

A History of Jewish Food



Jewish food is a collection of cooking traditions of Jews worldwide

- Throughout most of history Jews have wandered the world, so Jewish food is a blending of customs
- Our food reflects the agriculture/farming, economics and culture of the places we've lived
- Jewish food has evolved over many hundreds of years

Jewish food varies by region of origin

- Green area=Ashkenazi Jews
- Red area=Sephardi Jews
- Yellow area=Mizrahi Jews



Ashkenazi foods

The food of Jews who lived in Europe, especially Eastern European nations such as Russia, Ukraine, Germany, Poland, Hungary, Romania, etc.

- knishes
- gefilte fish
- lox
- bagels
- Borsht
- vegetable stews
- herring
- chicken soup
- matzo balls
- potato dumplings
- pickles
- pierogi
- puddings
- challah

Sephardi and Mizrahi foods

Typical food eaten by Jews who lived in Southern Europe (Spain, Portugal, Italy), North Africa, the Middle East, etc.

- olive oil
- rice
- spinach
- artichokes
- pine nuts
- peppers
- ground meat
- tomatoes
- squash
- chick peas (falafel, hummus)
- pita
- lentils
- olives
- middle eastern/Mediterranean cooking styles

Some interesting Jewish foods...



Beef tongue



Chopped liver



Beef spleen (miltz)



Chicken hearts

More interesting Jewish foods...



Stuffed derma (kishke)



Sheep's head (Sephardi)



Jellied calf's foot



Chicken necks

Break/Snack Time

Influence of Kosher (Kashrut) on Jewish foods

- Kosher refers to Jewish dietary laws
 - tells us what foods we can and cannot eat
 - tells us how to prepare and eat those foods
 - any type of food can be Kosher (e.g. Chinese) if it conforms to Jewish law
- Food is not “blessed” by a rabbi to make it Kosher
 - food may be *certified* as kosher by a rabbi or Jewish organization
 - a symbol is applied



Why do some Jews eat only Kosher foods?

- Because Jewish law says so
 - laws are found in the Torah, the first 5 books of the Hebrew bible
 - does not say why we should eat only Kosher foods, just that we should



How do we keep Kosher? What are the rules?

- Certain animals may not be eaten; some parts of permitted animals may not be eaten
- Birds and mammals that are permitted must be slaughtered properly
- Fruits and vegetables are fine
- Meat (e.g. poultry, beef) may not be eaten with dairy (e.g. milk, cheese)
- Must have separate utensils and plates for meat and dairy

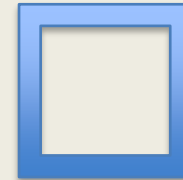
**IS IT
KOSHER**



Is it Kosher?

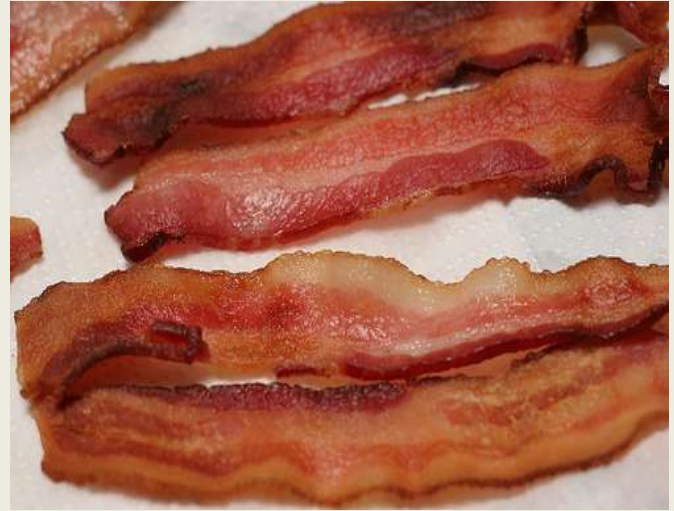
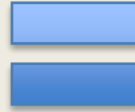


YES



NO

Is it Kosher?

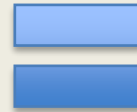


YES

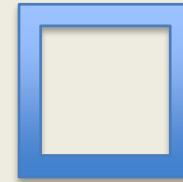


NO

Is it Kosher?

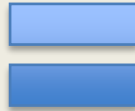


YES

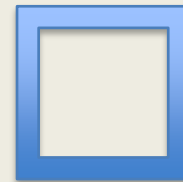


NO

Is it Kosher?

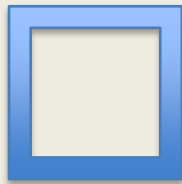
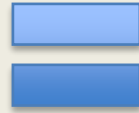


YES



NO

Is it Kosher?

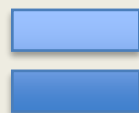


YES



NO

Is it Kosher?



YES

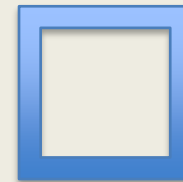


NO

Is it Kosher?

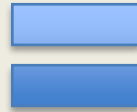


YES

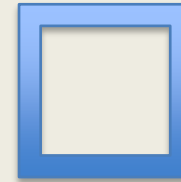


NO

Is it Kosher?

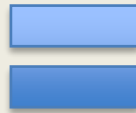


YES



NO

Is it Kosher?



YES



NO