

ESHET CHAYIL COURSE

Books and Materials required

- (1) Chumash
- (2) The Holy Scriptures (the English Translation of the Bible)  
brought out by the Jewish Publication Society of America.
- (3) Singer's Prayer Book.

The above books must be brought to lessons when required.

- (4) Colour filmstrip entitled "Koshering Meat and Chicken" with  
"accompanying narration" and "student introduction and review sheet"  
produced in co-operation with Torah Umesorah's Department of  
Education, 156 Fifth Avenue, New York, N.Y. 10010 U.S.A. (complete  
set copyrighted by Avi Shulman).
- (5) Meat and chicken including bones, the heart, lungs, liver and eggs.
- (6) Bowl suitable for soaking meat or chicken.
- (7) various kinds of utensils that can be used for salting of  
meat (e.g. board with holes, slanting board, colander)
- (8) Koshering salt (i.e. medium grain salt-failing this any salt)
- (9) It is advisable that the practical part of this course is given  
in a place where water and a sink are available. A flame from  
say, a gas stove is also required. Therefore if possible, this part  
of the course should be given in the cookery department.
- (10) A knife and fork kept specially for the Koshering of meat.
- (11) Metal sheet used to cover top of gas stove on Shabbat.
- (12) "Shabbos Platter"- a special kind of large electric hot plate to  
keep the food warm on Shabbat-manufactured in Israel
- (13) Candle-sticks and candles.
- (14) Matches
- (15) Bottle of Kosher wine.
- (16) Kiddush cup
- (17) Two Challot and a Challah cloth.
- (18) Selection of Kosher for Pesach labels-it is an idea for the  
the teacher to stick such labels from various parts of the  
world on a large sheet of coloured manilla card in a  
decorative manner.

- (19) The latest list of "Kosher for Passover foods" <sup>page 2</sup> brought out by the London Beth Din and published in the Jewish Press.
- (20) The latest edition of "Kashrus News" Pesach edition published by the Kashrus Information Bureau 97 Leaside Crescent, London N.W.11 0JL
- (21) Aluminium foil and wire netting to demonstrate how to cover a gas stove for Pesach. This lesson will also have to be given in the cookery department where gas cookers are available.

#### A. Koshering of meat and chicken

##### (i) Introduction

The girls are almost certain to have seen at home their Mothers soaking and salting meat when it has arrived from the butcher. They have also probably wondered for what reason this was performed. The teacher should thus first ask the pupils if they know the reason for doing this to the meat, and should then explain that the Torah prohibits us to eat the blood of an animal or bird and we must therefore remove all the blood before cooking the meat.

The pupils will have already learned that to be permitted for a Jew to eat, the slaughtering of an animal or bird must be done by a qualified man called a Shochet. This Shochet has undergone a long and careful training and when he slaughters the animal he uses a knife which is completely free from any notches whatsoever. This Jewish method of killing the animal is the most humane way known and causes no pain to the animal and is known as Shechitah. When performing Shechitah the Shochet cuts the food pipe and the windpipe of the animal. This also enables most of the blood of the animal or bird to drain away. However some blood will remain in the meat and this blood is removed by the process of soaking and salting the meat.

##### (2) Biblical Sources.

The teacher should now give the Biblical sources regarding the prohibition of the eating of blood and the pupils should learn their translation.

##### (i) Leviticus vii 26-27

The teacher should explain briefly what is meant by "Karet" and hence the severity of the prohibition regarding the eating of blood.

##### (ii) Leviticus xvii 10-12

##### (iii) Deuteronomy xii 23-25

##### (3) Koshering of the Meat

The process of Koshering of the Meat takes place in three stages as follows:-

- (i) Soaking the meat for half an hour
- (ii) Salting the meat for an hour
- (iii) Washing the meat three times.

The teacher should now show the colour filmstrip "Koshering Meat and Chicken" to the pupils in order that they may obtain an outline of the process at this stage of the course. After having learned the details of the Koshering process and seen the practical demonstration, the teacher can once again show this filmstrip when the pupils will have a far better understanding of it.

(i) Soaking the meat for half an hour

It is necessary to Kosher the meat within 72 hours from the time of Shechita. Otherwise the blood will dry up inside the meat and cannot be removed by the salting process. The meat or chicken is completely submerged in water where it must remain for half an hour. The following points should be noted for this soaking.

- (a) The water used must not be hot or icy.
- (b) frozen meat must be allowed to thaw before soaking.
- (c) the meat must not remain soaking in water for more than 24 hours.
- (d) the vessel used for the soaking should not be used for any other purposes.

The teacher should demonstrate to the pupils the soaking of meat.

