



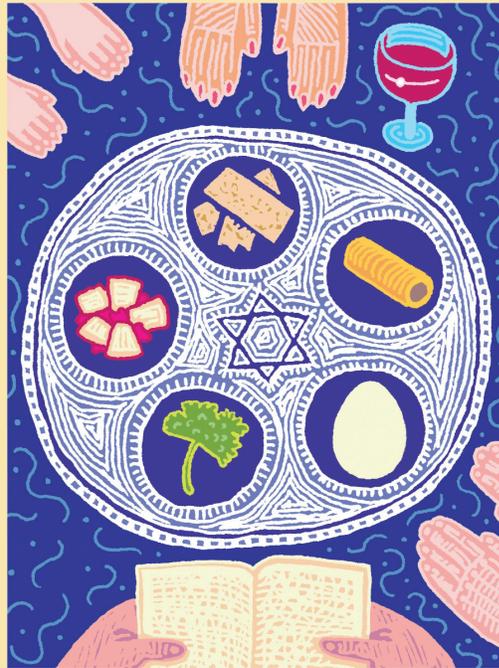
Passover Greetings & Updates

As Pesach approaches, I cannot help but think about all of the different customs we have during this special Holiday and the beauty and meaning each one has.

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.

This custom is so meaningful to us as a people who are characterized by the trait of mercy. For at the same time that we rejoice in our freedom from our oppressors, we display a sadness for the suffering that they endured. 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 represents 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.

Of course, whichever custom one follows, you can be sure that there is a meaningful reason behind it. Sometimes because of all the hectic preparations for Pesach we forget to step back and enjoy this special holiday and all of the beautiful customs during the Seder.



As always at BC Kosher we make ourselves available even during this hectic time to answer phone calls, emails, facebook and text messages from our community members with all sorts of Pesach questions. Remember to call us, your Kosher hotline should you have any questions now or at any point during the year.

Since the Rosh Hashanah edition of the Kosher Bulletin we have added several more companies to the BC Kosher family including Sunny Boy Foods and their selection of Flours, Pancake Mixes and cereals. Benjamin Bites who are a manufacturer of Gluten Free Cookies. Champs Mushrooms, Gemini Packaging and Westpoint Distributors to name a few. For more details please see inside.

Wishing you and your families a Chag Kosher V'Sameach,

Richard Wood

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FALAFEL PLUS And Catering
Meat
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GARDEN CITY BAKERY
Pareve
#360 - 9100 Blundell Rd, Richmond
Tel: (604) 244-7888

KOSHER FOOD WAREHOUSE
612 Kingsway (rear), Vancouver
Tel: (604) 709-9889

MAPLE GRILL
1967 W. Broadway, Vancouver
Tel: (604) 568-4885

MOUNT ROYAL BAGEL FACTORY
Dairy (not Chalav Yisrael) & Pareve
701 Queensbury Ave
North Vancouver
Tel: (604) 904-1116

NAVA Creative Kosher Cuisine
Dairy (not Chalav Yisrael) & Pareve
950 W. 41st Ave, Vancouver
Tel: (604) 676-7579

OMNITSKY KOSHER BC
Meat and Pareve
5866 Cambie St, Vancouver
Tel: (604) 321-1818

SABRA BAKERY
Meat & Pareve
3844 Oak St, Vancouver
Tel: (604) 733-4912

ZAATAR HUMMUS BAR
Pareve
908 Davie St, Vancouver
Tel: (604) 800-8489

We proudly certify



BCK - 30 years of serving the community

When we sit down to eat a meal at our favourite restaurant or stop into a bakery to buy a kosher donut, we seldom think about the complexities of what is involved in certifying the establishment kosher. We tend to take the kosher certification for granted and simply focus on enjoying the delicious pastry or the tasty meal that we don't have to clean up after. Indeed, what goes on behind the scenes to ensure the convenience of kosher establishments in our city?

As some people may know, BC Kosher was started almost 30 years ago under the auspices of the Orthodox Rabbinical Council (Beth Din). The Rabbinical Council is a non profit society created to look after some of the spiritual needs of our community including religious divorces (Gittin), conversions and of course kosher. Eating kosher food is one of the cornerstones of Judaism and BCK set out to make as much kosher food available to the community as possible.

In order to achieve this goal, BCK identified products which were difficult to obtain locally with kosher certification and actively contacted food manufacturers to try and convince them to become certified kosher. To date, BCK certifies over 150 companies in BC, from Avalon Dairy to Sunrise Soya and many in between.

