

# Young Israel of Hollywood-Fort Lauderdale

Please note, this is not a comprehensive guide to Kashrut. This is a basic set of guidelines to guide new Scouts and Scout Parents in how to conduct themselves in the Scout kitchen.

Last Modified: January 15, 2019

## Practical Kashrut Guidelines (Pack 18, Troop 18 BT, Troop 18 GT)

### 1. Kashrut Basics

- a. All food is in one of three categories: Milk, Meat, or Parve (neither Milk/Meat).
- b. Meat and Milk items are neither cooked nor consumed together
- c. Individual family traditions may vary on time delay after eating meat before eating milk. Young Israel Scout unit programming waits 6 hours after meat before milk.
- d. There is no obligation to wait after consuming milk prior to eating meat (aged hard cheeses are the exception).

### 2. Cooks (Shabbat Cooking Basics)

- a. Upon commencement of the Sabbath, flames may not be created nor extinguished. You must either cut them off at that point or leave them until propane shuts off.
- b. Food should be “half cooked” before the commencement of Shabbat, practically speaking, have it on the heat source 12 minutes before candle lighting (30 minutes before Shabbat begins)
- c. Water may not be heated up on Shabbat. Water for Friday night cleanup should be heated up before Shabbat. Water to cleanup can be filled in the solar shower and left out before Shabbat so it heats up in the sun.
- d. Advanced Rule: A metal grate on top of the heat, called a blech may be used to keep food warm (sternos and a chafing dish is more useful for the campout).

### 3. Grubmastering (Shopping for food)

- a. Plain fruit and vegetables that need extensive washing for bugs should be avoided:
  - i. Raspberries
  - ii. Strawberries
  - iii. Blackberries
  - iv. Artichokes
  - v. Romaine Lettuce

- b. Non fruit/vegetables shall bear a Kashrut symbol on the list maintained by Young Israel.
  - c. Note: Most brands of Graham Crackers (for S'mores) are often dairy or dairy equipment. Walmart brand (Great Value) are pareve and much cheaper.
  - d. Marshmallows contain gelatin -- Kosher brands are generally only available at kosher supermarkets. Vegan brands at health food stores are often kosher.
  - e. If any Scout families on the campout maintain the Cholov Yisroel standard, an effort to add Cholov Yisroel milk is nice.
4. Quarter Mastering (maintaining a Kosher Kitchen)
- a. Meat and Dairy plates, bowls, and utensils shall be kept separate (blue for dairy, red for meat)
  - b. All food prep (cutting boards, knives, spatulas, etc.) should be similarly designated as milk or meat. While pareve utensils can be used for vegetable prep, they are impractical for a camp kitchen.
  - c. Cooking vessels shall be clearly designated for dairy or meat.
  - d. Separate washing basins for meat and dairy (and separate scrubbers) is preferred. The Pack and Troop use black bins for meat, and white bins for dairy.
  - e. Spongers for meat and dairy should be separated. Sponges should be avoided on Shabbat, scrubbers or "Shabbat Sponges" should be used.
5. Practical Scheduling Guidelines not covered above
- a. No milk/dairy until 6 hours have passed after the end of the last meat meal.
  - b. Fish is pareve and can be served with either meat or milk meals. When fish and meat are served at the same meal, they shall not be served together or served on the same plate. After serving fish, clear plates and then bring out meat.
  - c. Saturday Dinner (Seudah Shlishit AKA Third Meal) must take place before the end of Shabbat. This meal will generally be pareve.
  - d. Friday Dinner Plans (Seudah Shabbat) - should be designed with something "kept warm."
  - e. Friday Mincha should be scheduled to take place early enough to conclude before Shabbat begins.

- f. Friday Maariv must take place quickly after Shabbat commences, and should proceed directly to dinner.
- g. Havdalah should be conducted soon after the conclusion of Shabbat.