

Passover Guide

5781/2021

The Sephardic comprehensive guide to celebrating a Kosher Pesah

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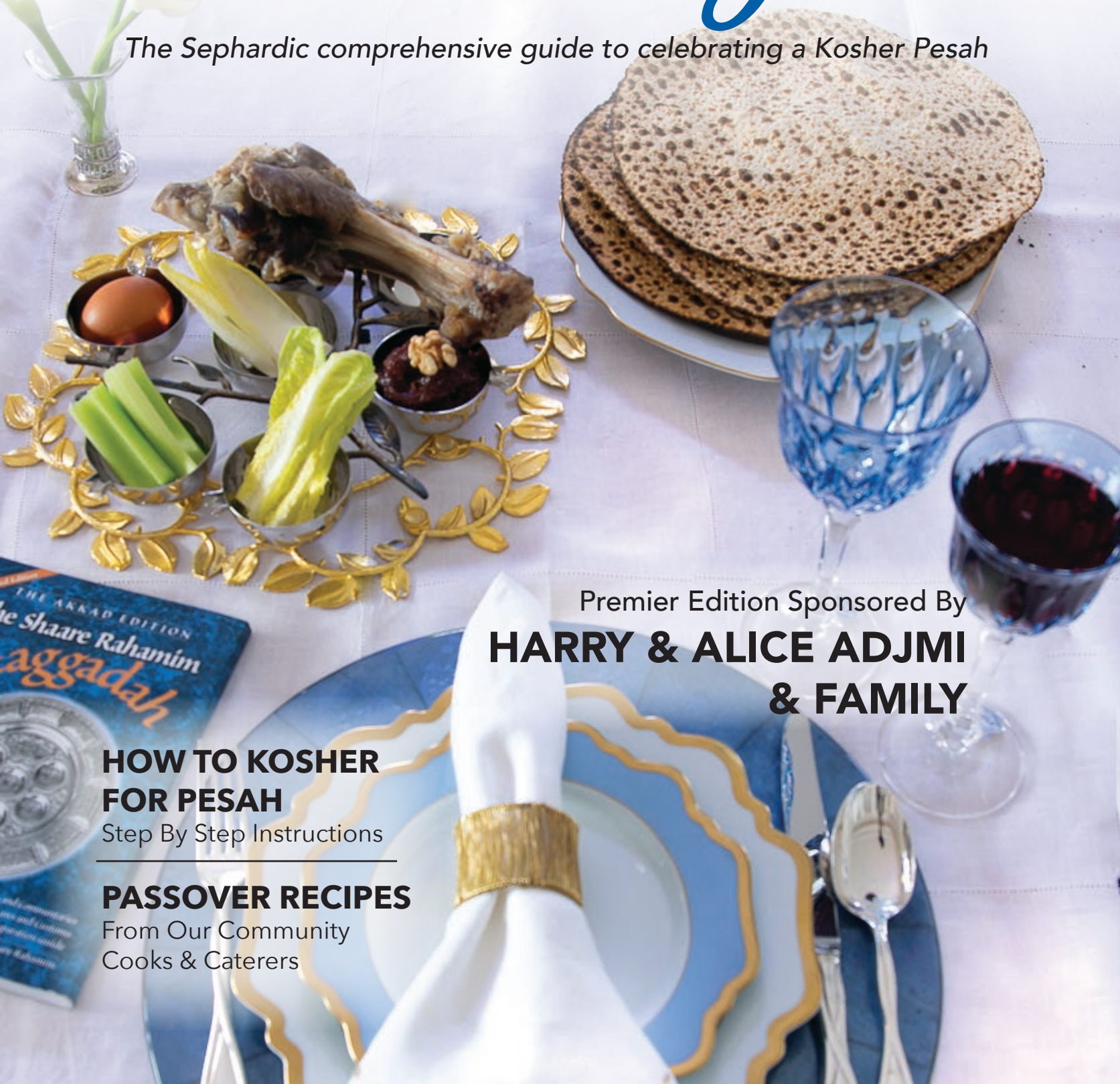
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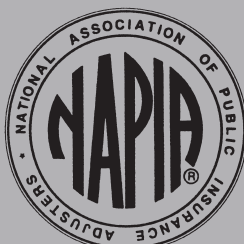
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Original offer from
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\$241,000

AIA negotiated settlement

\$412,000

Over **71%**
Settlement Increase



Storm Damage

COMMERCIAL BUILDING IN EDISON, NJ

Original offer from
Insurance Company

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AIA negotiated settlement

\$425,000

Over **137%**
Settlement Increase



Fire Damage

DISCOUNT STORE IN BROOKLYN, NY

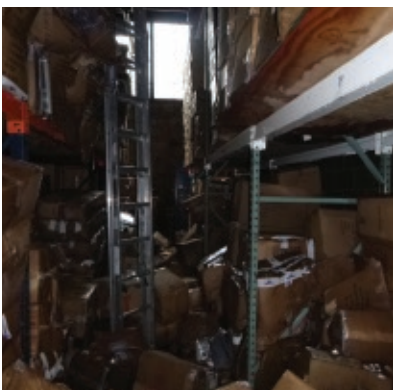
Original offer from
Insurance Company

\$62,000

AIA negotiated settlement

\$94,000

Over **52%**
Settlement Increase



Water Damage

WAREHOUSE IN QUEENS, NY

Original offer from
Insurance Company

\$580,000

(Business Interruption)

AIA negotiated settlement

\$1,100,000

Over **90%**
Settlement Increase

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[\(via website link\)](#) for questions,
and up-to-date information

When Pesah Falls on Saturday Night

FRIDAY, MARCH 26: Burn Hamets by 11:32am
SHABBAT, MARCH 27- EVE OF PESAH:
Stop eating Hamets 10:20am.
Get rid of any remaining Hamets and recite
Kal Hamirah by 11:32am
SUNDAY, APRIL 4: Holiday over 8:04pm
One can use sold Hamets at 8:45pm

Adapted from the Saka Edition of the Yalkut Yosef on Pesah

1. Generally, the Shabbat HaGadol Derasha is given by the Rabbi on the Shabbat closest to the holiday of Pesah. When Pesah begins on Motzaei Shabbat however, the custom is to schedule the Shiur on the preceding Shabbat. (this year March 21st)
2. When Pesah falls on Saturday night, the search for Hamets is advanced to Thursday night. (this year March 25th). We recite 'Kal Hamira' as we normally would after the search.
3. When Pesah falls on Saturday night, the fast of the first born is advanced to Thursday. (this year March 25th). Being that it's pushed up, if it's difficult for a firstborn to fast or participate in a siyum, he may be lenient and eat.
4. One can eat Hamets the entire day on Friday into Shabbat morning up until the end of 4 hours of the day. (**10:20am NJ - See time of the location you will be present in**). Nevertheless, when Pesah falls on Motzaei Shabbat, one should still burn the Hamets on Friday (this year March 26th), before the end of the fifth hour of the day as he would normally do. (**11:32am NJ - See time of the location you will be present in**). This will maintain the usual yearly protocol and avoid error in subsequent years. Enough Hamets should be left over for the Friday night and Shabbat morning meal. **NOTE:** It is not necessary at this time to recite 'Kal Hamira' as we normally would after the burning. 'Kal Hamira' will be recited on Shabbat morning, instead.
5. Although some say it is best to complete all *Hag'ala* (purging of the vessels) before the end of the fifth hour on Friday, (**11:32am NJ**) since this will maintain the usual yearly protocol and avoid error in subsequent years, (**See time of the location you will be present in**), the custom is to allow Hag'ala to take place the entire day on Friday prior to the onset of Shabbat.
6. At both the Friday night meal and the Shabbat morning meal one must be extremely careful not to leave over any crumbs of Hamets.
7. Shabbat morning one should pray early, so as to be able to go home and finish his meal prior to the end of the 4th hour. (**10:20am NJ - See time of the location you will be present in**). (Remember to allow for some time to rinse your mouth).
8. After the Shabbat morning meal, leftover crumbs are flushed down the toilet and 'Kal Hamira' is recited.