In addition to the need for kosher grocery items,

“To date, BCK certifies over 150 companies in BC, from Avalon Dairy to Sunrise Soya and many in between...”

there is also a need for kosher bakeries, butchers and restaurants. With the constantly growing local Jewish community, this need has greatly increased since the early 80's when the only kosher store was Leons on Oak St. Currently, BCK is proud to certify 9 local establishment including: Falafel Plus, Garden City Bakery, Kosher Food Warehouse, Maple Grill, Mount Royal Bagel Factory, Navas Creative Cuisine, Omnitsky Kosher Deli, Sabras Bakery & Simons Pizzeria and Zaatar Mediterranean Hummus Bar. This is considerably more than most other similar sized communities in North America including our neighbours in Seattle!

So back to our original question, how does the certification of a Kosher establishment work?

BCK employs roving Mashgichim (Kosher in-

spectors) whose job it is to visit every certified kosher establishment 2-3 times a day. The Mashgiach visits the establishments at random times each day and it is his job to check all deliveries and to make sure that all the food being sold meets the high kosher standards of BCK. The Mashgiach will also check vegetables for insect infestation, check eggs for blood spots and turn on the stoves to ensure that the cooked food is Bishul Yisroel. In addition to the roving Mashgichim, any restaurant selling meat according to Jewish Law must have a full time Shomer Shabbos person whenever they are operating.

At BCK, we are aware of the Community's need for kosher establishments and therefore we subsidize a significant portion of the fees required for kosher certification and only pass on a portion to the owner of the establishment. The fees charged do not increase more than a few percent to keep up with inflation even though the cost has been increasing significantly more.

It is important to remember that Kosher Establishments in our city will only survive with the support of you, our community.

If you have any feedback regarding any of the Kosher Establishments we certify, please feel free to give myself a call or send me an email.

Richard Wood



Questions for the Rabbi

Q. Is Icing Sugar acceptable to use for Passover?

A. 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 cornstarch is Kitniyos, Ashkenazic custom is to refrain from using this on Passover.

Q. Do Dried Fruits require Kosher for Passover Certification?

A. Dried Fruits are often coated in either dextrose, flour or oil to stop them sticking together. We have also 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.

Q. I have recently given birth and am having a hard time finding

Kosher Vitamin D3 for my baby. Is it ok to by this without a hechsher?

A. There are several Kosher Brands of Vitamin D3 available. Most Shoppers Drug Marts stock Enfamil D VI-SOL which bears an OU. *Mark's Pharmacy* on Oak Street also carries Kosher varieties. As with any product that it processed it is important to ensure they bear a reputable hechsher before purchasing.

Liquid forms of Vitamin D3 could include non kosher ingredients such as Gelatin and Glycerin produced from non-kosher forms of beef tallow.

Q. I am having difficulty finding Cough Drops that bear a hechsher, can you tell me which brands are Kosher?

A. Stepsils cough drops are certified by the KLBD (London Beth Din) and are available in many pharmacies such as Shoppers Drug Mart or London Drugs. They are only Kosher if manufactured in England.

Fisherman's Friend is another brand of Cough Drops certified by the Manchester Beth Din and are available in most pharmacies. *Mark's Pharmacy* may also carry Kosher varieties.

Q. I have noticed an Apple called Grapple in my Supermarket is there any kashrut concern with it?

A. Grapple Brand Apples begin as either a Washington Extra Fancy Gala or Fuji Apple, depending on the season. These types of premium Apple take on the grape flavour best. The primary ingredients used to infuse the Apples are concentrated grape flavour and water. Due to the grape flavour present this product is Not Kosher.

Do you have a question about a product, a hechsher or just a general question about kashrus?

Contact Rabbi Mendy at mendy@bckosher.org

Are Our Homes Hametz Free?

Jews worldwide have been preparing their homes for Pesach for many weeks already. Kosher organizations, in particular, have been busy for many months ensuring that the products you bring into your home are free of any kind of chametz.

Extra mashgichim are employed to carry the heavy workload. Statistics show that the kosher Pesach food market runs about \$1.8 billion.

Yet as we sit down to our seder tables, we must ask ourselves, are our homes truly "Chametz" free?

Our rabbis teach us that Matzo symbolizes humility, a sign of total subservience to G-d. The Matzah brings awareness that our soul is a part of G-dliness and that we are not an entity on our own but one with G-d.

Conversely, Chametz (leavened food) symbolizes our arrogance; a feeling of having a separate identity of our own. We feel our ego and our animal drives separate us from G-D.

