

NOAC 2024

CU Boulder



Cooking Kosher

How to Make Kosher Meals While Camping

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Learning Objectives

1. Understand Kosher Principles
2. Identify Kosher Ingredients
3. Plan and Prepare Kosher Camping Meals





1.

Understand Kosher Principles

Learn the basics of kosher dietary laws, including permissible and prohibited foods.



What is Kosher?

- **Food prepared according to Jewish dietary laws**
- **Kashrut** (or kashrus) encompasses these laws, ensuring that food aligns with religious guidelines.
- Intertwines **faith, health, ethics, and community**
 - Demonstrates obedience to divine commandments
 - Kosher food is considered pure and sanctified
 - Shared dietary practices foster a sense of belonging among Jewish communities



Kosher Symbols

- Various symbols are used to denote Kosher products
- Here are some of the most common:



Kosher Food Categories

- **Meat:** Kosher meat includes selected birds and mammals with split hooves that chew their cud.
- **Dairy:** Dairy products must come from kosher animals, and cheese cannot be processed alongside meat.
- **Pareve:** All other foods (vegetables, fruits, grains, fish, eggs) fall into this category.



Key Elements of Kashrut

- **Pairing:** Meat and dairy cannot be eaten together or prepared in the same meal.
- **Preparation:** Rules cover slaughter (shechita), cooking, and utensils. For example, meat must be slaughtered humanely.
- **Certification:** Look for kosher certification symbols to verify compliance.



Rules with Kosher Foods

	Definition	Examples	Seperation	Waiting Period
Meat (Fleishig)	Foods derived from kosher animals that have been properly slaughtered (shechita)	Beef, lamb, veal, and poultry (chicken, turkey, duck); processed meat (sausages, deli meats)	Meat cannot be mixed with dairy in the same meal or cooked in the same utensils	Wait a designated time (usually 3–6 hours) before eating dairy
Dairy (Milchig)	Dairy products from kosher animals (e.g., cows, goats, sheep)	Milk, cheese, yogurt, butter, and cream as well as <i>foods containing these ingredients</i>	Dairy cannot be mixed with meat in the same meal or cooked in the same utensils	Wait a designated time (usually 1 hour) before eating meat
Pareve (Neutral)	Pareve foods are neither meat nor dairy. They are neutral and can be combined with either category	Fruits, vegetables, grains, fish, eggs, and nuts are pareve; non-dairy desserts (e.g., fruit salad)	Pareve foods can be eaten with both meat and dairy	No waiting time is required after consuming pareve items



Prohibited Foods

- Pork and its By-Products: Pork is strictly prohibited in kosher dietary laws
- Shellfish and Seafood without Fins and Scales: Creatures like shrimp, lobster, and clams fall into this category
- Birds of Prey
- Mixing Dairy and Meat Products





2.

Identify Kosher Ingredients

Recognize kosher ingredients suitable for camping meals.



Non-Perishable Options

- **Sealed Tuna:** Canned tuna is an excellent protein source.
- **Dried Fruits:** Raisins, apricots, and dates provide energy and natural sweetness.
- **Nuts:** Almonds, walnuts, and cashews.
- **Granola Bars:** Opt for bars with whole grains and dried fruits.
- **Shelf-Stable Crackers:** Choose crackers made from kosher ingredients (e.g., whole wheat or matzo).



Fresh Ingredients

- **Selecting Fresh Produce**

- Look for kosher symbols on fresh fruits and vegetables
- Some produce may require thorough washing to remove insects
- Avoiding Non-Kosher Produce: Certain fruits (e.g., grapes) may be problematic due to potential insect infestations

- **Eggs**

- Certified Kosher Eggs: Purchase eggs with a kosher certification
- Separation: Keep eggs separate from meat or dairy products



Keeping Ingredients Safe

- **Storage Containers**
- **Coolers and Ice Packs**
- **Proper Food Handling**
- **Cooking Hygiene**
- **Insect Inspection**





3.

Plan and Prepare Kosher Camping Meals

Gain practical skills in planning, cooking, and enjoying kosher meals during outdoor adventures.