NOTE: *Being that the Seder is Saturday night, regular Matsah and Shemura Matsah may not be eaten on Shabbat day.*

9. [There is a unique alternative option of ridding oneself of all Hamets completely by Friday (this year March 26th) before the end of the fifth hour (**11:32am NJ - See time of the location you will be present in**) and reciting 'Kal Hamira' then. In this scenario one would need to use fried Matzot for Hamotzi on Friday night and Shabbat day.]
10. The Kiddush of the first night of the Seder is the order of YKHNHZ; Yayin-HaGefen, Kiddush, Ner-candle, Habdala and Zeman-Sheheyanu.

Introduction

Dear Community Members,

The enhanced JSOR has taken great strides to transform and upgrade its infrastructure and policies in order to accommodate our community's ever-growing Kashrut needs. Over thirty years ago, Rabbi Isaac Farhi founded JSOR to service a few establishments in Deal, NJ during the summer. Since then, the kashrut organization has grown to be an integral part of our community, attending to more than sixty kosher establishments throughout the year, across the Jersey Shore with a presence in Brooklyn as well.

Over the past year, JSOR has worked closely with the OU, CRC, Star-K, KCL, and other kashrut organizations to standardize and strengthen its protocols, reassuring community members to whom kosher observance is essential. "The JSOR has redoubled its efforts to enhance the level of Kashrut and its observance by our community. It has become the premier source of Kashrut information while focusing much attention on further educating our community on its laws and importance to our holy Torah," said Chief Rabbi Shaul J. Kassir.

Thanks to the countless hours of collaboration between the many Rabbis, Mashgihim and JSOR committee members, JSOR has

reached an elevated level of supervision for our existing establishments and will extend their reach to the many new up and coming restaurants that will be opening on the Jersey Shore in the near future. This is very exciting news!

I have always had a love for food and fine dining, so when I was asked to join the JSOR committee, it was a natural fit. I enjoy working together with the existing members of the JSOR. We have one goal in mind, and we have become a family. Our unified vision is to bring quality fine dining to the Jersey Shore, while maintaining the highest standard of kashrut. Committee members, Elliot Antebi, Edmond Cohen, Mark Massry, Steven Eddie Safdieh, Steven S. Safdieh, Sammy Saka, Jeremy Sultan, and I, have all been dedicating much time and effort to this phenomenal endeavor. A special thank you to Kim Cohen and Joy Betesh of the Women's Auxiliary who volunteer their time, and work hands on with the restaurants and establishments to help implement these upgrades for JSOR.

Mark Massry asserts, "The new and improved JSOR board is fully committed to serving the community. We are here to serve Kosher food so our young children, teens, and adults will look forward to eating kosher. We will work with all restaurants to make sure the quality of food, service and decor is up to our standards. The current board was put into place to facilitate the opening of a few more kosher restaurants and has enlisted the help of the many rabbis, Mashgihim, lay-leaders and restaurant owners. Nothing is a coincidence, and if you work hard for the community L'shem Shamayim, then Hashem will make sure you succeed."

What are some of the ways that the JSOR board plans to implement this new vision for kosher fine dining?

- Opening restaurants geared towards attracting our children and teenagers to stay together and socialize in a safe environment
- Placing an emphasis on cleanliness in all establishments
- Creating a beautiful atmosphere and ambiance that provide warm and welcoming, top-notch adult dining experiences- for lunch and dinner
- Identifying experienced chefs to create delicious foods and an eclectic blend of cuisine
- Presenting an array of dining experiences including Asian, Italian, Dairy, Steakhouses and more
- Expecting exceptional service
- Demanding the highest standard of Kashrut
- Providing information and updates via our website, Instagram, and Whats App Chats as it relates to the restaurants and other establishments

The Deal community has long since been just a two month summer destination. Now, with the arrival of new kosher restaurants on the horizon, we have a lot to look forward to all year round! Here are some developments:

- A well-known fine dining Italian restaurant will be opening soon at the DSN Beach club.
- Akimori, Kosher Japanese, by founder Teddy Khafif will open in the Chabad House of the Jersey Shore.
- Salt Steakhouse, by restaurateur David Mizrahi, is a trendy, upscale 5500 sq. ft. restaurant and lounge that will open in Pier Village, in Long Branch.
- Victor Leviov of the Butcher's Steakhouse will be opening a dairy restaurant at Norwood and Brighton Avenue.
- Prept by Chef Ray T will carry house made spice blends, sauces, marinades, ready-to-cook proteins, and pre-cooked meals.

All of this could not have come together without the help of the JSOR team of Rabbis, Mashgihim and my fellow committee members. I would like to acknowledge the tireless efforts and dedication of our president Steven Eddie Safdieh. I would like to extend a warm thank you to Alice Sultan, the JSOR office manager for all her hard work, and Jackie Gindi for her talented graphic designs and marketing vision, including this JSOR Passover 2021 Guide. I would also like to thank community leader, Harry Adjmi for his encouragement, guidance and support. In addition, I would like to thank Rabbi Shapiro from the Chabad of the Jersey Shore who has been a great partner along the way.

On behalf of the community, I would also like to extend our gratitude to the many existing kosher restaurants and supermarkets in our midst who supported our community members by making deliveries to homes during the darkest times of the COVID-19 pandemic. We will always remember this Hessed.

Sammy Saka stated, "Hinei Matob u'Manaim Shebet Ahim Gam Yahad. The success of the JSOR is due to our UNITY, as together we are serving the entire Jersey Shore with the purest of intentions! Keep it going, as Hashem is blessing our holy efforts... Hazzak Ubaruch to the entire team!"

May Hashem continue to bless this wonderful organization as they continue to raise awareness and the level of Kashrut in our community. I would like to extend my sincere wishes to everyone for a Happy Pesah. May this Passover bring health, happiness and blessings to all.

Hag Pesah Kasher V'Sameah!

Richard Setton and the

Committee

Messages from our Rabbis

Holiday of Freedom

The Hagada teaches us the meaning behind the Matsah. Because the dough did not have enough time to rise before Hashem revealed Himself to the Jewish people and redeemed them - they could not wait, so they baked the dough into Matsah. Hence Matsah is associated with the haste and swiftness by which the Jewish nation left Egypt. But why did Hashem have to rush us out of Egypt? We were already there for 210 years. What's another day or two for us to gather our things together and get packed up properly for the journey?

The manner by which the Jews left Egypt expresses an integral lesson regarding the entire Passover experience of Freedom and Redemption. Haste was a necessary and definitive component of that momentous event and serves as a model for all future Redemptions, both personal and national. The unexpected is part of the plan.

In everyone's life, at some point or another, events arise without any sign or indication. Even if there is some sort of hint of their arrival, there is still a certain quality of disbelief once they indeed appear. We can plan and plan for a simha, a vacation, a certain event, but how things play out can change in a minute! When that change happens, there is an unexpected reality to it that no amount of preparation can ever provide. These events are so dramatic that they force us into new ways of viewing and living our lives! No one needs a reminder of the uncertainty that has cast its shadow over every aspect of our existence during the last year!

The dramatic events of the last twelve months have been life-changing experiences that have, caused many to rethink what normal life is supposed to be. What the Torah is teaching us is that through Geula, redemption, we were released from the constricted and limiting lifestyle and worldview that defined Am Yisrael In Misrayim (Egypt). The word Misrayim in Hebrew means limitation – we depart the life that squeezes and suffocates and become free and released. We became a new people.

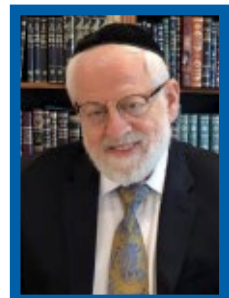
No matter how fast or how slowly the redemption happens, it is something that we can never fully understand or know until we get there. One thing that we know now is that we do not control our lives. We know that despite wanting to plan, we are subject to the will of our Creator. What seems to be may turn out differently. We must accept that the events of the day are all part of Hashem's plan. We must be ready to serve Him in the manner that He will dictate. By carefully preparing our homes and our meals for Pesah, according to the laws and customs that our great community has followed for generations, we are demonstrating that our belief in Torah and reliance on Hashem is solid and unshakable. "Ayn Od Milebado".

By focusing on the events of the Geula that Am Yisrael experienced, we gain a perspective of how we will, B'Ezrat Hashem be able to ready ourselves for the ultimate Geula,

May it be speedily in our days!