We all know that the holiday of Pesach celebrates our exodus from the Egyptian exile; but what were the factors that led to the exile and in what merit were we redeemed?

When Yaakov Avinu brought his family down to Egypt, they originally settled in the land of Goshen where they were shepherds and studied Torah. As a matter of fact even before arriving in Egypt, Yaakov sent his son, Yehuda, ahead to Goshen to set up a Yeshiva of Torah study. Yaakov lived in Egypt the last 17 years of his life and these were his best years. The Jewish people lived peacefully in Goshen where they remained separate from the Egyptians and their immoral way of life. They were strong in their faith and shielded from outside influences.

The Torah tells us

"וימת יוסף וכל אחיו וכל הדור ההוא"

'Yosef died, as well as his brothers and all of his generation'

The new generation of Jews began to leave the spiritual safety of Goshen and began to spread

out in the land of Egypt. They began to assimilate with Egyptian, adopting their ways and customs. The Torah tells us that the Jewish people were fruitful and multiplied and the earth was filled with them.

ותמלא הארץ אותם Vatimalei haaretz osom.

We can learn another insight from the words **ותמלא הארץ אותם** Vatimalei haaretz osom; that the earthly and physical desires filled them. They began to focus on the physical instead of the spiritual path they had led up until this point.

The Torah then tells us **ויקם מלך חדש** vayokom melech chadash asher lo yodah es Yosef, a new king arose who didn't know Yosef. When they forsook their way of life that was previously guided by Torah, they also chose new guidelines. They chose a new king who didn't know want to know the ways of Yosef and didn't follow his principles.

That was when the actual physical sh'ibud (slavery) began.

Are Our Homes Hametz Free?

(continued)

Adopting the Egyptian way of life by the Jews aroused jealousy and fear among the Egyptians and they began to enslave them.

The Jews began by joining the Egyptian work force voluntarily and eventually they were forced by the Egyptians to work as slaves. Pharaoh had the Jewish baby boys thrown into the Nile River. This means that the boys were physically in danger of being drown in the Nile. But there is also a spiritual interpretation of this decree. The Nile was a symbol of their avodah zarah (their idol worship). The Egyptians worshipped the Nile since it was the source of their livelihood. Pharaoh wanted the boys to be immersed in the idol worship of Egypt.

He decreed that the Jewish girls be raised in the ways of the Egyptians, not merely to be allowed to survive. We learn this from the words Pharaoh told the Egyptians **וכל הבת תחיון** vechol habas techayun, and all of the daughters you shall cause to live. He demanded that they be actively taught the culture of the Egyptians.

After over 100 years of slavery, both spiritually and physically, Moshe demanded that the Jews withdraw from the immoral ways of Egypt. Hashem commanded them to take a lamb and bring it as a sacrifice. This act demanded a full commitment from the Jews since their Egyptian masters worshiped the lamb. They had to take the idolatry of Egypt and slaughter it!

They had to confront the yetzer harah, the evil inclination, at its very root and humble it.

It was only after they withdrew from the influences of the immoral Egyptian culture and humbled themselves before Hashem, that they were able to become free people by reconnecting themselves and becoming one with Hashem.

The Torah teaches

כימי צאתך מארץ מצרים אראנו נפלאות

‘kimei tzescha me’eret mitrayim arenu neflaos’

In the future redemption, we too, will merit to experience the wonders that our forefathers experienced during the exodus from Egypt. But we will first have to attain the understanding that they reached before the Egyptian Exodus and only then will we merit the everlasting redemption.

We, like our forefathers, must maintain an awareness that our neshama is part of Hashem and it is our ego (a feeling that we are an entity on our own) that brings about a separation between us and G-d. Chametz (rising dough) symbolizes our ego and must be removed

completely and totally in order to allow (matzo) total bitul and humility, to connect us with G-d. This awareness will help us to remain focused on the true message of Pesach.

“When we decide to disconnect from our subservience to negative technology and clean our home from this type of chametz we can then insulate our homes from their influence.”

In our generation, in the current galus, we are experiencing a similar problem that our ancestors experienced before they left Egypt.

Just as they had to remove the barrier that separated them from the Almighty before they merited the exodus, so we are faced with the challenge of eradicating the negativity from our generation in order to merit the redemption.

As technology advances by leaps and bounds, we are faced with a new set of challenges that we never had before. Whereas we were once able to insulate our homes from outside negative influences, today with internet everywhere we turn, any kind of information is available to us right in our homes with the press of a button. Our children have access to many internet sites which are time wasting at best but more often than not, they are inundated with the immorality that is part of our society. It has become the avoda zarah, for our generation. Literally, avoda zarah means ‘strange worship’ and it refers not only to actual idol worship, but also to anything that we engage in that

separates us or estranges us from G-d.

