



KOSHERQUEST.ORG
EEIDLITZ@KOSHERQUEST.ORG

Kosher Information Bureau Updates & Alerts

Beis Medrash Mordechai Yaakov

KASHRUS CONSCIOUS

Pas Yisroel

A service of the Kosher Information Bureau
by Rabbi Eliezer Eidlitz

Tishrei 5787

Jewish Cooking and Baking

(No, This is Not a Cookbook)

During the Aseres Yemei Teshuvah, the **Tur** and



Shulchan Aruch

(*Orach Chaim* 603, based on the *Yerushalmi Shabbos* 1:3) caution us to be especially careful about only eating baked items produced by a Jew,

known as *Pas Yisroel*.

To understand the reason for this *minhag* and how to apply it, we need to understand the background of the original *gezeirah* against eating בישול עכו"ם and פת עכו"ם, items which are cooked or baked by non-Jews.

An Appetizer: Some Background Information

The Mishnah (*Avodah Zarah* 35b) says that the bread and the cooking of non-Jews are prohibited (Rabbinically). The Rishonim debate whether these were two separate institutions, or one unified *gezeirah*. **Rabbeinu Tam** (ע"ז לו ע"ב ד"ה והשלכות) holds that the Sages first forbade *bishul akum* and only several generations later *pas akum*. The **Ramban** writes (ע"ז לה ע"ב ד"ה מה ראו) that *pas akum* was included under the heading of *bishul akum* as part of the same fence to ward off intermarriage.

Chazal were concerned that if a Jew eats food or bread prepared by a non-Jew, it can create a closeness between him and the non-Jew and he may even end up intermarrying, *chas v'shalom*.

Cooking Concerns

With respect to *bishul akum*, there is an additional concern: non-kosher ingredients might be used by the *akum* (רש"י ע"ז לה ע"א ד"ה מדברבנן). **Rav Moshe Feinstein** says that usually this remains a great concern (*Igros Moshe* Y.D. 2:33).

When You Can't Eat Them, Sell Them

These safeguards were enacted only to prohibit eating bread and cooked products of non-Jews. However, benefit was allowed (עבודה זרה לה ע"ב).

Im-pas-able

Originally, Chazal wished to make the same restrictions with bread as with cooking, but this proved difficult for the masses (ע"י תוס' ע"ז לה ע"ב ד"ה), since bread has historically been the mainstay of most people's diet, as alluded to in the *pasuk*: כי לא על הלחם לבדו יחיה האדם (*Devarim* 8:3). Even today, current consumption statistics show that about 80% of the world eats bread daily, and the average American consumes over 64 pounds a year! To compound the issue, in the past, many cities and towns had laws that restricted which industries Jews could partake in, leading to a situation where many places only had a non-Jewish baker.

Chazal sought a solution that would enable the Jews to have their bread and eat it, too. In order to understand their solution, we need to look at the different halachic categories and terms related to the topic of food prepared by a non-Jew:

De-fine Dining

1. **Bishul Akum** – בישול עכו"ם: The prohibition to eat food cooked by a non-Jew only applies to an important raw food (e.g., steak, chicken, fish, etc.) that is not fit to be eaten raw (י"ד קיג, א). Food that can be eaten raw (e.g., various fruits and vegetables, as well as some types of fish that are eaten raw in sushi form) was not included in this restriction. To summarize: If a non-Jew cooked food that a) could be served at an important meal and b) cannot be eaten raw, and a Jew was not involved with the cooking, the cooked food cannot be eaten and is not Kosher. The metal pot and other utensils will have to be kashered as well (י"ד קיג, טז).

2. **Bishul Yisroel** – בישול ישראל: This refers to food cooked by a Jew. The **Rama** (י"ד קיג, ז) requires a token Jewish involvement to qualify, such as turning on the gas burner or adjusting the flame level. This is followed by Ashkenazim. The **Mechaber**, however, requires more Jewish participation in the cooking

process to become Bishul Yisroel (שם סעי' ו'). This is followed by the Sephardim.