Wishing everyone a Hag Pesah Kasher Vesameah!

Rabbi Isaac Farhi



Instructing Our Children

We have a mitzvah to train our children in mitzvot so that when they reach adulthood they are fluent and able to do the mitzvot on their own. There are 4 places in the Torah where we are specifically obligated in instructing our children.

- 1) On the holiday of Pesah, by the Seder, it is a mitzvah to elaborate to the children the details of the Exodus from Egypt, and also about the real purpose of the Exodus, which was to bring the Jewish nation to Mount Sinai to accept the Torah.
- 2) The Mitzvah of Shabbat. In Parashat Yitro it says to refrain from work “You, your son, your daughter etc...” about which Rashi points out “to instruct the adults regarding teaching the children” the Shabbat laws and avoid profaning Shabbat.
- 3) By Kohanim it says “Emor Ve’Amarta” “Say, and you shall say” not to become impure from dead people, using a double expression, which Rashi explains to mean “to instruct the adults regarding teaching the children” about the sanctity of the Priesthood.
- 4) In Parashat Shemini, we are instructed to refrain from eating insects, blood and forbidden animals. The Pasuk uses a spelling that can be read 2 ways “Do not eat them” or (Gemara Yevamot) “Do not give them to eat,” meaning “instruct the adults regarding teaching the children” about forbidden foods.

Why does the Torah focus on these four Mitzvot to instruct our children? Because these four are the foundation of mitzvot.

- 1) The Exodus from Egypt is a mitzva of Emuna - belief in Hashem.
 - (A) After Hashem created the world, He continues to run the world and can change nature, as he did with the Egyptians.
 - (B) Hashem rewards and punishes everyone according to their deeds.
 - (C) The main purpose of the Exodus from Egypt is giving the Torah to the Jewish People so that they can become a ‘Kingdom of Priests and a Holy Nation.’
- 2) The same applies to Shabbat, which is a mitzva

of Emuna, wherein we testify our belief that Hashem created the world in 6 days and rested from Creation on the 7th. This belief must be handed down to our children for all generations.

- 3) For the Kohanim who serve in the Bet Hamikdash and are the teachers of Torah to Klal Yisrael, it is very important for them to train their children to preserve the sanctity of the Kehuna so that they are ready to serve when they reach adulthood.
- 4) The Torah says that when someone eats non-Kosher food he creates a blockage in his heart and brain which prevents his understanding the wisdom of the Torah. Therefore, the Torah says we must instruct our children to avoid eating any non-Kosher foods, like insects, blood and non-Kosher species, so that we retain a clean mind where Torah wisdom can penetrate, and we are able to grasp the wisdom of Torah. From the Torah we see how important this is for us and our generations.

It is crucial to transmit these basic beliefs of Emuna to our children so that the unbroken chain of Torah continues to be transmitted throughout the generations.

NOTE: Next to the Aron Kodesh in the Mishkan and Bet Hamikdash, in the Kodesh Kadashim, stood 2 Kerubim with baby faces, with wings stretched upwards. To teach us that the transmission of Torah throughout the generations is dependent on the Torah learning of the youth.

We, the committee of the JSOR, are gathered here to strengthen our commitment to ensure that the food whose Kashrut is overseen by the JSOR meets the strictest Kashrut standards. This is a protection for us and our descendants from consuming forbidden and spiritually harmful foods. When we consider the seriousness of transgressing the laws of Kashrut, we owe the JSOR a great debt of gratitude and we pray for their continued success in protecting us from harm.

May it be Hashem’s Will that we merit to perform the Pesah Seder according to the Law, and that we merit to see the Final Redemption very soon, in our days, Amen.



Rabbi Rachamim Aboud

Nissan - The Month of Redemption



Dear community members and congregants,

I would like to take this opportunity to extend my best wishes for you and your family to enjoy a happy, healthy, and kosher Pesah. May this season of redemption deliver our families with long life, health, success, and above all, Torah. In Masechet Rosh Hashanah, page 11, the Gemara explains how just as the Jewish nation was redeemed from Egypt in the month of Nissan, so too the final redemption will occur in Nissan. Furthermore, the Holy Zohar, Parashat Pinhas, page 249, explains that when Hashem finally wipes away our fiercest enemy, Amalek, that he will burn them with the Hamets before Pesah. This is why the Pasuk in Parashat Beshalach states, "כי יד על כס י-ה" Hashem promises that He will destroy the remnants of Amalek on the 14th - יד - of Nissan.

During our celebration of Pesah, we must be extremely careful about what we eat. In modern times, with newer technology and never-before-seen ingredients we must pay even a greater degree of attention to ensure that we do not consume any Hamets, G-d Forbid.

The JSOR has been publicizing their list of Kosher items for Pesah for many years, and it can be trusted and relied upon by all of our community members.

As the Ari HaKadosh taught, the Holy Zohar, Parashat Ki Tetseh, page 282, that one who is careful about not eating even the smallest amount of Hamets on Pesah, will be blessed that no obstacles or sins will be found in his hands all year long.

May we merit to celebrate Pesah in the Holy city of Jerusalem, Bimherah Beyemainu, Amen,

Rabbi Edmond Nahum

Overcoming Challenges



Dear community member,

As the holiday of Pesah approaches, we want to wish everyone and their families a happy, healthy and meaningful holiday.

Pesah is a time to strengthen our belief in the creator of the world and remind ourselves and our families of all the wonders that took place in and around the Exodus from Egypt. We use this holiday as the springboard of our faith which carries us through the everyday challenges that we face throughout the year.

Some of those struggles that we face are internal. Of course we always want to do the right thing, but sometimes it's difficult. Actually, our Hachamim tell us that Pesah can assist us in this area.

The Gemara in Berachot (17a) mentions additional prayers that were added by rabbis at the end of their Tefillot. One such prayer reads as follows: 'Master of the universe, it is revealed and known before you that our will is to perform your will. Who prevents us from doing so? **The yeast in the dough.** May it be your will that you save us and that we return to perform your will with a complete heart'. Rashi comments: **the yeast in the dough** refers to the Yesser Hara (the evil inclination) that is in our hearts, which incites us. Just as the yeast agitates the dough, so too the evil inclination agitates us.

On Pesah we are commanded to rid our homes of even the most minute amount of Hamets. Based on the Gemara above, that Hamets represents the Yesser Hara; and so the more effort we put in to ensure that Hamets is not found in our midst and the more we eradicate it from within, the more we cement the strength within us to overcome our desires, and in turn do what is right in the eyes of Hashem.

The JSOR has led our community for many years, going to great lengths to make certain that we have the most updated information on what does and does not contain Hamets. So much time and effort is put in to check, verify and confirm all the individual foods and their ingredients.

May Hashem continue to bless the efforts of this great organization as they continue to raise the level of awareness and the level of Kashrut in our community.

May this Pesah bring us the final redemption and the coming of Mashiah. Amen.

Rabbi Shaul J. Kassin

Praise Hashem for all the Goodness

הודו ל'ה כי טוב is the mizmor that we say so many times throughout Pesah. It is a time to recognize the goodness Hashem does for us. We must start however before Pesah with recognizing, small and large, the goodness of the many people we have around us.

How far can a person see? Perhaps fifteen miles on a clear day. If he were to stand on a rooftop, perhaps a drop further. If we were to stand on a mountain, one's horizon would be so much further.

All of the work in JSOR that we have been involved with over the past two years is that of a midget standing on top of a giant. What Rabbi and Mrs. Farhi have done with the utmost mesirut nefesh, and tremendous giving to JSOR over so many years, is what we continue to build upon. The closer we have gotten to know them, the more we have seen so much purity and dedication to ensure that keeping Kosher – a fundamental of our commitment to Hashem – is adhered to by the entire community. The twenty-four hours a day that Mrs. Farhi responds to Kashrut questions on our JSOR chat demonstrates her devotion and love for this holy life-defining endeavor.

The precious time of the Rabbinical Executive Board who meet throughout the year to lend their wisdom and insight to guide this holy organization is priceless. The expertise and time put in by Rabbi Meyer Safdieh to secure and educate our staff and community in general in regards to avoiding infestation in produce, are beyond exceptional. The coordination of personnel by Rabbi Avraham Kahn under intense pressure and in crunch time throughout our establishments in Deal and Brooklyn, is an essential part of our operation. Thank you to Rabbi Jack Zayat who oversees all catering events and ensures that all venues and equipment are up to JSOR standards.

