

## KOSHER FOOD

### EATING KOSHER IN TURIN

*The following is a list of kosher authorized products. Unless otherwise indicated, the authorization of any food listed below is subject to renovation based on a periodic control on manufacturing.*

NOTE: on Passover, please enquire with the Jewish Community on Kosher le-Pessach food. Whenever an (L) is written, the product has to be considered dairy. Unless otherwise indicated, chalav akum is meant.

**MEDICO (L):** Cocktails and refreshments (for 60-70 people minimum) can be ordered at "Medico", Via Martiri della Libertà 4 – Tel. 011 8194319, through our Rabbinical Office (Supervisor: Rabbi I.D. Margalit). Regular baking at "Medico" is NOT kosher.

**SESAMO'S KITCHEN:** Vegetarian-macrobiotic Restaurant "Sesamo's Kitchen" (Via Saluzzo, 23 bis – Tel. 011 655548) is under our supervision (Kosher Pareve). Open 10 A.M. to 7.30 P.M. Sun. closed. Catering upon request.

**SENIORS HOME:** Meals are available at our Seniors Home (Via B. Galliani, 13 – 5th Floor) upon reservation (Tel. 011 658585).

**BERTINO:** "Bertino" bakery (Via B. Galliani, 14) is under our supervision. Kosher wines, frozen meat, salami, cheese, butter, pastry and canned food are available on separate shelves. Cedika products are available here: Frollini, panettoni, ecc. All baked goods produced by Bertino are Pareve, unless otherwise indicated.

*For more information and suggestions: Rav A.M. Somekh and Rav I.D. Margalit.*

### BUYING KOSHER FOOD (IN THE AVERAGE SUPERMARKET)

**Baking Soda:** Cleca (S. Martino all'Adige –MN): Vanillina, available under the following labels: Dispensa e Cucina (COOP), SoloBontà (Eurospin), Noi&Voi (C3), Bontà e Fantasia (Topdi), Cucina e Sapori (DiPiù), Antica Cucina (LD), Sisa (Cedi Sisa).

**Beverages, alcoholic:** Forbidden if contain grape alcohol. Beer, whisky, gin, vodka, rum, slivoviz, drambuie, Cointreau and Williams are permitted. Amaretto di Saronno is supervised.

**Beverages, non-alcoholic:** Usually permitted, unless they contain grape juice or E120, E163.

#### **Biscuits and Snacks:**

Pavesi (L): Abbracci, Baiocchi, Canestrini, Ciocchini, Cuor di Mela, Goccioline al Cappuccino, Intrecci, Mattutini, Pavesini, Rollini - *only* if manufactured in Novara, C.so Vercelli 101 (D) or in Castiglione delle Stiviere (B).

Mulino Bianco (L): Nuovi Intrecci, Mattutini, Cuor di Mela, Baiocchi, Tenerezze (albicocca, limone, mandorle), Frollis Cacao e Cereali, Frollis (Latte e cereali), Cerealix *only* Cacao e Latte, GranCereale Croccante, GranCereale Frutta e Fibre, Campagnole, Molinetti, Tarallucci, Rigoli, Pan di Stelle, Macine, Galletti, Rosa del Deserto, Spicchi di Sole, Nuove Pannocchie; *only* if manufactured in Novara, C.so Vercelli 101 (D) or in Castiglione delle Stiviere (B).

Porretta (L): Tortine Porretta baked by M. Corsini in Crespellano (BO) *only* if manufactured in baking paper; available at PAM and "Metà" supermarkets under the label "Tesori dell'Arca".

Rustichelli: manufactured at Faenza (Ra), supervised by Lugano Beth Din.

Lazzaroni (L): Amaretti di Saronno, Amaretti morbidi, Amaretti al cioccolato.

Loackers (L): all wafers.

Walkers (L): biscuits with an (U) .

**Bread:** all fresh bread (not packed) produced by Bertino Bakery.

La fonte del pane: all regular bread.

If not available, buy manufactured bread made with flour, water and salt *only*. Forbidden if contains "strutto" (pork fat!) mono- and di-glycerides (E472).

**Butter:** If not available at Bertino under supervision, use Danish butter Lurpak (L).

**Candies and Chewing Gums:** Composition has always to be checked: they may contain gelatin and other forbidden ingredients.

Dufour: Carousel, Big Fruit, Selz Soda, Goccia Menta.