As long as our minds and emotions are plugged into immorality, it is extremely difficult to connect to the Truth.

When we decide to disconnect from our subservience to negative technology and clean our home from this type of chametz we can then insulate our homes from their influence.

This is symbolized by the commandment of G-d to the Jewish people, **משכו וקחו לכם** “mishchu ukechu lachem”, draw and take for yourselves.

G-D ordered the Jews to take the avodah zarah (idol worship of Egypt, which was the lamb) and slaughter it. Rashi explains that mishchu means that we have to remove ourselves from the avodah zarah of our time, which is any foreign forms of worship, and immerse ourselves in our relationship with Hashem.

Just as Bnei Yisroel, preparing to leave Egypt, had to withdraw from the avoda zarah of their time and slaughter it, so to we have to be prepared to clean our homes from this avoda zarah in order to draw near to G-d.

We have to make sure that our home is permeated with matzo, which symbolizes humility and a willingness to accept upon ourselves the mitzvot of the Torah. Our sages teach **אין לך בן חורין אלא מי שעוסק בתורה** ain lecho ben chorin elah me sheoseik batorah. We can only be considered free if we engage in Torah life and study.

Only then can we truly connect to Hashem and begin to experience true freedom.

Wishing you all a Chag Kasher Vesameach

Rabbi Avraham Feigelstock



SUPERFOODS

BY PROFESSOR MICHAEL ESKIN

Everyone knows that food provides nutrients needed to keep the body in working order. However, since early civilization, certain foods were recognized for their ability to confer additional health benefits such as preventing and treating certain types of diseases. Over 2,000 years ago, Hippocrates, the ancient Greek physician and one of the outstanding figures in the history of medicine, was the first to recognize the role of food in disease prevention. His popular quote "Let food be thy medicine and let your medicine be your food" has become particularly relevant today as scientists unravel the health benefits offered by many of the foods we eat. The earliest Jewish physician who recognized the importance of diet to health was RAMBAM (Rabbi Moses ben Maimon) who lived in the 12th century. In addition to his many writings, including his famous *The Guide to the Perplexed*, he also wrote a number of books discussing the relation between diet and health. Considerable research conducted over the past two decades has since identified food rich in nutrients as well as other components or bioactives with proven health-promoting benefits. Such foods have been referred to as *Superfoods*, an unscientific term used for promoting healthier eating, include many grains, oils, fruits and vegetables. Of these, I will briefly discuss oats, olive oil, blueberries, broccoli, garlic, nuts, salmon, tomatoes, soy and tea.

Central to the benefits derived from *Superfoods* are their antioxidants. These are molecules that quench and neutralize free radicals produced during the normal metabolism of the body. The production of free radicals by the body under oxidative stress is now recognized by medicine as the primary cause of such chronic diseases as cancer, heart disease, Alzheimer's, diabetes and depression. The human body is an oxidative machine that oxidizes carbohydrates and fats to produce energy. During this process many free radicals are produced which are normally rendered harmless by the natural antioxidants produced by the body. However, when insufficient amounts of antioxidants are produced, which can occur during illness or as one ages, it is important to supplement with external sources of antioxidants. Consequently providing antioxidants is one of key features of *Superfoods*.

OATS

The first health claim allowed by the Food and Drug Administration (FDA) under their Nutrition Labelling and Education Act (1990) for a specific food was for diets high in oatmeal, oat bran or oat flour. All these diets were associated with a reduction in coronary heart disease. This improvement, due to a reduction in blood-cholesterol levels, was attributed to the presence of high levels of soluble fibre in oat bran. The component responsible was a linear, high molecular weight beta-glucan. The beneficial effect of oat bran was confirmed by its ability to significantly reduce blood cholesterol in hypercholesterolemic subjects. (individuals with high levels of cholesterol).

OLIVE OIL

The beneficial effects of olive oil are not only due to the high level of the monounsaturated fatty acid oleic acid but also to the presence of polyphenols naturally present in the oil. One of these, hydroxytyrosol, accounts for 70-80 percent of all the phenols in extra virgin oil. It is a potent antioxidant that scavenges free radicals. The lower incidence of cardiovascular disease associated with the Mediterranean diet is attributed to their presence in olive oil. Olive oil polyphenols have also been associated with a lower incidence of cancers.