3. **Pas Yisroel** – פת ישראל: There are many qualifications for baked goods to be called Pas/Bread. First, the product must be made from wheat, barley, spelt, oats, or rye (רמב"ם הל' ברכות ג, א). Also, it must look and function as bread (ע"ש"ך יו"ד קיב, יחופרי). Excluded are items such as noodles, etc., which use flour ingredients but are not similar to bread. Pas Yisroel (Jewish-made bread) is bread which was baked, at least in part, by a Jew. Many Poskim (*Pischei Teshuvah* Y.D. 112:1; *Igros Moshe* Y.D. 1:45) allow even a non-Shomer Shabbos Jew to bake the Pas Yisroel bread, as the concern of intermarriage does not apply. However, some are strict in all situations to only consume Pas Yisroel baked by a Shomer Shabbos Jew, following the opinion of the **Pri Chodosh** (112:2), **Tzitz Eliezer** (9:42), and others. The **Shulchan Aruch** (112:9) says that as long as a Jew was involved in the baking process, even by simply lighting the oven, the bread is deemed Pas Yisroel. Therefore, baked items such as a frozen Challah that was partially baked by a non-Jewish company but was finished by a Jew have the status of Pas Yisroel. Even if the bread was completely baked by a non-Jewish baker, it can become Pas Yisroel by improving it in a significant way (יו"ד קיב, יב), such as making it French toast. Some even allow this by toasting the bread (*Teshuvos V'Hanhagos* 1:444). Many kosher-certified baked products in our times qualify as Pas Yisroel if a Jew turned on a pilot light, or according to some Poskim even a heat bulb.

4. **Pas Akum** – פת עכו"ם: If a non-Jew bakes bread in his or her home and shares it with a Jew, that may lead to a close relationship and ultimately intermarriage, *chas v'shalom*. Chazal therefore prevented this by banning eating home-baked bread from a non-Jew. This is known as *pas ba'al habayis*. One is allowed, nevertheless, to benefit from it, as mentioned above.

5. **Pas Palter** – פת פלטר: This refers to bread made by a non-Jewish baker, as opposed to bread baked in a home. After much debate, Chazal concluded on this compromise as a solution to the challenge as to where people will be able to get bread if they can't bake it and there is no Jewish bakery in town. (Some

permitted this even when bread baked by Jews is available — see Rama Y.D. 112:2.) The reason is that bread baked by an anonymous baker does not engender any close relationship.

During most of the year, if equal-quality Pas Yisroel bread is not available, the custom is to be lenient to permit Pas Palter. However, to show that we know and accept that we would only eat Pas Yisroel all year if it was readily available, during the days of Aseres Yemei Teshuvah, we go out of our way to only eat Pas Yisroel. Also, the **Mishnah Berurah** (242:6) says that on Shabbos and Yom Tov throughout the entire year, it is appropriate to eat only Pas Yisroel.

Pas Yeah and Pas Nisht

We need to understand what products are affected by this, and which are not really Pas. Clearly, not all products containing flour are considered Pas. For example, some Poskim hold that a cereal like Cheerios is not subject to the laws of Pas Yisroel, as it is not a substitute for bread (see the discussion in *V'Zos HaBracha*, p. 192).

The following is a list from the Star-K (based on the *psak* of Rabbi Moshe Heinemann שליט"א) concerning which items are subject to the laws of Pas Yisroel, and which are not:

Star-K (baked goods subject to the Halachos of Pas Yisroel)



- Bagels
- Breads and Breadcrumbs
- Cakes
- Cereals – the following are *Pas Palter*:
- Cinnamon Toast Crunch
- Honey Grahams
- Grape Nuts
- Oatmeal Squares
- Golden Grahams
- Cookies
- Crackers

- Croissants
- Flat Breads
- Graham Crackers
- Hors d'oeuvres – if baked
- Kichel
- Knishes
- Matzah
- Muffins
- Pancakes
- Pastries
- Pie Shells
- Pretzels – hard and soft
- Pizza
- Wraps / Tortilla
- Waffles