(ii) Salting the meat for an hour

After having soaked the meat for half an hour, it is removed from the water and most of the water should be allowed to drip off. However it should not be allowed to get dry since the salt will then not stick to it. Since the purpose of salting the meat is to remove the blood, it is obvious that whilst the meat is being salted it must be in such a position that the blood can drain off. We therefore place the meat on a board with holes or a colander or a slanting board. The teacher should show the pupils various kinds of utensils that can be used for the salting of the meat. The salt used for the salting of meat should be medium grain. One can obtain in this country Koshering salt and the teacher should show this to the pupils (If medium grain salt is not available, any salt can be used for Koshering).

The following points should be noted for the salting of meat:

- (a) The meat must be salted on all sides  
Chickens must be salted both inside and outside.
- (b) The meat must remain salted for at least one hour but no longer than twelve hours. (In emergency 18 minutes are sufficient)
- (c) During the entire process of salting, the meat must remain on the utensil used for salting. It must not be placed, even for a short period whilst it is being salted, on the table or on the floor.

The teacher should demonstrate the salting process to the pupils carefully illustrating the above points. Pupils should also be allowed to salt pieces themselves.

(iii) Washing the meat three times.

After having salted the meat for an hour, each piece of meat is removed from the salting board and thoroughly washed under the tap to remove all the salt. It must then be washed twice more. Generally the method used for the last two washes is to fill a vessel with water and put the meat inside it. Remove the meat, change the water in the vessel, fill the vessel once again and put the meat inside it. Thus the meat has now been washed three times.

The teacher should demonstrate the above method of washing the meat three times, to the pupils.

The meat has now been "Koshered" and can be eaten (after cooking).

(4) Koshering of various parts of meat and chicken.

For certain parts of the body special laws apply regarding their Koshering. The teacher should show the pupils these parts of the body and demonstrate to them how they are Koshered.

(i) Bones: If meat is still attached to the bones, they can be salted together with the rest of the meat. If however, one obtains bones without any meat still attached to them, (e.g. for giving a flavour to the soup), they should be salted separate from the remainder of the meat.

(ii) Lungs: It is customary to cut the lungs and open the tubes coming from them, before soaking the meat. If however, one forgets to do this it does not matter.

(iii) Liver: The liver of both animals and birds contains a very large amount of blood and the above salting process cannot be used for koshering it since it will not remove all the blood. Instead one must use a process of roasting the liver over a flame in order to draw out the blood and this is performed as follows: A few cuts are first made in the liver to enable the blood to come out more easily, this is followed by washing the liver under the tap. It is then placed on a wire grill or held on a fork, over the flame until it is fit for eating. Whilst it is over the flame a little salt is sprinkled over the liver. It is then washed again under the tap and may then be eaten. It is important to note that during the process of roasting, the liver must not be enclosed in aluminium foil or any other material. The pupils should practice the Koshering of liver.

(iv) Eggs. In a chicken eggs can be found in various stages of formation from a yolk to a complete egg in its shell. Whatever state they are found in, they should undergo the salting process but must be kept separate from the rest of the meat.

(v) Heart: A lot of blood is contained in the heart. It is therefore necessary to cut open the heart in a crosswise manner before the soaking takes place.



(5) Laws of Koshering of meat and chicken.

The teacher should now revise the above laws with the pupils. As references the teacher can use the *Kitzur Shulchan Aruch* Chapter 36 or a selection of these *Dinim* given in the "Student's Introduction and Review Sheet" to "Koshering Meat and Chicken". The depth of the study will naturally depend on the ability of the pupils and the time available.

B. Preparation of the House for Shabbat and Yom Tov.

An important job of the Jewish housewife is to prepare the house for Shabbat and Yom-Tov.

As the pupils know, on Shabbat it is forbidden to cook and so all cooking for Shabbat must be done before the commencement of Shabbat. In practice in a Jewish household, the mother will start her Shabbat preparations several days before Shabbat. In this course will be given a suggested timetable for Shabbat preparations to illustrate the various points involved.

Wednesday or Thursday. The meat and chicken should arrive from the butcher and the housewife should kosher it. She should also do the shopping for fish and vegetables. Maybe if there is still time she should tidy up part of the house, since Friday is going to be a very busy day.

Friday: In England there is a large variation between the length of a day in summer and winter. In fact in the middle of winter, Shabbat commences at about 3.30pm, and so it is necessary to start work very early on a Friday morning in order to be ready for Shabbat. The main job to be done on a Friday is to ensure that all the cooking is done and the food is hot at the commencement of Shabbat, since it is forbidden to cook or even warm up food on Shabbat. How can the family have hot food on Shabbat? There are several possibilities.

One possibility is to place a sheet of metal over the gas top, preferably bent at the edge to cover the gas taps so that they cannot be accidentally adjusted on Shabbat. A couple of gases are lit before Shabbat and the metal sheet will distribute the heat over the entire gas top. The food to be kept warm is then placed on this metal sheet before Shabbat. The teacher, if possible, should show such a sheet to the pupils and demonstrate how it is placed on a gas stove.