Campfire Cooking

- **Foil Packets**
- **Skewers**
- **Dutch Oven Recipes**
- **Safety**



Shakshuka (Campfire Version)

Ingredients:

- Eggs
- Canned tomatoes
- Bell peppers
- Onion
- Garlic
- Spices (paprika, cumin, chili flakes)

Instructions:

1. Simmer the tomato-pepper-onion mixture in a cast iron skillet over the campfire.
2. Create wells in the mixture and crack eggs into them.
3. Cover and cook until the eggs are set.



Tahini S'mores

Ingredients:

- Graham crackers
- Marshmallows
- Dark chocolate
- Tahini (spread on the graham crackers)

Instructions:

1. Roast marshmallows over the campfire.
2. Assemble s'mores with tahini-spread graham crackers and melted chocolate.





4.

Open Discussion

Discuss challenges faced during cooking and share tips for successful kosher camping meals.



Takeaway Challenge

Write down three key takeaways from this session that will enable you to Seek New Heights in those current and/or future roles.

For example: I can take these new skills and help teach others, or with this information, I can help my family cook new meals.



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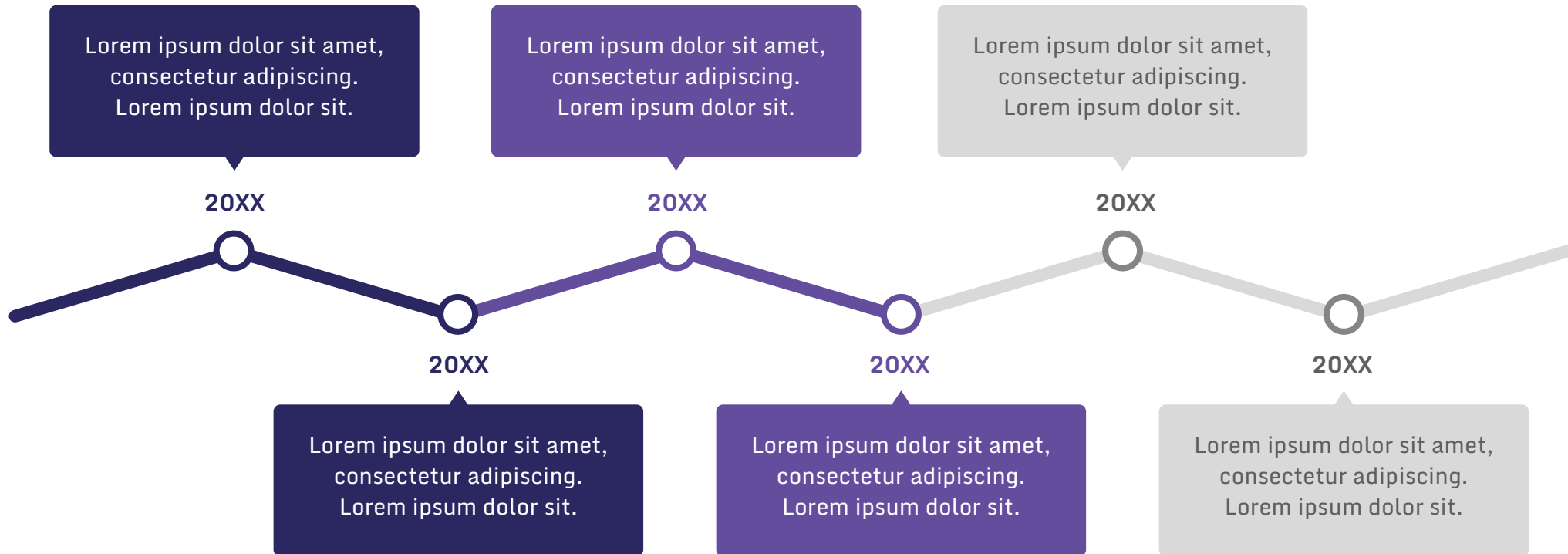
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Timeline



Process

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