Fisherman: Fisherman's Friend Eucalyptus-Menthol, Fisherman's Friend Lemon, Fisherman's Friend Mint.

Ricola: if manufactured in Switzerland.

**Capers:** Forbidden if contain vinegar.

### **Cereals:**

Nestlé: Chocapic, Nesquik cereal, Cheerios, Multi cheerios, Golden grahams.

Quaker: Crusty miel, Gold bran, Quaker oats.

Weetabix: Petit déjeuner au blé, Weetaflakes oat and Wheat bran, Weetos.

Kellogg's (not made in Italy): All Bran, Bran Flakes, Chocolate Crispies, Coco Pops, Coco Pops Crunchers, Corn Flakes, Corn Flakes Banana Crunch, Corn Pops, Crispixes Crunchy Nut Corn Flakes, Frosties, Frosties Chocolate, Frosties Turbo, Fruit 'n Fibre, Honey Loops, Just Right, Oat Bran Flakes, Raisin Wheats, Rice Crispies, Ricicles, Screamin' Fruit Winders-Apple, Screamin' Fruit Winders-Blackcurrant, Screamin' Fruit Winders-Orange, Screamin' Fruit Winders-Strawberry, Screamin' Fruit Winders-Tropical, Start, Sultana Bran (L).

**Cheese:** (L) at Bertino Bakery are available several kinds of cheese by Cedika and Schmerling (supervised). The following are authorized, Hetter Rabbenu Tam:

Abit: all types of mozzarella, mascarpone, ricotta, scamorza, scamorza affumicata, Abitella with and without flavours, produced in Grugliasco.

Galbani: mozzarella Santa Lucia, Fresco Tenero, Mascarpone.

Kraft: Jocca (cottage cheese) and Philadelphia.

- **Fermented Milk:** (L) Danone: fjord, Tartare (Ail et fines herbes, au noix, au poivre, Poivron).

### **Chips:**

Pai; San Carlo; Golden Club. *Only* if manufactured in Novara, C.so Vercelli, 101.

**Chocolate:** Always check labels, may contain grape alcohol, forbidden fats, mono- and di-glycerides.

Schmerling: milk and dark chocolate bars, supervised, available at Bertino.

Gobino: Guido Gobino chocolate factory, Via Cagliari, 15 bis.- Torino: chocolate bars, gianduiotti. (L)

Novi: Crema; Gianduiotti; Milord; Mininoccolato; Nocciolato; Otello; Milk and Dark Chocolate bars, Gianduia, Extra-Dark, Noisette.

Perugina (L): all kinds of Baci.

Ferrero: Duplo, Kinder produced in Alba.

Lindt (Swiss Chocolate): Dark Chocolate Excellence 70-85-99%, and Extra Supérieur.

Cailler (Swiss Chocolate) (L): lait, au lait des Alpes Suisses, au noisettes, aux amandes, frigor selim.

Nestlé (L): Galak (white chocolate bars).

After eight (L): thin chocolate mints, bitter orange.

Suchard (L): Dark Chocolate Noir Supérieur, and Mini Rocher Noir.

Tobler (L): Toblerone noir/blanc.

### **Cocoa Powder:**

Cleca (S. Martino all'Adige –MN), available under the following labels: Dispensa e Cucina (COOP), SoloBontà (Eurospin), Noi&Voi (C3), Bontà e Fantasia (Topdi), Cucina e Sapori (DiPiù), Antica Cucina (LD), Sisa (Cedi Sisa).

Van Hauten: Pareve.

Nestlé: Nesquik

Perugina: cocoa powder

**Coffee**: Usually permitted.

**Cold cuts and Salami**: available at Bertino Bakery.

**Crackers and Salty snacks:**

Biscuiterie d'Agen: Pain Azyme.

Gran Pavesi: all crackers *except* Tomato and Cheese flavoured, *only* if manufactured in Novara.

Wasa: whole wheat.

Weetabix: always check the label, as some are dairy.

**Cream**: (L) usually permitted.

**Eggs**: all permitted, please check for blood or imperfections in a separate bowl. For cooking, in tetrapack: Eurovo, Maia.

**Fish preserve:**

Sardines in olive oil from Morocco or Tunisia, *only* whole fish;

Anchovies in salt: always Kosher.

Tuna: Palmera (Italian), Rio Mare. Nostromo brand is NOT kosher.

Smoked salmon: must show rabbinical supervision.