BLUEBERRIES

The black, blue and red colored varieties of blueberries are provided by a range of compounds known as polyphenols which includes flavonoids and anthocyanins. The health benefits of blueberries are attributed mainly to the potent antioxidant properties of these polyphenols. They are responsible for blueberries scoring the highest antioxidant activity compared to 100 other foods examined. Increasing blood-antioxidant status following consumption of blueberries has been associated with decreased risk in atherosclerosis and cancer.

BROCCOLI

Studies conducted at Johns Hopkins University of School of Medicine identified a group of sulfur containing compounds, sulforaphane glucosinolates, in broccoli sprouts exhibiting strong anti-cancer properties. Broccoli sprouts were found to be 20-50 times richer in these compounds com-

pared to adult cooked broccoli. This discovery led to a patent for developing cancer chemoprotective food products from broccoli sprouts.

GARLIC

The pharmacological properties of garlic, such as lipid-lowering effects, are attributed to the presence of sulfur-rich compounds, particularly allicin. Other beneficial effects reported for garlic include reducing the risk of prostate and gastric cancer as well as lowering blood pressure. Epidemiological data also showed an inverse relationship between garlic consumption and cardiovascular disease.

NUTS

The consumption of nuts has been associated with improved cardiac functions as well as insulin sensitivity. This is due in large part to the low level of saturated fatty acids and the high level of polyunsaturated fatty acids in the oil. Nuts are also good sources of natural antioxidants such as tocopherols (Vitamin E).

SALMON

Fish oils such as salmon are rich in omega-3 polyunsaturated fatty acids. These include DHA and EPA which are both effective in reducing cholesterol. Other beneficial effects of fish oil are cancer prevention as well as improvement in brain and immune function.

TOMATOES

Consumption of tomatoes is associated with a reduction in the risk of prostate cancer. The principle component responsible is lycopene, the most abundant carotenoid in tomatoes responsible for the distinctive red color of the ripe fruit. Lycopene can also act as an antioxidant and may play a role in the prevention of atherosclerosis and obesity.

SOY

Soybean products exert a number of health benefits including protection against cardiovascular disease, renal disease, cancers as well as enhancing bone health. The active components in soy, isoflavones, act as phytoestrogens, because of their similarity in structure to estradiol. Soybean oil contains 61% polyunsaturated fatty acids of which 24% are monounsaturated, 54% linoleic acid and 7.2% linolenic acid. As a result soybean



SUPERFOODS (continued)

oil is known to prevent cardiovascular disease and play a role in immune response.

TEAS

Tea is one of the most consumed beverages in the world after water. The three major commercial types of tea consumed around the world are Green, Black and Oolong. An accumulated number of population studies suggest consumption of green and black teas have a number of positive health benefits. Such health benefits associated with teas are mainly derived

from their polyphenols, particularly flavonoids. Teas are a rich source of these potent antioxidants capable of protecting against the development of cancer and neurodegenerative diseases. The beneficial effect of tea on the cardiovascular system has also been established.

The different foods discussed briefly in this article represent some of the many Superfoods in our diet. In order to enjoy their health benefits requires eating a diet that has variety, which together with regular exercise, will ensure a healthy lifestyle.

PROFESSOR MICHAEL ESKIN, an internationally recognized Food Biochemist, is the author and co-author of 13 books and over 120 scientific publications. He is the recipient of a number of awards including the 2012 prestigious Stephen S. Chang Award in Lipid and Flavor Science by the Institute of Food Technology (USA). Professor Eskin is co-editor of Lipid Technology and is currently Associate Dean in the Faculty of Human Ecology at the University of Manitoba in Winnipeg.

How Will This Night be Different Than Other Nights?

At last Shulchan Orech has arrived. Potato kugel! Brisket! Turkey! And don't forget about macaroons and chocolate covered matzah. Which foods do you remember eating at the Passover seder table? Chances are they weren't the healthiest of choices. Traditional Passover foods certainly bring feelings of warmth and nostalgia, but your health doesn't need to be compromised in order to have a festive and memorable Passover. In fact, making new family traditions is a way to bring members of your family together. In my family, for example, we have started a tradition of spending our Purim morning dressed in costume, visiting senior residents at a long term care facility.

My challenge for anyone celebrating Passover this year: eat better for these 8 days than you did last year, and perhaps better than all year round. Focus on fresh produce, kosher for passover quinoa and lean protein sources.