Rabbi David Condiotti who brings with him vast knowledge and experience in Kashrut is a huge asset. May Hashem bless him and his entire family with health, wealth, and nahat. Rabbi Shlomo Zalman Friedman, a member of Hisachdus cRc is a prominent Rabbi in his own right and is very instrumental in raising the level of JSOR to where it is today. Rabbi Aron Blumenthal who has enjoyed a long career in Jewish Education, both in Israel and Toronto, has joined the JSOR staff as a field representative a year and a half ago. Our latest addition of Rabbi Sion Salem in Brooklyn is truly a great asset with years of experience in Kashrut. Growing up in our community, Rabbi Salem is a perfect fit for the JSOR.

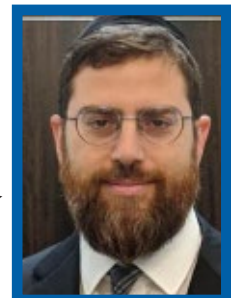
JSOR is greatly appreciative to Rabbi Yaakov Luban, Executive Rabbinical Coordinator at the OU, for his guidance and wisdom, that has transformed JSOR into a nationally recognized hashgacha. We have deep gratitude to Rabbi Moshe Elefant COO of the OU for opening their doors and especially to Rabbi Gavriel Price of the OU who has invested tremendous energy and time to provide accurate research for our Sephardic community niche of Pesah. JSOR has special gratitude to cRc Chicago, namely Rabbi Sholem Fishbane, Rabbi Moshe Katz, Rabbi Akiva Niehaus, and Rabbi Dovid Cohen along with their entire team of knowledgeable and professional staff who have been so resourceful in so many ways.

What Steven Eddie Safdieh, JSOR President, does for our organization is truly remarkable. As a volunteer with total dedication, he gives from his heart and soul at all hours of the day. May Hashem bless him and his entire family with health, wealth, nahat, and continued success in all. Jeremy Sultan, Executive Board member, has come through in every way possible; from website management to all tech needs, which in today's age, streamlines workflow. His wife, Mrs. Alice Sultan, handles the ever growing workload in a seamless fashion as office manager.

We need to recognize and say thank you to every individual staff member, Mashgia'h, store owner, manager, and worker for working together to create an environment of allowing Kosher to be available to the entire community. There are countless people to mention for their help, guidance, and input into the JSOR. We have come to realize that we are just a link in a chain of amazingly great people who have and continue to do so much good for Klal Yisrael.

I must mention my deep recognition to my wife who has accepted the challenge that comes with the time-consuming nature of the JSOR with happiness, and has stood behind it from day one. As Rabbi Akiva said to his students, "everything that you see is all hers...." May we all merit to see the Final Redemption, speedily in our days Amen.

Rabbi Hayim Asher Arking





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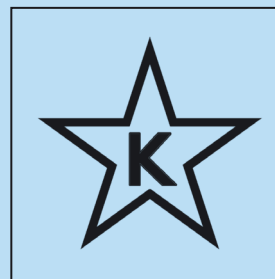
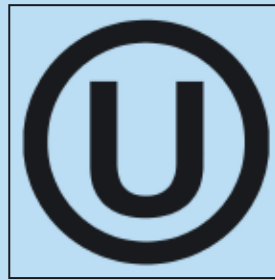
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would like to thank



*for availing their resources and guidance
in many ways to our organization.*

January 2021



Kashrut Symbols



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Why is this list different from every other list?

The JSOR takes pride in once again presenting to our Sephardic Community a comprehensive guide to Passover products.

Of the greatest synthesis of Halacha and practical application is the advanced modern food industry. With unprecedented technological advancements in food development, even the simplest item may contain or have much association with *Hamets*.

Would you buy a sauce, cereal, etc., which has all kosher ingredients but was produced in a factory that also produces non-kosher, without any Kosher certification? As a Kosher certifying-agency, we are responsible for guiding people to what is properly and securely Kosher all year round, especially when it comes to what is Kosher for Passover.

We are all aware that any food or food products, which contain ingredients from one of the following fermented grains: wheat, barley, oats, spelt or rye, even if only a minuscule amount, are forbidden on Passover.

Simply *reading the ingredients* is insufficient throughout the year, and especially on Pesah, as too many chemicals can be derived from *Hamets*. Alcohol, Citric Acid, Dextrose, Glucose, Maltodextrin, Polysorbates, Sodium Citrate, Sodium Erythorbate, Xanthan Gum and Sorbitol,

are among the list of common ingredients that can be derived from both grain and legume sources. Many base ingredients like salt, water, and white granulated sugar are simple to decipher, as based on all the current research, they are considered inherently kosher all year round and Kosher for Pesah without any certification. In the Kosher certifying vernacular, this is called **Group 1** ingredients.

Group 2 are items that require more research and can be verified one way or the other such as lemon juice, canola oil, etc.

Group 3 are items that always require a Kosher certification such as meat, fish, dairy etc. products, or on Passover, a Kosher for Passover certification under all circumstances. These would include cereals, snacks, candies, etc., and many processed foods.

We follow our customs as Sephardic Jews. As Sephardim, we treat *kitniyot* – legumes – on Pesah very differently than Ashkenazim. Therefore, we have a different “Group 1” or “Group 2” list of items. Most Sephardic communities consume *kitniyot* – legumes – on Pesah. Some follow the custom of allowing only fresh *kitniyot*, not dried or processed *kitniyot*, out of concern that it may have been processed or ground on the same equipment as wheat. Some do not eat **corn** but



eat most other *kitniyot*. One should follow their family custom or ask their Rabbi for guidance and not take information here contrary to their custom.

We have expanded the listing with some gluten-free ingredients, as it has become increasingly popular. Please note, however, that gluten-free is NOT necessarily Kosher for Passover! Oats are gluten-free, but they are pure *HAMETS!*

This list is a product of extensive research and correspondence with food industry experts from major Kashrut organizations such as **OU**, **cRc**, **Star-K**, and **OK**, etc. Calling up a company or emailing customer service does not constitute any level of verification.

We want to thank Rabbi Price from the OU for providing many resources and much time, enabling us to bring much clarity.

After this fundamental research with reliable Kosher certifying sources, we can definitively and *Lecatechila* say that this list is secure to use for Pesah.

For this list, we will try to mark items as either **“requires Passover certification”** or **“approved without Passover certification.”** We also are grateful to have specific Passover certification for many Sephardim with BYL, the Star-S, which is under the Star-K, and others for certifying foods as ‘*for those who eat kitniyot*’.

May the merit of our care in observing the commandments of the holiday bring us all closer to Avinu She’ baShamayim, our Loving Father in Heaven, and may we merit to rejoice in His redemption! Amen.

Rabbi Isaac Farhi

Kashrut Coordinator

Rabbi Hayim Asher Arking

Kashrut Administrator

Passover Points

GET CERTIFIED PRODUCTS – First and foremost, you are always in the safe zone when purchasing anything with a reliable Kosher for Pesah certification. That sense of security and comfort is very well worth it, and money spent accrues towards one's zechut.

BEWARE OF A LOOK-ALIKE – Often Kosher for Passover and non-Kosher for Passover products have identical packaging. Nowadays that Pesah cake and regular cake look identical and is reason to all the more so to be careful when purchasing any product.

USE NEW - All products, whether or not they require special supervision– should only be used from new and unopened packages.

DISCARD OLD LISTS – Do not purchase a product just because it was good last year. Old lists are not to be relied upon as products can change from year to year.

NOT ALL KASHRUT IS CREATED EQUAL –Know your personal and family Kashrut level! Check with the people who will partake of your meals and see what they accept. Ascertain your family custom pertaining to corn, rice, beans. Even within the community, there are different family customs to take into account. This advance planning will save heartache and promote Shalom.

THE PASSOVER AISLE – DO NOT buy any product simply since it is in the Passover aisle! Many not kosher for Pesah items can end up in the Pesah aisle.