**Flour**: corn, flour, cous-cous, rice by Molino F.lli Peila (Valperga).

**Fresh fish**: Italian names of common permitted fish) trota, nasello, merluzzo, sogliola, branzino, orata, sarda, sardina, sardella, sardone, acciuga, tonno, sgombro, cefalo, triglia, dentice, cernia, carpa, aringa, luccio, pesce persico, marmora, muggine, passera, san Pietro, salmone, spigola, rombo (not *chiodato*), platessa.

**Humus, Tehina**: besides the Telma brand, available at Bertino Bakery, Luxor (L) made in Israel.

**Ice creams:**

Haagen-Dazs (L): *only* if labeled (U).

Algida: Magnum Classic, Magnum Caramel & Nuts, Magnum Double, Cote d'Or (produced in Caivano (NA)).

Mars: *only* if labeled in Hebrew.

Lollies: always check composition, forbidden if contain gelatin, glycerol, E120, E163.

**Jam:**

Rigoni di Asiago: "Fior di Frutta" (no sugar added): all types.

Zuegg: *only* if labeled (U).

Sugarcoated chestnuts: *Marrons Glacés*, by Agrimontana di Borgo San Dalmazzo (CN).

**Ketchup**: Heinz: Tomato Ketchup.

**Mayonnaise:**

Issima: supervised.

Thomy (Swiss): Mayonnaise à la Française. All Thomy light are NOT kosher.

**Margarine**: supervised, available at Bertino Bakery.

**Meat:** frozen meat available at Bertino. Fresh meat from Milan can be ordered through our Rabbinical Office weekly.

**Mustard:** Thomy (Svizzera); or available at Bertino Bakery.

**Oils:**

- **Vegetable oils:** *Only* if derived from ONE kind of seeds: sunflower, corn, soy, peanut.

Grape-seed oil is always forbidden.

- **Olive oil:** Olio Sasso: Olio di Oliva and Olio Extravergine di Oliva;

Bertolli, Carapelli, Monini: Olio Extravergine di Oliva.

**Pasta:** Regular (not filled or coloured) pasta is usually permitted.

The following are supervised:

Albadoro and other brands, produced by Albadoro S.p.A. C.so Asti 18 – Guarene (CN): comune (regular), all'uovo (egg-pasta), spinaci (with spinach) and pomodoro (with Tomato).

Bordone (Pastificio Artigianale – Bra): Spaghetti, trenette, gigli, fusilli, spumoni, penne, conchiglie, reginette, creste di gallo. Tre sapori: conchiglioni, spaghetti, fusilli, penne.

Italpasta: regular, all'uovo (egg-pasta), spinaci (with spinach) and pomodoro (with Tomato).

La Molisana: regular and egg-pasta.

Agnesi, Barilla, De Cecco, Pasta del Verde.

**Polenta:** "con funghi" (mushroom flavour) e "con verdura" (vegetables flavour), by Molino F.lli Peila (Valperga).

**Potato Starch:** Cleca (S. Martino all'Adige –MN), available under the following labels:

Dispensa e Cucina (COOP), SoloBontà (Eurospin), Noi&Voi (C3), Bontà e Fantasia (Topdi),

Cucina e Sapori (DiPiù), Antica Cucina (LD), Sisa (Cedi Sisa).

**Salty olives:** Forbidden if contain vinegar. Lactic acid is regarded as Pareve.

**Snacks:** Twix, Mars, Bounty, Cote d'Or, Milka: must show Rabbinical label and composition in Hebrew.

**Vegetarian Sauce:** Kikkoman: soy sauce

**Spreads:** Ferrero: Nutella (L) Eà

Nocella, available at Bertino (supervised, Pareve).

**Sugarcoated almonds (confetti):** Amaretto brand available at: "Alineri Bomboniere" - c.so Giulio Cesare 97 bis.

**Tomato Sauce:** Plain tomato sauce is usually permitted. Rodolfi Mansueto is supervised.

**Tofu:** La fonte della vita (Trinità - CN): plain, with *only* water and soy.

**Vegetarian food:**

Alpro: all supervised.

Bio Ene (Italy): Hamburger Vegetale, Impanata Vegetale, Polpettine Vegetali, Compesine Bio.

La Tavola di Zio Eliò: all supervised.

Valsoia: *only*

intero.

Rav Alberto Moshe Somekh  
Torino, 24 kisleb 5765 – 7 dicembre 2004