanzania, a former German then British colony. Home to Mount Kilimanjaro, Africa's tallest mountain. Tanzania today is the 8th largest producer of Cashews in the World and 4th largest in Africa. ETG was established in Kenya in 1967 and is today one of Africa's largest Agricultural conglomerates. ETG sells there products around the World.



# Why we eat what we do at the Seder

Over the past several years I have incorporated into my Pesach message an explanation of particular minhagim of the Seder. This has ranged from vegetables used for Karpas at the beginning of the seder, to spilling wine for the twelve plagues. It has always intrigued me the reasoning for certain customs that we perform at the Seder. I hope that this article will arouse your curiosity to ask more questions at this year's Seder.

## KARPAS

One of the first things we do at the beginning of the Seder is the dipping of the Karpas (Vegetable) into salt water or vinegar. The Jerusalem Talmud queries the exact plant which is used for karpas and defines it as Petrozel, commonly known today as Parsley (Shevi'is 9:1)

According to one's custom celery or parsley are usually used however other customs include boiled potato, raw onion, cucumber or radish. We eat the Karpas to arouse the curiosity of the children that they might ask "Why is this night different?" Some have explained that we do this to symbolize Joseph's brothers, who sold him into slavery and whose robe was dipped into the blood of a slaughtered goat (Genesis 37:31). The dipping itself reminds us of this event, the karpas itself is dipped into salt or vinegar and turns from a sweet taste to sour. Just as Joseph's freedom was sweet and then became sour after being sold into slavery. Other commentators mention that karpas was used as an appetizer to stimulate the appetites of the nobility in ancient Rome. On Seder night we use it as a symbol of our freedom.

## SPILLING WINE FOR THE 10 PLAGUES

One interesting custom is the spilling of sixteen drops of wine from one's cup during the Seder. This is done at three intervals during the Seder. The first three drops are removed when we mention the three plagues brought down in the book of the prophet Joel (Blood, Fire and Pillars of Smoke). The next ten drops are removed for the more familiar Ten Plagues. Lastly Three drops are removed for Rabbi Yehudah's three word Acronym for the plagues.

Since wine is a symbol of joy, we removed a drop from our glass each time we mention another plague. Rabbi Isaac Luria was particular that one should not use any finger, rather spill out the wine onto a saucer. The famous Ashkenazi authority Rabbi Moses Isserles states in his Darchei Moshe (473:18) "Because it repre-

sents the finger of G-d, one should use a forefinger and not a little finger. Some Sephardim and Chassidim are more particular about this wine. All wine used for the sixteen drops is collected in a bowl and then disposed of. According to Kabbalah, the reason we do not use this wine is because we are mentioning the plagues with which G-d punished the Egyptians while we are spilling out the wine. Since the wine now represents punishment and anger, we do not want to ingest it.

## THREE MATZOT

During the year on Shabbat and Chaggim we place two Challot on the table. This represents the Lechem Mishneh, the double portion of manna that would fall in the wilderness before the Sabbath and Festivals. On Pesach the third piece of Matza, the middle Matza represents the Lechem Oni "the bread of our affliction" or "Poor man's Bread".

There are two reasons why we break the middle matza. The first is that we eat matza in place of the offering in the temple. The Afikoman is eaten at the end of the meal just as the paschal offering was eaten at the end of the meal. The second reason is, since matza is called "Poor man's Bread". A poor man would not generally know where his next meal would come from. Therefore he would save a portion of his food for his next meal.

There are two other suggestions for the Three Matzot at the Seder. The first is that the three matzot represent the three divisions of the Jewish people, Kohen, Levi and Yisrael. Another suggestion is that the three Matzot represent the three measures of flour taken by Abraham to bake cakes for the three angels (Genesis 18:6). According to Rashi, the day of their visit was Pesach. Among some Sephardim there is a custom to keep a piece of the Afikoman throughout the year to ward off the evil eye. Preserving a piece throughout the year represented good luck.

## MAROR

Before we start our festive meal on Seder Night we eat Bitter Herbs dipped in Charoses. To remind us of the bitter lives our ancestors experienced in Egypt. The Mishna (Pesachim 39a) lists five vegetables that one can use for Maror. They are Chazeres, Tamchah, Charchevina and Ulshin. Most authorities identify Chazeres with lettuce and Tamchah with Horseradish.

There are differing customs as to what vegetable to use for Maror. In the times of the Mishnah lettuce (Chazeres) was commonly used. In northern and eastern Europe where it



was difficult to obtain lettuce horseradish was used instead. Some Sephardim also use green onions or curly parsley. The Shulchan Aruch states that in order for one to fulfill their obligation the flavour of the maror must be unadulterated by cooking or preserving. Nowadays many of us use both Romaine and Horseradish. Using Romaine at this point for the Maror and Horseradish for the Hillel Sandwich which is next to come.

