

# Kosher Kiwi Licensing Authority New Zealand

## ועד הכשרות ניו זילנד



### The Kosher Kiwi Directory

Auckland:

108 Greys Avenue  
Auckland 1145

Rabbi N. Friedler  
Tel: +64 9 373 2908  
rabbi@ahc.org.nz

Wellington:

80 Webb Street  
Mt Cook 6011

Rabbi Y. Mizrahi  
Tel: +64 4 384 7531  
rabbi@wjcc.org.nz

Please note that the Kosher Kiwi Directory is being continuously updated. This is a massive undertaking, with many people putting endless hours into detailing kashrut information, so that the kosher consumers are able to enjoy a range of new & existing products.

To the best of our knowledge the products listed in this Kosher Guide are correct. However, food production is ever-changing and it is an on-going task to keep up with the changes.

We will endeavour to keep our community updated with product changes as we are informed of them. These updates will be emailed to community members, and will be also be reflected in the Kosher kiwi directory.

#### Disclaimer!

Kosher Kiwi Licensing Authority New Zealand Directory has taken every possible precaution to ensure that the Kashrut information is exact. Thus the Kosher Kiwi Licensing Authority New Zealand cannot be held responsible for any errors.

We will ensure to the best of our ability that you and the wider community are constantly informed about regular updates.

## **KOSHER STORES** - There are 2 Kosher Stores in NZ

### **AUCKLAND**

Greys Ave Deli – (GAD)  
108 Greys Ave, Central City, at Auckland Hebrew Congregation  
Centre  
Ph 09 373 2908

[www.greysavedeli.co.nz](http://www.greysavedeli.co.nz)

**Open** - Mon – Fri 7.30am – 3.30pm, Sun - 9am – 11am  
(unless a Jewish holiday)

### **WELLINGTON**

Wellington Kosher Co-Op  
80 Webb St, at Wellington Jewish Community Centre  
Ph 04 384 3136  
kdeli@ihug.co.nz

#### **Open** -

Wed - 12 – 4pm; Thurs - 5pm – 7pm  
Fri - 10am – 2.30p; Sun - 11am – 3pm

## **OTHER RETAIL STORES TO SOURCE KOSHER PRODUCTS**

### **New Zealand wide**

Countdown Supermarkets  
NW – New World Supermarkets  
PnS – Pak n Save Supermarkets

### **Auckland**

Huckleberry Farms at 3 Auckland locations  
- Royal Oak – 6 Campbell Rd, Royal Oak – Ph 625 0077  
- Grey Lynn – 405 Richmond Rd – Ph 376 3107  
- Glenn Innes (opposite Nosh) – Ph 528 2944  
Ceres Organics – 181 Ladies Mile, Ellerslie – Ph 579 7126  
Inside Africa – at Botany, Albany & Henderson, Auckland  
Martha's Backyard, Mt Wellington  
La Mama, Marua Road, Mt Wellington

### **Wellington**

Davis Trading  
Moore Wilsons  
Common Sense Organics  
Uncle Bills  
Ontrays

## **INSTRUCTIONS ON USING THIS DIRECTORY** –

Codes have been used in the columns next to the products to show –

P – Pareve

D – Dairy / Milchig

F – Meat / Fleishig

P/DV – Pareve, made on equipment that has been used for dairy

**NK – NOT KOSHER**

### **KEY:**

crc – Chicago Rabbinic Council

ka – from Kosher Australia web-site – [www.ka.org.au](http://www.ka.org.au)

ldn – from London Kosher web-site – [www.kosher.org.uk](http://www.kosher.org.uk)

Mel – from Melbourne Kashrut Authority

Uos – from South Africa Union of orthodox Synagogues web-site  
– [www.uos.co.za](http://www.uos.co.za)

Wgtn – Wellington Hebrew Congregation

Hechsher - A hechsher symbol to indicate which Kashrut Authority has certified the product. This hechsher is on the product label.

## **\_KOSHER BASICS**

Most consumers are familiar with the foods that are categorically non-kosher. Meat from horse or pigs, or seafood such as lobster, mussels or shark, are obviously not acceptable as kosher. Other aspects of kosher requirements are less obvious, however, and a brief outline below offers some detail.