Another possibility is to use a "Shabbos Platter". These are manufactured in Israel and consist of a very large type of electric hot plate, except that it is not as hot as a hot plate.

One cannot cook on such a "Platter" but only keep food warm and it is also advisable to place a blanket on top of the saucepans on this "Platter". The teacher should show the pupils such a "Shabbos Platter".

The housewife should first purchase her Challot for Shabbat and should begin her cooking on Friday with foods such as meat or chicken which take a long time to cook. In order to have sufficient hot water on Shabbat for drinks etc, it is advisable to buy an urn, fill it and boil up the water before Shabbat. This can be kept over Shabbat on a metal sheet on the gas stove or on the Platter. As Shabbat approaches the housewife will place all the cooked hot dishes and the water urn on the metal sheet or on the platter and in this way the family will have hot food for Shabbat.

### C. Laying the Shabbat and Yom-Tov table.

The Shabbat and Yom-Tov table is laid before the start of the Shabbat or Festival. The following things are placed on the table:

- (i) The Shabbat or Festival candles (see later in course)
- (ii) A bottle of Kosher wine and a Kiddush cup. If possible it is nice to use a silver Kiddush cup but failing that even a glass can be used.
- (iii) Two Challot covered by a Challah cloth.  
The teacher should explain to the pupils the reasons for using two Challot and the covering, at each of the three Shabbat meals.
- (iv) Plates and cutlery in front of each person. One should keep ones beautiful crockery for use on Shabbat.

The teacher should set up in front of the class a demonstration Shabbat table.

For the various Festivals different things are prepared or laid on the table as follows:

Rosh Hashanah-Sweet things symbolising a sweet year e.g. honey cake.

An apple and honey is placed on the table.

Succot-Eating takes place in the Succah and the housewife can help decorate the Succah.

Pesach (Preparations for this Festival are considered separately.)

Shavout-It is customary to eat milk dishes such as cheese cake-explain the reason.

### D. The Shabbat and Festival candles

Before the start of Shabbat and Yom-Tov, the housewife lights at least two candles and after having lit them covers her eyes and recites the blessing (S.P.B.p 141). The girls should turn to this page in their Siddurim and should learn this Beracha by heart. The teacher should then demonstrate the method for lighting the candles to the girls and several girls should come out and demonstrate it in front of the class.

### C. Preparation of the House for Pesach

On Pesach one may not eat, derive benefit or possess any Chametz. All foods bought for consumption on Pesach must be labelled "Kosher for Pesach". The teacher should show the pupils a selection of "Kosher for Pesach" labels possibly stuck on a large sheet of coloured manilla card in a decorative manner. Before Pesach the London Beth Din and other recognised Rabbinical authorities publish in the Jewish press lists of foods prepared under supervision for Pesach and the teacher should show the pupils an example of such a list. Several weeks before Pesach, the housewife should go to her Kosher grocer, obtain a Pesach order form and complete it, in order to ensure that she will obtain all her groceries "Kosher for Pesach". One must also have separate crockery, cutlery, pots and pans etc. for Pesach. In some cases it is possible to Kasher them for Pesach but the laws are very complicated and a Rabbi should be consulted.

The house is thoroughly cleaned before Pesach (spring-cleaning) to remove any Chametz. Particular attention must naturally be given to the kitchen. The method to be used for Koshering gas stoves, refrigerators, tables, sinks etc. for Pesach is given in detail in "Kashrus News-Pesach edition" and the teacher should go through it with the pupils. If possible the teacher should demonstrate to the pupils (using a gas stove in the cookery department) the method used to cover the top of the gas stove using aluminium foil and wire netting.

The teacher should then go through the following sections in the "Kashrus News-Pesach Edition" with the pupils, explaining the reasons for the inclusion or exclusion of items. The extent and detail will naturally depend on the time available and the ability of the pupils:-

Examples of goods not to be kept or used on Pesach.

Goods one may possess but not use on Pesach.

Notes on some foods permitted on Pesach.

Medicaments on Pesach.

Toilet requisites on Pesach.

Cosmetics for Pesach.

Detergents and cleansing agents on Pesach.

Polishing of silver.

Naturally the pupils are not expected to remember by heart the items included in the above headings, but only to understand the reasons for the inclusion or exclusion of these items and know that such a list is available in the latest edition of "Kashrus News"-Pesach edition".

(The procedure for Erev Pesach and preparation of things for the Seder table is considered in detail in the following year.)

#### F. Hobby Work

The teacher should suggest to the pupil that during the course of the year they embroider a Challah cloth for use on Shabbat and Yom-Tov.

A prize can be given to the pupil producing the best Challah cloth.