Non-Pas Yisroel Items (baked goods which are not subject to the Halachos of Pas Yisroel)

- Cereals:
 - All Shehakol or Ha'adamah cereals
 - Mezonos cereals that are flakes or made from rice
 - Cheerios
 - Granola Cereals
 - Life
 - Puffed Wheat
 - Oat Cluster Cereals
- Donuts – when fried. If baked, they are considered Pas.
- Granola / Granola Bars
- Kishke
- Kreplach
- Licorice
- Matzah Balls
- Oatmeal – when cooked
- Panko Crumbs
- Pasta

OU-certified Pas Yisroel list (see full list at oukoshher.org)



- A & B Fish: All products
- Loacker: All products are Pas Yisroel
- Acme [Albertson's] (FSE): Milltown, NJ and Narberth, PA — all fresh baked products
- Albertson's: Fresh baked items only
- Amnon's Kosher Pizza: Frozen pizza (Cholov Yisroel)
- Angel's Bakery: All products, when bearing an OU symbol
- Aunt Harriet: All products
- Bagels and More: Bagels
- Balabusta: All products
- Barton's: Chocolate-covered matzah
- Blinzi: All products, including calzones, pizzas, bagels, bread sticks, and pretzels
- Bloom's: All cookies
- Bloom's/Temptations: All cookies
- Boundbrook ShopRite [FSE]: All in-house prepared foods are both Pas Yisroel and Yashon
- Burnt Offerings — Las Vegas [FSE]: All products
- Busco Bagels: All bagels
- Café 11 [FSE]: All products
- Chef's Wonder: Breadcrumbs and matzah meal
- Chow & Ciao: All products
- Continental Pastry: Cakes and Cookies
- Cook's Choice Breadcrumbs
- Croyden House: All products
- Dagim All products
- Daily Pita: All pita bread
- Dame Blanche Chocolate/Vanilla Biscuits
- David Elliot: Breaded Chicken
- David's Cookies: All pareve products
- David's Gluten Free: All products

- Delacre Cookies
- Diplomat Catering [FSE]: All products
- Dream Pretzels: Pressels/Pretzel Chips
- East Brunswick Shoprite [FSE]: All in-house prepared foods are both Pas Yisroel and Yashon
- East Windsor Shoprite [FSE]: All in-house prepared foods are both Pas Yisroel and Yashon
- Einat: Breadcrumbs, croutons
- Elite: Biscuits
- Elsa's Story: Cookies, crackers, pastries (not Cholov Yisroel)
- Falafel Tanami [FSE]: All products
- Fischer Brothers & Leslie (FSE): Challah, challah rolls, chicken nuggets, fried breast meat
- Fourre Sandwich: Chocolate/Lemon/Strawberry/Vanilla Biscuits
- Fresh (Amazon Brand): Bagels
- Gafnit: Challah and Bread
- Ganim: French Toast
- Gefen: Crackers, cookies, whole wheat breadcrumbs (Yashon), matzah (Yashon), ice cream cones
- Gelbstein's Bakery: All products
- Geshmak (Biener's Bakery): All products
- Glatt Kosher Wholesalers/Bingo: All products
- Golden Fluff: Pretzels, cookies, animal crackers (also Yashon)
- Goodman's: Matzah Products
- Green Ribbon: Cookies
- Guiltless Gourmet: Wraps
- Hadar: Assorted biscuits
- Haddar: All products
- Heaven Food: All products
- Horowitz Margareten: Matzah products
- Howie and Sally's: Biscotti
- J & P: Pita bread
- Jason: Breadcrumbs
- Jeff Nathan: Panko Breadcrumbs