The phrase "she feeds you like a good Jewish mother" is one I cringe to hear. To me, a good Jewish mother (or host) does the opposite of pushing more and more food on her family and guests. She considers their health. So she cooks with wholesome ingredients that are low in salt, saturated fats and preservatives and high in fibre, vitamins and minerals. Reinvent what a "good Jewish host" means to you.

If you Googled "traditional Jewish foods" you'd come up with bagels, knishes, kugel, blintzes, and brisket. Turning tradition on its head by skipping these classic foods in favor of healthier options might seem like a travesty, but mixing it up can do wonders for your health and will keep your family and guests curious. Serving a variety of vegetable dishes can prompt conversation: where you bought it, how you made it and what other ways it can be eaten. When was the last time you had a lengthy discussion about how you cooked your turkey? Probably never. Talk-

ing about food is a healthy thing to do because it forms a relationship with food based on interest and intrigue, as opposed to guilt or reluctance, which unfortunately many people experience during the holidays.

What to make, then? Go for any vegetables that you haven't yet cooked for your Passover meal. Aim to use local produce which is usually fresher, less costly and generally doesn't have as many pesticides. Leeks, beets, mushrooms, parsnips, squash, kale and onions can often be found locally at this time of year. If eating locally is not a concern for you at this stage, then perhaps consider it for next Passover. Either way, make vegetables the main part of your meal, served with roast chicken, salmon or smaller-than-last-year leaner cuts of beef (top round roast, bottom round and eye of round are considered extra lean cuts). If you offer more vegetables, you will not need an enormous piece of meat.

One quick question about breakfast: are you part of the typical "I eat matzah, butter and jam for 8 days straight" club? Do you do this because you believe that there are few breakfast options during Passover?

Here are some healthier breakfast alternatives:

- Israeli salad with a few slices of cheese
- plain yogurt or cottage cheese with fresh fruit
- quinoa porridge (simmer for 20 minutes with milk) topped with nuts
- left-over anything. Well, almost anything.
- omelet with lots of veggies
- roasted yams spread on whole wheat matzah
- pancakes made from almond flour
- caramelized leek dip on whole wheat matzah (recipe below)

When planning your desserts, consider a mini-

alist approach. Do you really need 4 kinds of dessert? The time you save in only making one can be used to make a few more vegetable dishes. Fresh fruit with one sponge cake is a refreshing dessert choice. Another idea is to have a charoset tasting. Research how charoset is made in different parts of the world and create 4 of them. Better yet, find a charoset recipe from an area of the world where your ancestors are from and tell your guests stories about your ancestors (not too long of a story, of course). Or ask your guests to rate which charoset is their favorite and why. Making memories during holidays do not always have to be about food. And if they are about food, the food can be healthy indeed. How will this week be different than all other weeks?

Caramelized Leek Dip

2 bunches of leeks, washed well and sliced
3 stalks organic celery, thinly sliced
freshly cracked pepper
2 teaspoons balsamic vinegar
1/4 cup chopped parsley

Saute leeks and celery in olive oil for about 15 minutes. Remove from heat, stir in balsamic vinegar, pepper and chopped parsley. Use a hand blender and blend to desired consistency. Eat alone or spread on whole wheat matzah.

Written by **ELIZABETH NIDER**, a food writer living in Vancouver. For recipes and healthy eating tips visit her website www.wholesomekids.ca



Pesach Recipes

The following recipes have been provided by Pamela Reiss of Winnipeg. For further information please check out Pam's website www.pamelareiss.com



MEDITERRANEAN BLACK COD

Black cod (also known as Sable fish) is one of my favourite fishes but it can be hard to find. If you can't access it, substitute a meaty white fish like halibut.

- 3 Tbsp. olive oil
- ½ small red onion, peeled and thinly sliced
- ½ small fennel bulb, core removed, thinly sliced
- ¾ tsp. salt plus more for seasoning the fish
- ¼ tsp. black pepper plus more for seasoning the fish
- 1 small red or yellow bell pepper, cored, seeded and thinly sliced
- 4-5 plum tomatoes, cored and diced small
- 4 large garlic cloves, crushed
- 1 cup | 235 mL dry white wine
- 1 ½ lbs. black cod fillets (4-5 fillets)
- 2 Tbsp. | 30 mL fresh lemon juice

Heat the olive oil in a large frying pan or wide-bottomed pot over medium high heat. Add the onion, fennel, salt and pepper and sauté until the vegetables start to soften, 3-4 minutes. Add the peppers and sauté another 2 minutes. Add the tomatoes and garlic and cook for 4-5 minutes, until the tomatoes just start to break down. Add the white wine and bring to a simmer. Cook for 2-3 minutes, until the wine has reduced by half.

