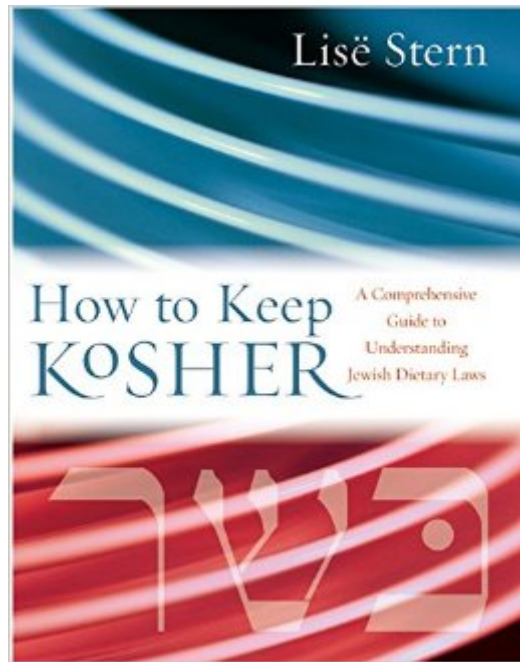


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# How To Keep Kosher: A Comprehensive Guide To Understanding Jewish Dietary Laws



## Synopsis

"Traditional Judaism injects sanctification into the ordinary habits of everyday life. Keeping kosher helps us pause and think about what we eat, and how we eat it, and elevates the act of eating." What does it mean to keep kosher? Many may be familiar with the basics: no bacon, no shrimp, no cheeseburgers. But the Jewish dietary laws go deeper than that, and *How to Keep Kosher* explores the ins and outs. Why are some foods deemed kosher while others are not? Why can't you mix meat and dairy dishes? How do you turn a nonkosher kitchen into a kosher one? Do you really need multiple sets of everything -- dishes, pots, pans, and utensils? How do you keep track of what's what? Whether you are thinking about adopting a kosher lifestyle or already have a kosher home and just want to understand what it is all about, LisÅ« Stern's *How to Keep Kosher* is essential reading. You will learn about the biblical and historical origins of keeping kosher, the development of the kosher certification system, specific food preparation requirements for Shabbat, Passover, and other holidays, and how to actually set up a kosher kitchen. In straightforward language, drawing upon explanations from the Torah and Talmud, along with interviews with rabbis, academics, and laypeople who keep kosher, LisÅ« explores all aspects of Judaism's ancient dietary traditions as they are carried out in today's kitchen, with its range of modern appliances -- dishwashers, food processors, and microwave ovens. For the first time, one book explains both Conservative and Orthodox perspectives on kashrut, as well as opinions from other Jewish affiliations. When LisÅ« was nine, her parents decided to make the change -- transform their home to a kosher one -- as a core part of their evolving commitment to Judaism. Because LisÅ« experienced the transition as a child and keeps a kosher home today, she is uniquely qualified to explain all aspects of this traditional practice. Setting up a kosher kitchen lays the foundation for implementing the tradition; the proof is in the potato pudding. As LisÅ« notes, the Talmud says, "Room can always be found in one's stomach for sweet things," and the wealth of information is sweetened with more than forty recipes for Shabbat dinners and lunches as well as holiday and festival celebrations. Traditional recipes include Chicken Soup with My Mother's Ethereal Matzo Balls, Sliced Potato "Onion Kugel, and Hamantaschen; new classics are Chilled Cucumber "Yogurt Soup, Rosemary Sweet Potato Kugel, Enchilada Lasagna, and Chocolate-Flecked Meringues. *Stern's How to Keep Kosher* is an inclusive, user-friendly handbook filled with answers to the fundamental who, what, where, when, why, and how questions surrounding the Jewish dietary laws -- making these laws both accessible and appealing.