- Jewel-Osco [Albertson's] (FSE): Evanston, IL – store-baked bread and kosher cakes
- Jewel-Osco [Albertson's] (FSE): Highland Park, IL – store-baked bread and kosher cakes
- Just Bagels: all bagels when bearing the OU symbol
- Katz's Gluten Free Oat Challah Rolls
- Kedem Cookies, Cereal bars, Tea Biscuits (also Yashon), Crackers (also Yashon)
- Kem Kem Crackers
- Kemach Food Products: Pas Yisroel and Yashon when indicated on label
- Kitov: All Products
- KJ Poultry: breaded chicken nuggets
- Kola Farangi [FSE]: All products
- Koopmans Foodcoatings: Breadcrumbs only
- Kosherific: Fish Sticks
- L'Esti Desserts: Cakes and pastries
- La Gondola [FSE]: All products
- La Marguerite & Co.: All products
- Lachmi: All products
- Lang's: Breads, Rolls and Bagels
- Laromme: All pareve products
- Maadanot: Bourekas, malawah, pizza squares
- Macabee: Pizza Bagels (Cholov Yisroel)
- Maison Valero: All Products
- Manischewitz Co.: Tam tams (Yashon), Italian coating crumbs (Yashon), cake mixes, All Matzah products (Yashon)
- Marlboro Shoprite [FSE]: All in-house prepared foods are both Pas Yisroel and Yashon
- Masbia: All products
- Matamim: All products
- Matzot Carmel : Matzah
- Meal Mart: All products
- Meat Cafe [FSE]: All products
- Mendelson's Pizza: Pizza (Cholov Yisroel) and breads

- Miami Onion Rolls: All products
- Milk 'N Honey [FSE]: All products
- Mishpacha: All products
- Miznon [FSE]: All products
- Mother's: Matzah products
- Mrs. Adler's: Matzah products
- Mrs. Pure's Gold Label: Coconut Crisp Cookies (When bearing Pas Yisroel on the label)
- Natural Coffee: Coffee Cakes
- Navaz Catering [FSE]: All products
- Neptune Shoprite [FSE]: All in-house prepared foods are both Pas Yisroel and Yoshon
- Neri's: Breads & Bagels
- NES Catering [FSE]: All products
- NY Brooklyn Bread: All Products
- Of Tov: Chicken Breast Nuggets
- Old Williamsburg: All products
- Only Oats: Cookies
- Osem: All products
- Ostreicher's: All products
- Pat's [FSE]: All products
- Patis Bakery: Wholesale/retail — all products (Yoshon, Cholov Yisroel)
- PF Bakeries: Pita, Pita Chips, Challahs
- Pita Express: Pita bread
- Prime Events by Mindel [FSE]: All products
- Quality Food Industries: Croutons
- Raft Foods: Croutons
- Ralph's Grocery - Sherman Oaks (FSE): All fresh products from the Kosher bakery
- Ralph's Grocery - LA - South La Brea (FSE): All fresh products from the Kosher bakery
- Reisman Bros. Bakery: Assorted cakes, cookies, rugelach
- Riviera: All products
- Rokeach: Hamentashen (only when labeled as Pareve and Pas Yisroel), cookies, soup nuts
- Sadaf: Wafers

- Saffron Culinary East Rockaway (FSE): All products
- Shibolim: Biscotti and cracker sticks
- Shoprite: Challahs and assorted bread products (only when labeled Pareve and Pas Yisroel)
- ShopRite of Aberdeen [FSE]: All in-house prepared foods are both Pas Yisroel and Yoshon
- ShopRite of Lawrenceville [FSE]: All prepared in-house foods are both Pas Yisroel and Yoshon
- Short Cake: Friesengold Biscuits
- Simcha: Pareve products
- Smash: Pretzels
- Smash House 37th St. [FSE]: All products
- Smash House 47th St. [FSE]: All products
- Smilowitz: Exclusively Pas Yisroel rolls, cookies, cakes, breads
- Tabernacle [FSE]: All products
- Table d'Hôte: All rolls and baguettes
- The Korner [FSE]: All products
- Tierra Sur [FSE]: All products
- Tovli: Blintzes, pizza, knishes (frozen packaged)
- Trader Joe's: Chocolate Babka, Mango Babka, Pumpkin Spice Babka
- Universal Foods: Breadcrumbs
- Wednesday: All products
- Wein's: All products