## CHAROSET

One of the last symbolic acts of the Seder before partaking of the meal, is dipping the Maror 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.

ARTICLE BY: RICHARD WOOD



# Pesach Recipes



## FRESH SALMON GEFILTE FISH LOAF WITH ARUGULA, AVOCADO AND MANGO SLAW

### INGREDIENTS

#### FOR THE FISH LOAF

- 1 roll (22 ounce/625g) frozen gefilte fish loaf
- 2 teaspoons oil for greasing pan

### INGREDIENTS

#### FOR THE SLAW

- 1/2 cup (120ml) mayonnaise
- 3 tablespoons (45ml) fresh orange juice (from 1 orange)
- 4 teaspoons honey
- 1 clove garlic, crushed
- 1/4 teaspoon ground ginger
- 1/2 red onion, finely chopped (about 1/2 cup/80g)
- Salt and black pepper
- 1/2 head green cabbage, cut in half and thinly sliced (about 2 cups/140g)
- 5 ounces (140g) arugula leaves
- 3 scallions, thinly sliced
- 1 ripe mango, cut into 3/4-inch (2-cm) cubes
- 1/3 cup (45g) dried cranberries
- 1 avocado, cut into 3/4-inch (2-cm) cubes

### TO MAKE THE FISH

1) Place the frozen gefilte fish loaf in the fridge and let thaw overnight or let sit at room temperature for 2 hours until completely thawed.

2) Preheat oven to 325°F (160°C).

3) Pour 1 teaspoon of oil into the loaf pan and rub it all around the bottom and sides of the pan. Line with parchment paper, pressing it against the sides and into the corners. Add another teaspoon of oil and rub all around to coat the top and sides.

4) Divide the thawed loaf between two bowls. Use a silicone spatula to break up the fish until it can be stirred. If your piece of salmon is thicker at one end than the other, trim off some of the thicker end and place it on top of the thinner end. Spread half the gefilte fish into the bottom of the pan to cover. Place the fresh salmon on top, pressing it gently into the layer of gefilte fish. Use the spatula to scoop up and spread the remaining gefilte fish to cover the top and sides of the salmon.

5) Cover the pan tightly with aluminum foil and bake the fish loaf for 45 minutes. Let cool and then chill overnight in the fridge. When ready to serve, remove the foil and lift the parchment and loaf out of the pan and onto a cutting board. Cut into 1-inch-thick (2.5-cm) slices.

### TO MAKE THE SLAW

1) In a medium bowl, whisk the mayonnaise, orange juice, honey, garlic, ginger, and red onion. Add salt and black pepper to taste.

2) In a large bowl, combine the cabbage, arugula, scallions, mango, and cranberries. Add the dressing and toss.

3) Just before serving, add the avocado. Serve the slaw next to the plated fish slices or in a separate bowl.

## MOCHA GELATO

*Coffee and chocolate are a wonderful combination, but you can play with the recipe and use either instant coffee or cocoa instead of both.*

- 2 ½ cups | 595 mL 2% milk
- 1 Tbsp. | 15 mL instant coffee
- 2 Tbsp. | 30 mL cocoa powder, sifted
- 6 oz. | 170 g sugar (¾ cup | 180 mL)
- 4 large egg yolks
- pinch of salt

Bring the milk, coffee and cocoa powder to a simmer over high heat.

In a separate bowl, whisk together the sugar, eggs and salt until light and fluffy.

Carefully pour a little of the hot mixture into the egg mixture while whisking. Continue to combine the two mixes, whisking as you pour.

Return the mixture to the pot and simmer over medium heat for 4-6 minutes, until slightly thickened. Stir as it cooks to prevent burning.

Strain the mixture through a fine-mesh strainer into a clean bowl and refrigerate until completely chilled.

Freeze according to your ice cream machine instructions.

Once frozen, keep in an airtight container in the freezer for up to one week.

Serves 6 | Dairy

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MOCHA GELATO recipe provided by Pamela Reiss of Winnipeg.  
pamelareiss.com



# 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 halalah 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 kashered 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

- CREAMS AND INJECTIONS** may be owned and used on Pesach even if they contain chametz or kitniot, since they are inedible.
- 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.
- LIQUID MEDICINES, CHEWABLE PILLS AND PILLS COATED WITH A FLAVOURED GLAZE** are edible and may contain chametz and/or kitniyot. Therefore:
  - If possible, they should be replaced - under the direction of a doctor - with a pill that is okay to take on Pesach.
  - 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.