### **MEAT**

Even meat from a kosher animal may not be eaten unless it was kosher slaughtered and subsequently salted to remove all blood from the vessels and capillaries of the meat. Poultry is subject to the same restrictions. At present such meat and poultry are available in New Zealand only at Grey's Ave Deli in Auckland, and at the Kosher Co-op in Wellington.

### **FISH**

No special method of killing is necessary for fish, nor is salting required. However, only fish with scales on the skin are kosher. When purchasing fresh fish from a market be sure to identify scales before purchasing. If the skin has already been removed the fish must not be assumed to be kosher unless you can unmistakably identify the flesh as from a species with scales. Salmon is acceptable (according to many authorities) even without skin, since the colour of salmon is found only in kosher species of fish. Take care to rinse the fillet well before cooking, since the knives used to fillet the fish may have been used also with non-kosher seafood.

### **PROHIBITED MIXTURES**

It is commonly known that dairy and meat products may not be cooked nor eaten together. One may not even benefit from such a mixture. As such, one cannot feed a pet such a formula in which meat and dairy are combined.

A kosher kitchen will have two sets of crockery, dishes and cutlery, for dairy and meat respectively. Even when clean, the crockery for meat must not be used for dairy, or vice versa. If dairy is cooked in a meat pot please consult with the rabbi as to whether the food may be consumed, and how to deal with the crockery.

Fish may not be cooked or eaten together with meat, although there is no need to have separate dishes or crockery for fish. Both meat pots or dairy pots can be used to cook fish. Some (Sephardic Jews) have a tradition not to eat fish with dairy either, eating fish only with parve foods.

Oils are often refined on equipment that also processes animal fats. Please use only the oils approved in this list. Processed foods are also subject to ingredients that are not acceptable as well as equipment used for non-kosher foods.

### **MILK AND CHEESE**

The milk of kosher animals, such as cows, sheep and goats, is inherently kosher. While the Talmud states that milk must be supervised to ensure it comes exclusively from kosher sources, many authorities rule that strict government regulations in the dairy industry are sufficient for this purpose. In New Zealand the inspection regime of government authorities fulfil such standards (although some observe a higher standard of Chalav Yisrael, drinking only milk that is supervised from the time of milking).

Cheese is more sensitive, however, and very strict standards are required for rennet-set cheeses. While some soft cheeses are approved, and they appear on this list, all rennet-set cheeses require proper kosher certification, even when the rennet is vegetarian. Kosher rennet-set cheeses are currently available only at Grey's Ave Deli in Auckland, and at the Kosher Co-op in Wellington.

### **WINE**

All products made from grapes must have kosher certification, including wine. While there may be non-kosher ingredients added to wine in order to improve its texture or flavour, the sensitivity of kosher in relation to wine goes much further. Robust restrictions were placed on the manufacture of kosher wine due to its use in ritual and worship. Jewish tradition requires wine during Kiddush and other sacred occasions. Christian and Pagan rituals also use wine in their rites. For this reason all products using grape (including wine, grape juice, jams and even candy sweetened or coloured with grape) are not acceptable as kosher unless produced under strict kosher supervision. Kosher wine can be found at Grey's Ave Deli in Auckland, the Kosher Co-op in Wellington, and in some specialty shops.

### **PESACH**

The rules of Pesach (Passover) are outside the scope of this guide. Please refer to the Kosher Kiwi Guide to Passover.

### **CHECKING EGGS**

While the eggs of kosher fowl are kosher, fertilised eggs with bloodspots are prohibited. While many red spots are protein spots rather than blood, we treat all red spots as potentially blood. If the spot is in the white of the egg it may be removed and the rest of the egg can be consumed. If the spot is on the yolk the egg must be discarded.

When boiling eggs it is customary to boil at least three in a pot at once and not to remove them individually while they are still hot. These eggs need not be inspected later for blood spots.

### **CHECKING VEGETABLES FOR BUGS**

Some vegetables can be infested with bugs, and the Torah prohibits the consumption of bugs. Where infestation is common, the vegetables must be inspected. Leafy vegetables are especially susceptible, and these should be washed well and some samples immersed in water with some salt or soap. The water in the bowl should be carefully inspected for small thrips or other types of bugs.