LOOK BEFORE YOU COOK – Even with the best intentions, you may inadvertently purchase a non-Kosher for Passover item. Mix-ups happen! An extra glance at every item before cooking can save hours of trouble and possibly having to use the food for non-Passover meals!

OLD PRODUCTS – These have been found to contain insects and larvae!! At times, Passover products such as cake mixes, or spices left unsold are returned to the shelves the following year. This is especially a problem in vacation areas. Check carefully for a product code stating the year of production, or else inspect the product thoroughly.

DO NOT ASSUME – Ask! If you have a doubt about koshering or about a product being Kosher for Passover, clarify the question with your Rabbi.

Questions about products may be texted to Mrs. Farhi at 732.995.4422 or call the JSOR office at 732.759.0388.



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Koshering for Pesah

While we do not eat actual Hamets, we also do not eat any minute taste of Hamets. Throughout the kitchen, there is cookware that absorbs Hamets and therefore requires purging. It is easier to have separate Pesah dishes, pots, pans, cutlery, etc.; however, this is not always possible, especially for appliances — ovens, stoves, and other parts of the kitchen. Each item requires its method and level of deep cleansing according to its usage.

- A) Burning out
- B) place in boiling water
- C) pouring boiling water over it are three main steps in koshering. Make sure to do prescribed method accordingly.

It is customary to wait twenty-four hours of no usage of the item before koshering. All koshering should be done before the time expires on Erev Pesah to eat one's Hamets. One should ask their Rabbi if any need or change arises.

How do I kosher a . . . ?

STOVETOP:

- Metal and gas range: For metal surface area, pour boiling water over it.
- Grates: Either A) Place grates in sink and pour boiling water over the grates B) Turn up the flame to the highest setting burning out any absorption for twenty-three minutes, [Can be done one or two burners at a time] or C) by placing the grates in the oven at 500 degrees for one hour while koshering the oven
- Electric stovetop - If tempered glass surface, then clean well and around rim and crevices. Warm water can help deep cleanse (before turning on stovetop). Then turn on each heating element - not necessarily simultaneously - for fifteen minutes.

INDUCTION STOVE:

- Clean the surface very well, pour boiling water over the surface to deep cleanse

(if it does not ruin it), then heat a pot of water on each induction element until the water boils for a few minutes.

OVEN:

- Clean and wipe down the entire oven with a cleanser, especially in the cracks and crevices within the door. A self-clean cycle with the oven racks remaining inside will kosher it for Pesah. If your oven does not have a self-clean mode (or if it ruins the oven), turn to 500 degrees for one hour.

HOT PLATE:

- If food or bread is directly placed upon the hot plate, then one should purchase a new one for Pesah.
- However, if one puts their food in a tin or pot, it can be scrubbed down very well, then either **A)** pour boiling water over hotplate or **B)** turn it to the highest setting for an hour and then use it on Pesah with a layer of heavy-duty foil.

MICROWAVE:

- If one would like to kosher it, the microwave should be washed out very well, then heat a microwave safe cup or bowl of water in it for approximately ten to fifteen minutes.
- Even after koshering, it is preferable for the food to be covered when using the microwave throughout Pesah as some do not consider a microwave able to be Koshered at all.

TOASTER / TOASTER OVEN:

- As bread directly touches a toaster and given the small size, toasters or toaster ovens should not be koshered; rather, it should be cleaned very well and locked away for Pesah.

COUNTERTOPS:

- For Formica, wood, marble and granite, one should clean well and then pour boiling water over the entire countertop surface. Alternatively, if one is afraid this will ruin his countertops, one can cover the counters with a thick plastic or covering. If they are glass, just wash well, preferably with warm/hot water to deep cleanse.

SINK:

- Regardless of the sink's material, one should first dry the sink and then pour boiling water over its entire surface and parts. The drain piece should either be cleaned well or replaced. New sponges should be used.

CUTLERY:

- Knives, forks, spoons, and other utensils that come in direct contact with food, must first be washed well between the curves and crevices. Then purge in water **while** it is boiling and immediately after remove and place under cold water.
- Can-openers, corkscrews or the like which do not come in contact with hot food need only to be washed well.

BARBECUE GRILL:

- Because the cooking of a grill has direct contact with food while on the flame, a stronger level of purging is required. It is not sufficient to kosher with pouring

boiling water or turning the flame up to the maximum temperature – unless your grill can really reach around 900 degrees. Although generally meat and chicken are used on a barbecue, we usually find ourselves using all types of sauces that contain *Hamets* or sometimes place bread on the grill.

- One must first clean out and wipe down all areas where food may be stuck, including the drip pan and all of the intricate crevices throughout.

Method #1: One can buy new grates and then kosher the rest of the BBQ by turning it to the highest temp for an hour.

Method #2: To purge the grates use a blowtorch over each area of the grate until it is red hot. Alternatively, one can place coals coating the entire grate and light them up, however, DO NOT close the cover. Then for the rest of the BBQ, turn the flames up to the highest setting for an hour while closed.

Method #3: Call JSOR and we will arrange to kosher the BBQ for you.

DISHWASHER:

- To kosher the dishwasher, clean it out well, including the food trap and any place where food can be stuck then run an empty cycle with soap on the hottest setting.

HIGH-CHAIR:

- Wash down well in and around the chair and if there are coverings, remove them and wash well. Wipe down the tray and you can either pour boiling water or cover the tray with plastic.

BRACES AND DENTURES:

- Because one does not eat food when it is very hot, braces and dentures do not require koshering. However, one must thoroughly clean them from all residual food. One can pour hot water over the removable parts (while not in the mouth!).

Other items like refrigerators, freezers, garbage pails, and pantry closets, should be thoroughly washed before using on Pesah. Utensils that have not been koshered for Pesah, must be locked away.

The Passover Food Guide

Sponsored by: The Cohen Family

BABY PRODUCTS:

- **First Choice** Baby Food requires Passover certification and comes with an OU-P.
- **Gerber** brand of carrots, green beans, peas and squash are approved without a Passover certification, bearing a plain OU.
- **Beech-Nut** is not approved as Kosher for Passover.
- There are baby cereals produced in Israel with a Passover supervision, such as **Materna** and **LaBonne**.
- **All Baby Formula** bearing an OU are approved for Passover.
- **Pedialyte** - Pediatric Electrolyte – bearing an OU is approved, including all flavors of CVS, Shoprite and Walgreens brands are approved without Passover certification.

Feeding a baby can be tricky as they may be fussy about specific foods. One should be aware that what is customary for their baby may be somewhat different from the standards required for themselves. Nevertheless, like all prepared products, baby food must be approved or have a Kosher for Passover certification. One can find immersion hand-processors to prepare baby food through one of the following methods:

1. Cook whole checked rice thoroughly and then puree in a blender with some baby formula.
2. Cook ground checked rice to make cereal.
3. Soak Passover breakfast cereal or by crumbing ladyfingers in milk or formula and then mash or blend.



4. Try a variety of baby/ hot cereals made from finely ground Matsah meal or potato starch.

BAKING POWDER:

Common brands available with Kosher for Passover supervision include Gefen, Glick's, Hadar, Lieber's and Mishpacha.

BAKING SODA:

(Bicarbonate of Soda) is approved without Passover certification, however, one should use a new box.

BEANS:

- **Fresh beans** may be used by all Sephardim while for dried and processed beans there are differing customs.
- **Canned beans** require year-round and Passover certification and according to one's custom.
- **Dried beans** If it is according to one's custom, they may be used. However, they should be checked once before Pesah, and rinsed before use, especially when purchasing from companies that also produce barley on the same lines.

CANDY AND CHOCOLATES:

Require Passover certification.

CEREALS:

Require Passover certification.

- All cereals made from the five grains are, of course, *Hamets*. In addition, many cold cereals such as Corn Flakes and Rice Krispies are *Hamets* since malt is added to them. It is not responsible to purchase even those cereals in which the listed ingredients are 100% kosher for Passover, as there is no supervision. Secondly, they contain ingredients that

are in constant contact with grains that are real *Hamets*.

- You can find many cereals in the Supermarket Kosher for Passover aisle; however, be sure to check for Passover certification. Most are made from Tapioca or potato starch or from finely ground *Matsah* flour. Commonly available brands are Crispy O's, Gefen, and Manischewitz. Telma brand Corn Flakes are certified OU 'for those who consume *kitniyot*'.