Season both sides of the fish with salt and pepper and lay them gently over the vegetables in a single layer. Cover the pan with a lid, reduce the heat to low and cook for 10 minutes or until the fish is done – it should flake easily when you test it with a fork.

Thinner fillets will take less time and thicker cuts will take more – check the fish after 6 minutes and continue to cook if necessary. Squeeze the lemon juice over the fish and serve immediately. Serves 4 | Parve

MOCHA GELATO

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

- 2 ½ cups | 595 mL 2% milk
- 1 Tbsp. instant coffee
- 2 Tbsp. cocoa powder, sifted (¾ cup | 180 mL sugar)
- 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



APPLE CRISP

I like to use crisp, tart apples, but you can substitute any apples you like. This is great as it is but I don't know many people who would say no to a scoop of vanilla ice cream served on top.

Apple Filling

2 lbs. apples, peeled, cored and sliced (Pink Lady, Fuji or other small, crisp and tart apples)

- 1 Tbsp. fresh lemon juice
- 1 Tbsp. | 15 mL cake meal
- 4 tsp. ground cinnamon

¼ cup | 60 mL sugar

Topping

- ½ cup | 120 mL, packed brown sugar
- 2 ½ oz. | 60 g cake meal
- ½ cup | 120 mL butter or margarine, softened
- ¼ tsp. | 1 mL salt
- ½ cup | 120 mL raw slivered almonds



Preheat the oven to 350°F | 175°C. Grease an 8 x 8-inch | 20 x 20-cm baking dish. Put the sliced apples in a mixing bowl and add the lemon juice, cake meal, cinnamon and sugar. Mix everything together so that the apple slices are lightly coated and transfer to the baking dish. Put all the topping ingredients, except the slivered almonds, into another mixing bowl.

Use a pastry cutter or fork to work the butter/margarine into the dry ingredients. When there are no large lumps of butter left, add the almonds and mix in. Sprinkle the topping mixture over the apples. If the topping has formed a solid dough, just crumble it up into small pieces and place on the apples.

Bake for 45 minutes or until the topping is golden brown and the apples are tender. Serve warm or at room temperature.

Serves 6 | Dairy with butter | Parve with margarine

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

BC Kosher 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

Crest – All

Sensodyne – All

Oral B – All

Arm & Hammer – All

Aquafresh – All

Passover Zmanim

		VANCOUVER	VICTORIA	CALGARY	EDMONTON	WINNIPEG
SUNDAY March 24	All Kashering must be done before Sunday Evening. Search for Chometz.					
MONDAY March 25	Latest time to eat Chametz	11:13 AM	11:14 AM	11:37 AM	11:34 AM	11:29 AM
	Latest time to burn Chametz	12:16 PM	12:17 PM	12:40 PM	12:37 PM	12:32 PM
	Candle lighting	7:15 PM	7:16 PM	7:40 PM	7:39 PM	7:32 PM
TUESDAY March 26	Candle lighting after	8:23 PM	8:23 PM	8:50 PM	8:52 PM	8:40 PM
WEDNESDAY March 27	Yom Tov Ends	8:25 PM	8:24 PM	8:52 PM	8:54 PM	8:42 PM

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.

THEREFORE, THE FOLLOWING, FOR EXAMPLE, 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 hagalah 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.



Utensils For Use On Passover (continued)

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.

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.