Pas Yisroel List



Anthony & Sons: Except for all Pullman-style breads (whether in bags or wax paper)

Automatic Rolls of Baltimore: ALL - Except for English Muffins

Automatic Rolls of NJ: ALL - Except for English Muffins

Bake Rite Rolls: ALL - Except for English Muffins

Bread Alone: Only Bread and Rolls. Does NOT include pastries and sweet goods, which are NOT

certified Kosher by the Kof-K.

Canada Bread: Only when the letters PY appear in the lot code

Crispy Bagel: ALL

Food For Life: ALL - EXCEPT FOR PITA BREAD ("PROPHET POCKETS") & FLAKE CEREALS

Gabillas Food Products: ALL

H&S Bakery: ALL - Except for English Muffins

Hauswald's: ALL

JJ Cassones: Only Bread and Rolls. Does NOT include pastries and sweet goods, which are NOT certified Kosher by the Kof-K. Bagels are certified Kosher but are not Pas Yisroel.

Kerry Ingredient Co.: Select Items - please contact the KOF-K office

Mid Atlantic Baking: ALL

Nanas Cookie Co.: ALL

Oberlander Bakery: ALL

Orthodox Bakery: ALL

Schmidt Baking: ALL - Except for English muffins

Scottos: ALL

Streits: ALL

Tofutti Brands: ALL

Tristate Buns: Only when bearing the letters "TSB" in the lot code

Are You Really Allowed to Dip the Apple in the Honey?

Honey is a food that we might have assumed is not kosher. This is based on the general rule in the Gemara (*Bechoros* 7b): היוצא מן הטמא טמא — *Anything that is derived from a non-kosher source is not kosher as well.* Based on this halacha, bee honey should be deemed



not kosher, as it is a derivative of an insect. However, the Gemara (*ibid.*) gives two reasons for honey nevertheless being considered kosher:



1. It is not part of the bee, but rather something that the bee processes.
2. It is permitted due to a *pasuk* in the Torah (ויקרא יא, כא, עיי"ש בגמרא).

In halacha, the opinion that we rely on the *gezeiras hakasuv* is primary (ע"י ביאור הגר"א יו"ד סי' פא סק"ג-ד ובסוף), and this is the main reason to allow honey as a kosher product.

Therefore, pure honey that does not have additives or flavoring is always kosher for year-round use (other than Pesach). Bee pollen, beeswax, and bee bread are also permitted.

Royal jelly, which is secreted from glands in the heads of bees, is debated among the Poskim. The **Tzitz Eliezer** (11:59) allows it, but Rav **Shlomo Zalman Auerbach** (*Minchas Shlomo*, Tinyana 64) says that *lechatchilah* one should not eat it.

Bees' legs or wings that are found in a honeycomb are not an issue since they are not considered food. The **Rosh** (*Avodah Zarah* 5:11) considers them as dust and ashes. The **Pri Chadash** (Y.D. 81:27) also says that they are not considered food.

A honeycomb that is unflavored and has no additives is fine without a *hechsher*.

Natural honey can have different flavors based on the source the bee obtained the pollen from. Unfortunately, there are companies, in particular from Asia, which use a great deal of corn syrup and additives to make the product taste like honey. Those certainly require a *hechsher*. Pure honey does not list any ingredients other than honey.

Kosher Information Bureau
131 Country Club drive
Lakewood, NJ 08701

י"ש ר כח to the sponsors of this publication:
The Kapenstein family
The Bak family and
The Arnall family



To sign up for our mailing list, please go to www.kosherquest.org and enter your email address, or contact us and we will add it.

To donate or sponsor a newsletter please go to www.kosherquest.org or call 818 262 5351

Published by:



machon@bprintgroup.com • 732.475.0101