

FISH

Kosher fish is Halachically defined as having fins and scales. Fish is considered Parev until it is prepared in a milk or meat vessel. Jewish law forbids the cooking, serving and eating of fish and meat at the same time.

There are thousands of varieties of fish, sold for food in South Africa and it would be almost impossible to list them all. To assist the Kosher consumer, we have listed the most popular species which are commonly used.

FRESH AND FROZEN FISH

Bream	Sole	Sardines
Hake	Anchovies	Yellowfin Tuna
Haddock	Mackerel	Carp
Herring	Angelfish	Tongol Tuna
Salmon	Pilchards	Butterfish
Trout	Kabeljou	Kingklip
Albacore	Red Roman	Stock Fish
Tuna	Skipjack Tuna	Euthynnus Tuna
Maas Banker	Seventy Four	St Joseph's Fish
Steenbras	Stump Nose	Snoek

When buying frozen Kosher fish please ensure that there is skin at least on one side of the fish.

SMOKED FISH (Only with Rabbinic Certification)

Salmon	Haddock	Angelfish
Moonfish	Butterfish	Trout
Snoek		

CORRECT METHOD FOR KASHERING LIVER

1All equipment e.g. wire-grater, bowls, knives and utensils etc. must be kept for the purpose of Kashering Liver ONLY.

A separate braai or a separate grid for your existing braai should be used for the kashering of liver.

The Beth Din strongly recommends that the oven or grill should not be used for the Kashering of liver as improper use of the oven and grill will cause them to become treif.

PROCEDURE

- 1 The liver must be rinsed thoroughly.
2. Slits in the shape of a cross must be made in the liver.
3. Place the rinsed liver on the wire grid.
4. Place the grid on the fire.
5. Sprinkle salt (not too coarse, and not too thin) lightly over the liver.
6. Braai until all parts are fit to be eaten and until the surface of the liver has become dry.
7. The liver must be rinsed off thoroughly again.
8. The liver is now ready to be used in any way - roasting, frying etc.
9. All equipment that was used for the liver must be washed separately. (NOT IN KOSHER SINKS)