COCOA:

- **Any 100% pure powder** is approved without Passover certification.
- **Cacao Beans or Nibs** are approved without Passover certification.
- **Hot cocoa mixes:** Require certification for Passover.

COCONUT:

- **Coconut Milk:** Requires Kosher for Passover certification.
- **Coconut Oil:** Cold Pressed virgin, coconut oil is approved without a Passover certification. Commonly available brands are Kirkland Organic Virgin with London Bet Din (**KLBD**) and Viola with Star-K. According to leading opinions, it is approved without kosher certification all year round. All other coconut oils - refined and organic - require Kosher for Passover supervision.
- **Coconut Chips, Flakes and Coconut Flour:** Require Kosher for Passover certification. The exception is: **Coconut Secret** brand of plain **Coconut Aminos, Crystals, Coconut Flour, Nectar** and plain **Vinegar** is approved for Passover bearing a plain Star-K.

COFFEE:

It is not recommended to go into a coffee shop on Pesah to purchase coffee as *Hamets* is all over the place and the equipment. However **fresh ground coffee, Nespresso** or **K-Cups** which are *unflavored* are approved without Kosher for Passover certification. BTW - A

Keurig machine may be koshered by thoroughly cleaning all parts and then running with just hot water without coffee in the K-cup

- **Instant coffee** may contain maltodextrin, which may be derived from corn or wheat. The following instant **regular** coffees are approved - **Via Starbucks, Nescafe Taster's Choice**, without special Kosher for Passover certification. **Folgers** regular or decaffeinated is approved by the OU without special Kosher for Passover certification. **Delima** Coffee is approved for Passover.
- **Sanka** and **Maxwell House** come with Kosher for Passover certification. **Elite Coffee** comes with a Passover Certification as OU-P.
- **Decaffeinated** coffee may use ethyl acetate derived from a *Hamets* source in the process; therefore, one must know which decaf they are purchasing.
- **Brewology** <https://www.brewology.us/> cold brew coffee under JSOR supervision has a decaffeinated and a regular cold brew Kosher for Passover. **French Press** <https://www.frenchpresscoffeeroasters.com/> also has a full line of decaf and regular certified kosher for Passover available on their website.
- **Coffee Substitutes:** Postum, Roma or Teecino contain grain and may NOT be used for Pesah and should be sold with the *Hamets*.
- **Coffee Creamer:** Requires Passover certification. The following common brands are available - Gefen, Kineret, Mishpacha, Ungers.



COOKING SPRAY: (Not Baking Spray!)

- **Extra Virgin Olive Oil** cooking spray is approved without Passover certification.
- **Pompeian Avocado Oil or Grapeseed**

Oil - is approved for Passover, however, all others must be marked. Available common brands are - Gefen, Hadar, Mothers, Seasons, and Mishpacha with Passover certification. **BEWARE!** Be sure to check cooking spray for Passover status *and* for DAIRY status.

- **Baking Spray is not approved.**
- **Chosen brand Avocado Oil** bearing an OU is approved for Passover.

DAIRY PRODUCTS:

- **Milk:** Many common brands are marked Kosher for Passover and are, of course, better to use. Milk companies add vitamins which may be derived from *Hamets*, and it may be pasteurized on the same equipment that produces other products. Plain milk without Kosher certification is OK to be purchased before Pesah, however on Pesah only purchase with Passover certification.
- **Lactaid Milk** may be used only when purchased before Pesah. **Lactaid drops and caplets** are more questionable and shall be asked on a case-by-case basis.
- All other dairy products such as **Cheeses, Yogurt, Labne, Cream Cheese, Sour Cream, Chocolate Milk**, require Passover certification as cultures, flavorings and coloring may contain *Hamets*. In general, cheeses and dairy products require a reliable certification, not just a plain K or a non-approved symbol, as they are kosher sensitive.



- **Powdered Milk** is approved for Passover bearing a reliable year round certification. The following common brands are available as Kosher for Passover - Ko-Sure, Parmalat, Haddar, Dairymen, Alba, Carnation.
- **Butter:** Requires Passover supervision. The following brands are available – Halav Yisrael: J&J, Kahal, Mehadrin, and Tnuva. Non-Halav Yisrael: Breakstone's, Shoprite, and Stop and Shop.
- **Milk substitutes:** A senior Rabbi in the OK had related to me how he had seen a Rabbi approve on a list a Milk Substitute which had Oat Milk in it with a ratio that is forbidden according to all. However, it was not mentioned in the ingredients as it is used as a thickening agent.
- **Shelf-stable boxes not refrigerated, THE FOLLOWING SPECIFIC VARIETIES ONLY** are approved for Passover in original and unflavored: **Rice Dream Classic, Soy Dream (Enriched) and Almond Breeze.**
- **Coconut Milk:** Requires Kosher for Passover certification.
- **Califia Almond Milks** – Are not approved for Passover although gluten-free, however oats are also gluten-free!!

EGGS:

Of course, plain raw eggs in the carton do not require Passover certification, however **egg substitutes or liquid eggs** require Passover certification. The following common brands are available with Passover supervision – Kineret, Healthy Morn.

EGGPLANT – DRIED:

These are imported from Turkey and collected from different villages. The importer informed us, and it was verified by a Rabbi of AKO [Association of Kashrut Organizations] located in Turkey, that the local women scoop them out and hang them to dry on a string. If there is a rush to get them dried out, wheat flour is added to draw out the moisture! Understandably, we cannot recommend these for Passover. Japanese eggplant is an acceptable alternative - they are very long and slender and can be easily cut in half and scooped out.

FISH:

- **Canned Tuna and Salmon:** The following brands with Kosher for Passover are available – BenZ's, California Delight, Dagim, Dag-Yam, Gefen, Glick's, Mishpacha, Shoprite and Season.
- **Fresh fish:** Whole fish and fillets are approved as Kosher for Passover without certification. Any fish purchased is required to be bought with skin having scales on it or double seal if purchased from a non-Jew.
- **Frozen Fish Fillets:** Kosher fish fillets are approved for Passover. In general, all year round, fish require Kosher certification or visible skin with scales attached. If one would like, the following common brands are available with Passover certification - BenZ's, Dagim, Kineret, Schindler.
- **Frozen Salmon, Tilapia and Chilean Sea Bass** (Kirkland) with an OU are acceptable. Frozen fish like Ahi Tuna that contains sodium citrate listed on ingredients is not approved.

FLOUR:

Of course, wheat flour is forbidden on Pesah. However, the question is, what substitute can we use? Matzo meal Kosher for Pesah is available in regular and Shmura, but many are interested in other healthy options. Here is a list of guidelines:

- All other kinds of flour require Kosher for Passover certification such as **Quinoa, Chia, Coconut, Potato Starch and Tapioca Starch.**
- **Argo Corn Starch:** is approved for Passover without Passover certification for those who use processed corn.
- **Almond Meal:** Blue Diamond, Cal Pure, Barney's Basic brands are all good without Passover certification.
- **Almond Flour:** requires Passover certification, however, Kirkland Almond flour (from San Francisco) has been verified as acceptable without Kosher

for Passover certification.

- **Raw Maca Root powder:** Is approved without Passover certification. Whole **arrowroot** is approved and can be ground.
- **Cassava flour:** Otto's Cassava flour is approved for Passover; one can find it here: <https://www.ottosnaturals.com/products/ottos-cassava-flour>



FRUITS:

- All **cut or uncut fresh fruits** are approved.
- **Precut fruits in Juices:** Lancaster Foods, Nature's Promise under the Star-K are acceptable with no Passover certification necessary. The following are acceptable only when marked Kosher for Passover certification: Delmonte, Garden Cut, and Wegmans, Winn Dixie: (ORB Passover).
- **Canned fruits** as long as it is just fruit and water only with no other additives it should be water and fruit Kosher for Passover marking.
- **Frozen fruits:** are approved with no additives or grape juice. Insect-prone varieties such as strawberries must have year-round kosher supervision.
- **Most Dried Fruits** such as dried apricots, raisins, peaches etc. are approved as Kosher for Passover.
- For Setton Farms look for what is marked as Kosher for Passover, otherwise it is not certified kosher for Passover.
- **Dates:** Medjool Dates from anywhere are approved without Kosher for Passover certification. Other dates would require certification. Many dates are available with Kosher for Passover supervision: Carmel Natural OU-P, Setton Farms: OK-P; Sun World pitted OU-P; Yum Tee OU-P; Calavo, Sunworld, and Sun Glow brands Pitted

and whole. A date paste is being imported from Israel that is reliably certified for Passover by Hug Hatam Sofer.

