

Forbidden Foods

Ref: *Sefer Kedushah, Hilchot Maachalot Assurot, Chapters 1–17*

MAKE YOURSELF HOLY IN MUNDANE MATTERS – FOOD (FROM LIVING BEINGS).

Reminder:

Pack on Food



SIGNS OF KOSHER ANIMALS, BIRDS, LOCUSTS, AND FISH



To check the signs of kosher animals and beasts¹

There are **2** signs and both are necessary:

- Split hoof (*mafreset parsah*)
- Chew the cud (*maalat gerah*) – animals that chew cud have *no* teeth in upper jaw.

There are **10** species of animals permitted for eating, as mentioned in Torah.



To check signs of kosher birds²

There are **24** forbidden species mentioned in Torah.

Kashrut of other species is not clear but may be established by tradition in each locale, but the following signs must be present.



To check signs of locusts – kosher and not kosher³

There are **8** species of locust which Torah permitted. The *kosher* species have **3** signs:

- 4 legs
- 4 wings (covers majority of length and width of body)
- 2 longer legs to hop



To check signs of kosher fish⁴.

2 signs for *kosher* fish

- Fins
- Scales – any fish with scales (which peel off) will have fins

MEASURES

Reminder:

Pack on Weights and Measures



Not to eat non-kosher animals or beasts⁵

Includes animals which are missing some of the signs of *kashrus* e.g. camel, pig, rabbit and hare.



Measure to make one liable is a *kezayit* (olive size). Mosheh Misinai

Punishment for transgression is *malkot*. (And he also violates positive command.)



Not to eat non-kosher birds⁶



Measure to make one liable is a *kezayit*. Mosheh Misinai

Punishment for transgression is *malkot*. (And he also violates the positive command.)

📖 | Not to eat non-kosher fish⁷

⚠️ | **Measure of non-kosher fish to make one liable is a *kezayit*.** - Mosheh Misinai

Punishment for transgression is *malkot*. (And he also violates the positive command.)

📖 | Not to eat *sheretz haof* (winged creeping things) Includes non-kosher locusts.⁸

Examples are a fly, mosquito, hornet, bee etc....

⚠️ | **Measure for liability is a *kezayit*.** - Mosheh Misinai

Punishment for violation is *malkot*.

📖 | Not to eat *sheretz haaretz* (creeping things of the earth)⁹

Examples are snakes, scorpions, beetles, centipedes etc....

⚠️ | **Measure for liability is a *kezayit*.** Mosheh Misinai

Punishment for transgression is *malkot*.

There are 8 *sheratzim* mentioned in Torah which are included in this category.

I.e. Weasel, mouse, ferret, hedgehog, chameleon, lizard, snail and mole.

Also, not allowed to eat 8 mentioned *sheratzim* in Torah.

🔔 **Reminder:**

Pack on Impurity of Sheratzim



⚠️ | **Measure for liability is an *adashah* (lentil)** Mosheh Misinai.

This is same measure as for ritual impurity.

📖 | Not to eat *sheretz hamayim* (creeping things of the water)¹²

Examples are water worms, leeches, seals, dolphin, frogs etc. (Do not have characteristics of kosher or non-kosher fish.)

⚠️ | **Measure for liability is a *kezayit*.** Mosheh Misinai

Punishment for transgression is *malkot*.

📖 | Not to eat *romes haaretz* (creeping things not born from male and female).¹⁰

Worms which come into existence in garbage heaps and carcasses and not from union of male and female e.g. maggots.

⚠️ | **Measure for liability is a *kezayit*.** Mosheh Misinai

Punishment for transgression is *malkot*.

📖 | Not to eat worms which originate in fruit and food after they emerge onto the land¹¹

PRODUCTS OF FORBIDDEN SPECIES

E.g. milk and eggs of non-kosher animal. These are usually forbidden.

However, honey is allowed because it is just a collection from flowers in its mouth.

NEVELAH

📖 | Not to eat *nevelah*¹³

Animals, (domesticated or wild beasts) or fowl which died without slaughter, or were not slaughtered properly, are called *nevelah*.

Non-kosher animals are forbidden anyway, and so the law of *nevelah* does not apply. The stillborn foetus of a kosher animal is regarded a *nevelah*.

Measure of eating for liability is a *kezayit*.

Punishment for transgression is *malkot*.

Reminder:


Pack on Impurity of *Nevelah*



TREFAH

 | Not to eat *trefah*¹⁴

Trefah refers to an animal which was mortally wounded but did not die. (I.e. kosher domesticated or wild animal or a kosher fowl)

 | Not to eat *shor haniskal* (an ox which has been stoned)¹⁵

 | Not to eat a limb cut from a living animal¹⁶.

BLOOD

 | Not to consume blood¹⁷

The blood referred to is from all domesticated animals, wild beasts and fowl, whether *kosher* or non-*kosher*.

Does not apply to blood of fish, locust etc.

 | *Derabanan*, blood which emerged from a human body is forbidden to consume.

Liability measure is a *kezayit*.

Punishment for deliberate transgression is *karet*.

Reminder:

Pack on Punishment for *Sefer Kedushah*



There are 2 categories of blood

FAT

 | Not to eat forbidden fat¹⁸

Including forbidden veins and membranes.

The fat referred to is the forbidden fat of only the 3 species of *kosher* domesticated animals. It does not matter how the animal died, the fat is prohibited.

Measure for liability is a *kezayit*.