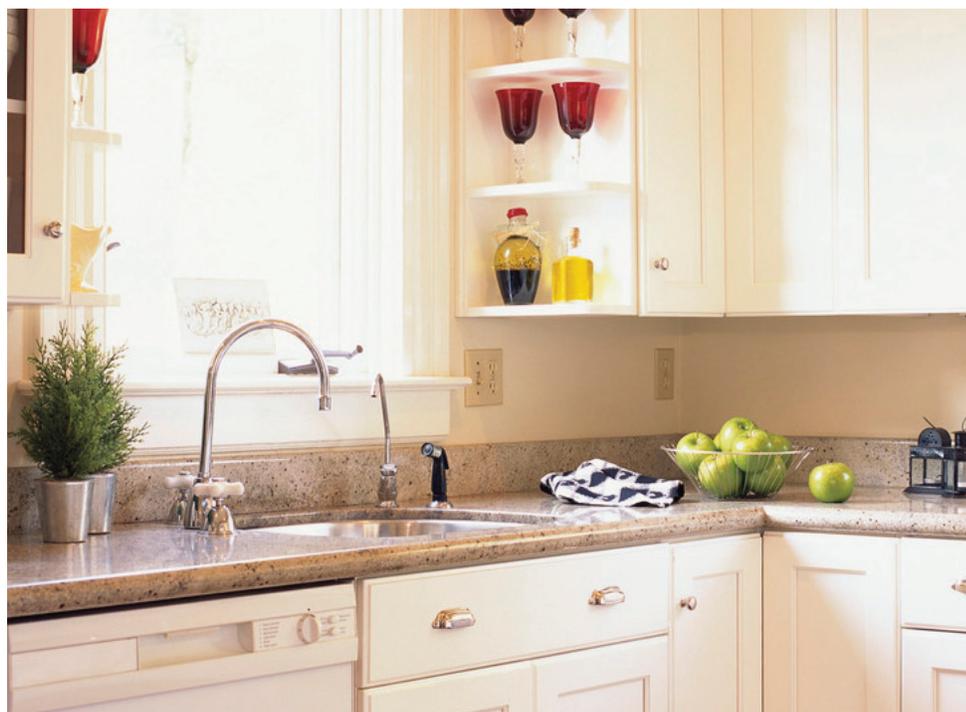
RANGES & OVENS

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 koshered 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).

Edibles Not Requiring Certification

The following items may be used on Passover without Passover certification.



Artificial sweetener – Pillsbury Sweet-10, Sucaryl

Cocoa – 100% pure, not processed in Europe

Coffee – Ethical Bean, except decaffeinated

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

Meat - unprocessed

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

Olive oil – extra virgin, not lite or spray

Orange juice - frozen concentrate without additives

Poultry - unprocessed

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), pre-cut salads

Water, bottled – unflavoured, uncarbonated

Kosher for Passover Products are available in Vancouver at:

KOSHER FOOD WAREHOUSE

612 Kingsway (rear)
Vancouver, BC
Tel: (604) 709-9889

CANADA SAFEWAY

At the following locations:
640 W. 41st Avenue
990 W. King Edward Avenue
4255 Arbutus Street

OMNITSKY KOSHER BC

(Precooked meals also available)
5866 Cambie Street
Vancouver, BC
Tel: (604) 321-1818

SABRA

3844 Oak Street
Vancouver, BC
Tel: (604) (604) 733-4912

The following Processed Products can be purchased from Canada Safeway

- LUCERNE MILK (BCK)
- ROGERS SUGAR - ALL 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)

SAFEWAY 

**NEW PRODUCTS
UNDER CERTIFICATION**
(NOT CERTIFIED FOR PESACH USE)

Benjamin Bites (Gluten Free)
New Company
Chocolate Chip Cookies
Double Chocolate Chip Cookies
Sunbutter Cookies

Champs Mushrooms
New Company
Crimini Mushrooms
Portabella Mushrooms
White Mushrooms

Sunny Boy Foods
New Company
Spelt Flour
Instant Steel Cut Oatmeal
Instant Sunny Boy Cereal
Organic Pancake and Waffle Mix
Spelt Pancake and Waffle Mix

Wespoint Distributors
New Company
Gluten Free Flour Mixes
Spices
Grains
Cereals
Food Additives

Big Mountain Foods
New Company
Products sold at Safeway, IGA,
Wholefoods
Mountain Veggie Burger

Rocket Foods
New Company
Products sold at Save on Foods
Apple Berry Jazz Oatmeal
Granny's Apple Pie Oatmeal
Redberry Blues Oatmeal

Trader Joes
Chickenless Crispy Tenders

IGA
Goat cheese
Garlic Parsley Goat Cheese

Flora Health
7 Sources

Farm Royal Canda Foods
Canola Oil

Heritage One Trading
Creamed Alfalfa Clover Honey
White Liquid Alfalfa Clover Honey

Community Services

The Kosher Hotline

Do you have a question about the kosher status of a product, a particular hechsher or have used a dairy utensil/ pot for meat use 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 thinking about becoming kosher and need your kitchen kashered? We will do it for you at no charge. Please contact Richard at (604) 716-2770.

Follow us on **facebook**

Add BC Kosher as a friend on Facebook to keep track on the latest new products and developments from the world of kosher!

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 2013, 5773.

Signature _____

Name _____

Address _____

City _____

Kindly complete this form and return it to:
Rabbi Avraham Feigelstock
c/o The Orthodox Rabbinical Council of British Columbia
401 – 1037 West Broadway, Vancouver BC V6H 1E3
Fax: 604-731-1804 | E-mail: info@bckosher.org