Note: Dates should be split open and checked for insects, which can be quite common.

- **Goji Berries:** Due to much infestation JSOR currently does not use them. In regards to Passover, they do not require Passover certification if there are no additives.
- **Banana chips:** Require kosher supervision for year-round use and certification for Passover.

GLUTEN-FREE PRODUCTS:

As the gluten-free demand has increased, there are many types of cakes, cookies, crackers and even 'Matsah look alikes' that are produced for Passover. Many have asked about the acceptability of year-round gluten-free or paleo products. The answer is NO. Gluten-free means that it is free of the gluten aspect of the grain, however some grains, such as oats, are naturally gluten-free, but they are 100% *Hamets*. See *Coconut and groundnut sections*.

GRAINS:

Of course, products with wheat, barley, spelt, oats, and rye are all *Hamets* until proven otherwise. However, Kitniyot, for Sephardim, are readily found. Follow your family custom of which legumes to eat. A listing of acceptable *kitniyot* depending on custom would be Alfalfa, Buckwheat, Chia Seeds, Flax Seed and Hemp Seed. Even in the community, there are different customs.

- **Canned Goods:** California Delight Baby corn and Kernel Corn Star S-P.
- **Yerek Brand Frozen Vegetables under BYL** (Rabbi Moshe Cohen) carries: Green beans, Cut Beans, French Cut Green Beans, Green Peas, Peas & Carrots, cut corn, Mixed Vegetables, Baby Lima Beans.
- **Nutella and Kinder Chocolate (Ferrero Brand)** only when



bearing OU Kitniyot. Note there are other products by Ferrero that do not bear an OU.

- **Millet:** Whole only may be used after checking at least once for *Hamets* grains.

GRAPE LEAVES:

Orlando brand is certified by the OK, but not all jars are Passover approved! You must check each jar if it states KOSHER for Passover. Other brands of grape leaves are preserved in brine, which may contain *Hamets* vinegar or may have citric acid from a *Hamets* origin. Please note-important: All grape leaves MUST be washed carefully on both sides under running water.

HONEY:

Both for Passover and all year, pure honey essentially does not require certification. However, as there is no legal definition of raw honey and as honey sometimes crystallizes, it can be heated to a degree that is more than halachically cooked and still be considered raw. In the United States honey can be made at home and, therefore, be heated in their regular (non-kosher) pots. Honey from China or even from Canadian or Mexican importers can be from bees that are being fed corn syrup, not nectar, but even have been found with added corn syrup or liquid cane sugar added. Backyard beekeepers need to be first researched before purchasing. Larger companies with their own honey house are as of now ok to buy from, even without a Kosher certification.

JUICES:

- **Lemon Juice:** Unsweetened **ReaLemon** and **ReaLime** are approved for Passover. Other brands require Passover Supervision.
- **Orange and White Grapefruit:** Any brand of **frozen** unsweetened, grade A concentrate without additives is approved for Passover. All **refrigerated**



Juices in containers require Passover supervision.

- **Juices and concentrates** available brands with Passover certification are: Ceres, Eden, Gefen, Glick's, Hadar, Kedem, Kirkland, Mishpacha, Mrs. Adlers, Nature's Own, Rashi, Stop and Shop and Shoprite.
- **Prune Juice** - Gefen and Sunsweet is approved with Passover certification.

LIQUORS:

- **All alcoholic beverages or liquors** require Kosher for Passover certification. One can find Vermouth, Vodka and Cordials certified for Passover produced by the following brands: Bartenura, Binyamina, Blue Mountain Coffee, Boukha, Carmel, Kedem, Sabra. Zachlawi premium Vodka is available for Passover in many flavors. Pravda, Peacock, No. 209 (Gin) and Royal Elite have an OU-P on vodka.
- **For a list of Tequila, and liquors please see page 38-40.**

Can unflavored vodka made from potatoes be consumed on Pesah without special supervision? No. The production process of alcohol for vodka involves enzymes, such as malted barley, which may be *Hamets*, and produced on the same lines as *Hamets* alcohol. Therefore, we cannot recommend it without special Pesah certification.

MARGARINE:

Requires Passover supervision.

MARSHMALLOWS:

In general, marshmallows require reliable certification, and for Pesah doubly so as they require certification for Passover. Marshmallows contain gelatin and, without certification, are produced from non-Kosher animal sources. The misconception that since gelatin is acceptable according to some opinions, is not justified where there is no responsible supervision on the item purchased. It is interesting to note that Hacham Ovadia Yosef's namesake Kosher

certification "Badatz Bet Yosef" does not give certification on gelatin!

MATSAH:

A wheat-free diet would be simple to describe. However, the *mitsvah* of Pesah is to eat wheat – just prepared so it is not *Hamets*. Therefore, the greatest level of care is needed for the production of kosher for Pesah wheat products. Baruch Hashem, there are many good reliable *matsot* available on the market. For the Seder, one should make sure to purchase 'Shemurah' *matsot*.

- One must be aware that the *Matsah* "for year-round use" has the status of *Hamets*, therefore, make sure to check the marking that it is specifically certified for Passover.
- For those with wheat allergies, Oat and Spelt *Matsah* is also available by special order. These are also available as *Matsah Shemura* for *seder* use.

MAYONNAISE, KETCHUP, & MUSTARD:

Requires Passover supervision as they contain vinegar, which can be made from *Hamets* sources.

- **Ketchup:** The following common brands are available with Passover supervision: Blanchard & Blanchard, Gefen; Manischewitz, Mishpacha, Rokeach; Unger's.
- **Mayonnaise:** The following common brands are available with Passover supervision: Gefen, Haddar, Manischewitz, and Mishpacha.
- **Mustard:** The following brands are available with Passover supervision - Benz's, Unger's, Blanchard & Blanchard.



Milk and Milk Substitutes:

See Dairy

MEATS AND POULTRY:

Raw cut meat is preferable to purchase after one's butcher koshers. However, any **ground** and **processed** meat is required to be purchased *only* after one's butcher koshers, as it is common for butchers to work with *Hamets* ingredients in and around the meats.

All packaged deli and prepared products require Kosher for Passover certification.

MEDICATION:

● Prescription Medicine

- **Prescription Swallow Pills** are approved without Passover certification.

- **Prescription Chewable** tablets, liquid, powders and gummies can be assumed to be ok for Pesah. If it is in question if it contains *Hamets* then one can discuss with their doctor and Kosher agency if alternatives are possible or at all necessary. Do not stop taking prescribed medicine.

● Over the counter Medicine

- **Swallow Pills** that **do not** contain any *Hamets* or *Hamets*-based ingredients are approved to use without certification.

- **Swallow Pills** that **do** contain *Hamets* or *Hamets* based ingredients shall be addressed with one's doctor and Rabbi.

To know what is and what is not, one may contact JSOR or see <https://www.star-k.org/passover> ; <https://www.crcweb.org/> or <https://oukoshher.org/passover/>.

- **Chewable** tablets, liquid, powders and gummies - require Kosher for Passover Supervision.

● Vitamins

- **Vitamins** can be based off *Hamets* or legume base. One should look for certified or approved for Passover vitamins. Maxi-Health, Zahler, Nutri- Supreme, and others have vitamins that are *Hamets*-free.

NON-FOOD PRODUCTS:

All Aluminum Foil, Foil tins, Styrofoam, cling wrap, wax paper, parchment paper, soaps, shampoo, detergents and cleansers, paper and plastic dishes and cups are acceptable without Kosher for Passover certification.

NOODLES:

Require Passover supervision, and be careful of look-alikes! Today there are many non-wheat varieties of noodles, however, unless they can be verified that they are not made in the same place as *Hamets* noodles, one should not use them. Rice noodles should not be used without Kosher for Passover Supervision.