Punishment is *karet*, for deliberate transgression.

3 types of forbidden fats:

- Fat on digestive organs i.e. 4 *stomachs* of animal
- Fat on both kidneys
- Fat on flanks

Reminder:

Pack on *Korbanot* Basics



There are **5** *chutin* (strands or veins) considered as fat or blood (found on flanks).

- **3** on right flank (each split into 2)
- **2** on left flank (each split into 3)

Strands of spleen and kidneys forbidden.

Krumot (membranes) of

- | | |
|---|------------|
| <ul style="list-style-type: none">• Spleen• Kidney• Above flank | Prohibited |
|---|------------|

GID HANASHEH

⌋ Not to eat *Gid Hanasheh*¹⁹

Gid Hanasheh is the large nerve (sciatic) running down the back of the animal's hind leg.

There are **2** *gidim*

MIXING MEAT AND MILK

⌋ Not to eat milk and meat together²⁰

Not to cook meat and milk together²¹

MAKE ONESELF HOLY IN MUNDANE MATTERS - FOOD FROM THE EARTH.

⌋ New harvest of bread not to be eaten until *omer* was offered²².

Chadash. It is forbidden to partake of the **5** species of grain (wheat, barley, rye, oats and spelt) before the *omer* was offered on the 16th *Nissan* (*Pesach*).

Nowadays in places where *Yom Tov* is kept for two days, *chadash* is forbidden on entire day of 17th *Nissan*.

Grain that took root before the *omer* is permitted after *omer*.

Grain that took root after the *omer* is forbidden until the *omer* of the following year.

Measure for liability is a *kezayit*.

Punishment for transgression is *malkot*.

⌋ New harvest of *kali* (roasted grain) not to be eaten until *omer* was offered²³.

It is forbidden to partake of roasted grain (*kali*).

Measure for liability is a *kezayit*.

Punishment for transgression is *malkot*.

⌋ New harvest of *carmel* (fresh grain) not to be eaten until *omer* was offered²⁴.

It is forbidden to partake of fresh *kernels* (*carmel*).

Measure for liability is a *kezayit*.

Punishment for transgression is *malkot*.

⌋ Not to eat mixed species of the vineyard²⁶

It is forbidden to sow a species of grain or a type of vegetable together with vine.

Measure of liability for eating is a *kezayit* (whether from the vine or the other species or combination).

📖 | Not to eat *orlah* (fruit of first three years)²⁵

It is forbidden to partake of a fruit tree (or benefit) for 3 years after it was planted. Only in *Eretz Yisrael*.

Measure of liability for eating *orlah* is a *kezayit*.

Punishment for transgression is *malkot*.

The 4th year produce must be redeemed before it can be eaten. This is known as *neta revai*. In *Eretz Yisrael* it is forbidden to eat of this produce until it is redeemed through a small procedure.

📖 | Not to eat *tevel* (untithed produce).²⁷

WINE

Yayin Nesech

📖 | Not to drink *yayin nesech* (wine used for idol worship)²⁸

Measure for liability is *kol shehu* (the tiniest amount).

Punishment for transgression is *malkot*.

Similarly, this would apply to consumption of any other item offered to an idol (e.g. food, water etc.).

When we are not sure whether wine was used for idol worship it is called *stam yeynam*.

📖 | This Gentile wine is still forbidden – *Derabanan*.

The *Rabanim* were referring to wine that was fit for an offering.

📖 | But boiled wine (*yayin mevushal*) they allowed.

The definition of wine starts as soon as grapes are crushed and the juice begins to flow.

MEASURES

📖 | The measure of forbidden foods is the bulk of a medium sized olive. – *Mosheh Misinai*. Similarly, all other measurements are *Mosheh Misinai*.

MIXTURES (OR FORBIDDEN FOOD WITH PERMITTED)

📖 | However, *Derabanan* the mixture is forbidden until the forbidden substance becomes nullified to a tiny proportion.

Depending on substance nullification takes place at

- 1 in 60 i.e. mixture = 61
- 1 in 100 i.e. mixture = 101
- 1 in 200 i.e. mixture = 201

Rabanan sometimes went more lenient i.e.

1 in 60 (here mixture = 60)

MAKE ONESELF HOLY – OTHER RELATED MATTERS REGARDING FOOD

• *Kashrut* of vessels

📖 | – Earthenware – one cannot *kasher* earthenware

– Metals – new vessels should be taken to *mikveh* before use. If old and were used for hot non-kosher foods, should be *kashered* by *hagalah* and then immersed in the *mikveh*.

Hagalah means placing the items in boiling water.

If vessels had been exposed to fire, then must be *kashered* by burning to a white heat.

– Glass

– Wood

– Stone

– Knife – Knife of a Gentile must be exposed to fire until white hot or stoned down completely.



• *Derabanan* restrictions to prevent socialising and intermarriage with Gentiles.

– Forbidden to sit and drink alcohol with Gentiles

– Forbidden to eat from Gentile bread and cooked dishes

– *Pat akum* (bread baked by Gentiles)

– *Bishul akum* (cooking of Gentiles)

• Education of children regarding *kashrut*

• Not to eat disgusting items e.g. rotten item etc.

• Not to eat with dirty hands

• To develop good excretion habits

HOLINESS IN RELATION TO FOOD FROM ANIMALS AND FOWL.



To eat the meat of a domestic animal, beast or bird, one has to first slaughter.