- You should exercise extreme caution and consult with your doctor and Rabbi before making a decision not to take a medicine.**

## Oral Care

Kosher Check 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
THURSDAY March 29	All Kashering must be done before Thursday Evening. Search for Chometz	8:27 PM	8:27 PM	8:54 PM	8:57 PM	8:44 PM
FRIDAY March 30	Latest time to eat Chametz	11:09 AM	11:10 AM	11:32 AM	11:29 AM	11:25 AM
	Latest time to burn Chametz	12:13 PM	12:14 PM	12:37 PM	12:34 PM	12:29 PM
	Candle lighting	7:23 PM	7:23 PM	7:48 PM	7:48 PM	7:39 PM
SATURDAY March 31	Candle lighting after (from an existing flame)	8:31 PM	8:31 PM	8:59 PM	9:02 PM	8:49 PM
THURSDAY April 5	Candle lighting	7:32 PM	7:32 PM	7:58 M	7:59 PM	7:49 PM
FRIDAY April 6	Candle lighting (from an existing flame)	7:33 PM	7:33 PM	7:59 PM	8:00 PM	7:50 PM
SATURDAY April 7	Yom Tov Ends	8:43 PM	8:42 PM	9:11 PM	9:16 M	9:00 PM



# Edibles Not Requiring Certification

The following items may be used on Passover without Passover Certification. Processed products should be purchased prior to start of the holiday.



**Artificial sweetener** – Pillsbury Sweet-10, Sucaryl

**Coffee** – any whole bean, Folgers Special Roast instant coffee (OU)

**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

**Nuts** – any brand unroasted – whole (except peanuts) without BHA added

**Olive oil** – extra virgin, not lite or spray

**Orange juice** - frozen concentrate without additives

**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)

**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 Pet Foods have been reviewed and do not contain Chametz

#### Bird Food

Spray Millet For Birds  
Alfalfa Hay and Cubes

#### Fish

Tetra Vacation – Tropical  
Slow Release Feeder

#### Cat Food

Friskies Salmon Dinner  
Friskies Chef’s Dinner  
Friskies Seafood Supreme  
Friskies Chicken Dinner  
Whiskas Chicken and Liver  
Dinner

#### Dog Food

Pedigree Meaty Loaf  
Cesar with Beef  
Cesar Filet Mignon Flavor  
Cesar with Turkey  
Cesar with Duck  
Cesar with Lamb

### The following is a list of commonly found items on pet food ingredient panels which are allowed on Pesach.

Beans	Grain sorghum	Peas
Sesame	Buckwheat	Lentils
Peanuts	Soybeans	Millet
Brewers rice	Safflower	Corn
Soyflower	Sunflower	Rice

Other ingredients such as Barley grass, BHA, BHT, carrageenan, cellulose, colours, eggs, Gums, kelp, lactose, linseed, milk products, molasses, oil, psyllium and whey do not pose an issue in pet food.

It is forebidden 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 with 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 then 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

### CRIO – NEW COMPANY

Available at *Wholefoods, Choices*  
Cocoa Nibs  
Crio Bru Cocoa  
Single Serve Cups  
Pumpkin Spice

### SAHANA AYURVEDIC PRODUCTS – NEW COMPANY

Available at *Wholefoods, Choices*  
Coconut Milk Curry Masala  
Coconut Milk Lemongrass Ginger  
Coconut Milk  
Coconut Cream  
Jackfruit in Brine  
Coconut Chunks in Pineapple Juice  
Organic Fruit Cocktail

### RJT BLUEBERRY – NEW COMPANY

Available at *Wholefoods*  
Freeze Dried Blueberries  
Honeyview Honey

### CHOCZERO – NEW COMPANY

Available from *Amazon*  
Milk Chocolate  
Ultimate Dark 50% Cocoa Dark  
Ultimate Dark 70% Cocoa Dark  
Ultimate Dark 85% Cocoa Dark  
Ultimate Dark 92% Cocoa Dark

### GARDEN TO CUP ORGANICS – NEW COMPANY

After Ate Tea  
Booya Tea  
Coconut Pu'erh Tea  
Earl Grey Tea  
Simply Green Tea  
Teaja Breakfast Tea  
Vital Chai Tea

### TOP TIER FOODS INC. – NEW COMPANY

Available at *London Drugs, Wholefoods*  
Quinoa Quickies Chicken  
Quinoa Quickies Curry  
Quinoa Quickies Southwest  
Quinoa Quickies Vegetarian  
Quinoa Quickies Sushi Quinoa

### MANUKA HEALTH – NEW COMPANY

Available from *FinalIndia, Amazon*  
Manuka Honey  
Manuka Honey Blend  
Kamahi Honey  
Tawari Honey  
Rewarewa Honey

# 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



Follow Kosher Check 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

640 W. 41st Avenue  
990 W. King Edward Avenue

### SUPERSTORE

50 S.E. Marine Dr, Vancouver  
Tel: (604) 322-2702

### OMNITSKY KOSHER BC

(Precooked meals  
also available)  
5775 Oak Street  
Tel: (604) 321-1818

### SABRA

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

## Processed Products available Purchased before Passover from Safeway and Superstore

- Lucerne Milk (COR)
- 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 2018, 5778.

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@koshercheck.org