## Book Information

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## Customer Reviews

"How to Keep Kosher" isn't just about the food, thank goodness. For many culturally assimilated Jews, kashruth (Jewish dietary laws) is an endlessly nitpicky religious construct. For the observant, it's a richly satisfying, comprehensive philosophy that gives structure and meaning to everyday life and special occasions. And for almost everybody else, kosher or not, it's an ongoing source of, shall we say, spirited discussion. You want "faith-based"? Here it is, fresh from Leviticus. Stern combines Biblical knowledge, extensive interviews with religious authorities, and wide-ranging research in chapters that are well-organized for easy ad hoc reference. Her writing style is conversational: clear, precise, even humorous. I find myself dipping into the book at random and getting caught up in intriguing details. That resinous glaze used for candy coatings is made from a Southeast Asian insect: not kosher. What makes the book such an engaging read is Stern's tone: warm and authoritative, inclusive of Conservative and Orthodox perspectives, and respectful of personal choices. Oh, and there are recipes, and lists of resources for further investigation. Yes, it's an ideal Chanukah present, but "Keeping Kosher" will also fit comfortably on the bookshelves of any cook, whether committed to keeping kosher or merely curious.

I am finding How to Keep Kosher a valuable tool to explain and de-mystify the how tos and whys of keeping kosher. This book is a must read for a Jew by choice, or a Jew wanting to live a more kosher life. Lise Stern explains the process of kashering a kitchen, something which may seem very overwhelming. I appreciate that she acknowledges how work intensive the kashering process can be, but as she explains the reasons for keeping kosher, it becomes more achievable and

worthwhile.

How to Keep Kosher : A Comprehensive Guide to Understanding Jewish Dietary Laws is very helpful for all audiences to kosher law. Many issues are discussed relating to holiday customs, not mixing milk and meat, the role of paerve foods, and kashering a kitchen. The differences between Orthodox, Conservative, Reconstructionist, and Reform views are discussed although it seems as if the Orthodox and Conservative views seem to get the most emphasis. Also some discussion on the customs of Succos, Passover, Chanukah, Shabbat, and High Holy Days exist. Also very helpful are a list of recipies and Jewish information resources make a comprehensive glossary. Overall How to Keep Kosher : A Comprehensive Guide to Understanding Jewish Dietary Laws is a helpful resource particularly to those trying to learn about Kosher law.

This book is a clear, informative, comprehensive, and flexible guide for creating a kosher life. With this in hand, you can make decisions that fit your own inclinations toward keeping kosher, to whatever extent you might wish to. The book explains all the basic elements and offers a comparison among several branches of Judaism. It is not a rabbinic text, but a practical and useful one which also recommends consultation with one's rabbi of choice. It also provides some information on the food rituals of Succot, Passover, Chanukah, Shabbat, and High Holy Days. In the back of the book is a helpful glossary, a selection of recipes, some tied to holidays, and a number of very useful web resources. Depending on your interest and commitment, this may not be the only book on the subject you will ever want, but it's a great introduction or refresher course, and will come in very handy.

Full disclosure: I am the mother of the author. Lise has written a book about Kashrut that has something for everyone--those just starting to consider "how to keep Kosher," and those who want to adopt the practice fully. She explains the historical reasons for each aspect of Kashrut, and then adds recipes of friends and family at the end--including my own matzah ball soup recipe. This is a very user-friendly compendium that I know everyone will enjoy. The book came out several years ago, but has not been surpassed in its field. I still buy copies as hostess gifts and engagemnt presents as it serves those purposes wonderfully. Joyce Stern

This is great book not only on How to Keep Kosher, but also on Going Kosher. Most of the time the author refers to the Orthodox or Conservative rules of Kashrut. I think this is best because if you

follow the Orthodox laws of Kashrut then you will never have problems with anyone being worried about if everything is maintained properly when they visit your home for a meal. The book also includes recipes for meals. I also like how she always reminds people to check with their local rabbi to get clarification on certain issues.

This truly is an excellent book on understanding Jewish dietary laws. It is easy to read and understand; filled with information, practical advice and spiritual insight which will put you on the path to keeping kosher. To quote the author, Lise Stern, "Traditional Judaism injects sanctification into the ordinary habits of everyday life. Keeping kosher helps us pause and think about what we eat, and how we eat it, and elevates the act of eating."

Great book. No doubt of it. Nevertheless you would become a master of Kosher. Deep, thorough and actually entertaining. But I always remain with a last question:- did Moses crossing the desert had all this vision?

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