- **Rice** noodles, **Brown Rice** noodles, **Shirataki** Noodles, **Hearts of Palm** noodles and **Chickpeas** noodles may seem benign, however, they do require certification, as they are subject to minor ingredients and equipment issues.

NUTRITIONAL SUPPLEMENT:

Ensure plus, Glucerna 1.0, Boost (glucose control and High protein), Ensure - **without** Fiber only are approved for Passover, however, Ensure with Fiber contains *Hamets*.

NUTS:

- **Most whole, slivered or chopped raw nuts without additives** are approved for Passover, unless the label says (or allergen warning) 'packaged in a plant that processes wheat' as those would not be approved for Passover.
- However, **Midget Pecans** and **Pecan Pieces, even raw**, require Passover certification as they can be washed in grain alcohol to remove insect infestation. **Kirkland Almonds, Pecan halves and Walnuts** are approved without Passover certification.
- **Blanched nuts**, however, require certification for Passover or verification of that specific company with their certifying agency as the water as well as

equipment may be used to heat *Hamets*.

- **Roasted Nuts and seeds** require Passover supervision.

OILS:

- There are available oils with Kosher for Passover Supervision as marked from common brands such as Gefen, Mishpacha, Rokeach, Bartenura, Hain.
- **Mazola brand Canola, Cottonseed, Soybean, Safflower, Walnut or Vegetable oils** bearing an OU and **Wesson** oil bearing an OK symbol, are approved for Passover.
- **100% Pure Extra virgin olive oil** is acceptable without Kosher for Passover certification. Other pure or blended oils are not approved for Passover.
- **Pompeian brand avocado oil and grapeseed oil** bearing a Star-K is approved for Passover.
- **Chosen Brand Avocado oil** bearing an OU is approved for Passover.
- **Unrefined Nutiva Red Palm oil** bearing an OU is approved for Passover.



PET FOODS:

- **Fish food:** Many pet foods contain *Hamets*. Since we are forbidden to derive any benefit from *Hamets*, we may not feed any pets those varieties that contain *Hamets* ingredients. **Krill** fish food is permitted. Other fish foods often contain meat and milk ingredients and are forbidden for use the entire year.
- **Alfalfa, Sunflower seeds, split corn or millet** are recommended for feeding birds. The Paterson Bird Store in Totowa, NJ can help you with acceptable Parrot Food.

There are **cat and dog food** brands available that do not have *Hamets* or the prohibited mixture of meat and milk. A detailed list can be found at <https://www.star-k.org/passover> or at <http://www.crcweb.org/Pesah2020.php>.

PICKLES:

Require Passover supervision as it contains vinegar. Some common brands with Passover certification are Batampete, Flaum, Gefen, Kvuzat Yavne, Osem, Sadaf, Schorr's, and Unger's.

POTATO CHIPS AND SNACKS:

Requires Passover certification. Some common brands with Kosher for Passover certification are Lieber's, Bissli, Bloom's, Glick's, Lay's Manischewitz, Meshubach and Tuscanini.

PRUNE BUTTER:

Haddar produces a prune jam Kosher for Passover. One can purchase prunes such as Sunsweet which may be cooked in water and blended with an immersion blender to achieve a delicious fresh prune butter.

QUINOA:

Requires Kosher for Passover certification as quinoa is often processed in the same facility as wheat and barley. Common brands with Kosher for Passover certification are **Goldbaum's**,



ORAL HEALTH:

- **Toothpaste:** Aim (All) Close Up(All) Colgate (All) (All use Vegetable Glycerin) Pepsodent (All) Ultrabrite (All) (All use Vegetable Glycerin) Chapstick- Classic Original, Classic Strawberry, Medicated, Moisturizer
- **Mouth-wash:** Colgate - Mouthwash (All) (All use Vegetable Glycerin). Listerine- Cool Mint Antiseptic, Total Care Zero, Ultra Clean Antiseptic, Zero AlcoholScope (All)

PASTA & PIZZA:

Of course, it must be produced special Kosher for Passover either from *Matsah* meal or potato starch: Dayeinu, Frankels, and HooLachmu are available with an OU Passover marking. (see Noodles for more info)

LaBonne, Pereg, and Sugat. Quinoa Flour also requires Kosher for Passover supervision. Quinoa can be infested, and therefore, one should check using a sifter, shaking it over a white sheet or white plate and then by looking at the plate to see what fell through. **LaBonne**, at this time, is not necessary to check for infestation.

RICE:

The staple of the Sephardic Passover diet is Rice. The #1 question before Pesah is which rice is good?

It has been our custom throughout the generations to check *all rice three times* before Pesah. Due to crop rotation and shared equipment, this is relevant until today, although equipment to remove any non-rice pieces has improved cleanliness. Please be advised that every year wheat grains are found in rice, so check carefully. Secondly, many brands of rice are enriched. The enrichment is comprised of vitamins that can very well be derived from *Hamets*. Although the amount is very minute, if one can choose to avoid the question without much expense, then of course, for Pesah, every effort is worth it.

- All **unenriched, raw, white rice** is approved. These include long grain, short grain, Basmati, Jasmine. Please note: Some companies do repacking, so check on the package if it states allergen info as packed in a wheat facility then it is **not** approved.
- **BYL** (Rabbi Moshe Cohen) and **Star-S** have made a special run of certified unenriched Carolina.
- **Brown rice** – One must take more care when checking for wheat kernels as it is more difficult due to the similarity in color. Additionally, one must be vigilant for infestation as it is more common in brown rice.

The following common brands are approved for Passover after checking three times:

- Super Lucky Elephant brand (Star K) available at Walmart or Costco (sold as

Kirkland Brand) is good, (be careful!! There are different products bearing the “Elephant” label which some are enriched). Goya Jasmine and Goya Basmati (London Beis Din); Vee-Pee Jasmine (KLBD); Sugat brand from Israel; Carolina and Mahatma brands of Jasmine in 5 and 10 lb. size packed for Riviana Rice Co. come not enriched. Dynasty brand Jasmine (not enriched) Medium/Short grain; Nishiki, KoKuh Rose and Cal Rose brands are also enrichment free. They can be found at Wegmans and most Oriental stores. Lundberg’s Organic (not mixes).



- **Basmati rice** – Roland, and Himalayan Pride are certified Kosher for Passover by the Star-S. Other common brands are Goya, Royal, Pari, Deer, Regal Harvest, and Iberia are approved.
- **Pure wild rice:** which looks like short black sticks, is from the grass family, not a legume at all and is approved without Passover certification, however, **NOT** wild rice mixes.

SALT:

Regular and Coarse salt with no additives are approved for Passover.

- **Pink Salt:** Himalayan and Peruvian varieties acceptable if pure, no additives.
- **Salt substitute:** Freeda Free Salt, No Salt or Spice of Life No Salt/No Sugar must have KP marking.

SELTZERS:

Any unflavored seltzer is approved for Passover like water, as the carbonation may be *kitniyot* based. **Flavored Seltzers** require Passover certification. Common brands found with certification as marked are Mayim Chayim, Giant, Shoprite, and Stop and Shop.

SODAS:

Sodas may have *Hamets* in the flavoring base, especially caramel color; therefore, they require Passover certification. Many varieties are available in two liters from Coca-Cola Classic & Diet Coke. It comes with a distinct yellow cap marked with an OUP. Dr. Browns (Kof-K P) Pepsi products must bear a P (Kosher for Passover) on the cap, and in Florida, the Kosher for Pesah bottles are marked with ORB-P. (<https://orbonline.org/>)

SOUP MIXES:

Require Passover marking. Beware containers bearing a “P” are often identical to the year-round variety.

SOY FOODS:

While actual soybeans are permissible for most Sephardim, products made of soy, such as **soy sauce**, commonly have wheat or derivatives of grains mixed in. **TVP** and **Tofu** require Passover certification as they are produced through extraction methods that use grain alcohol.

SPICES:

Whole spices in new packages do not require Kosher for Passover supervision. One should not buy from open spices in stores unless they were careful of cross-contamination of *Hamets*. Ground spices require supervision as free-flow and anti-caking agents are added. **Coriander** in Western Canada was found to have *Hamets* mixed in.

SUGAR:

Any pure white granulated cane sugar is approved for Passover, as long as dextrose or glucose is not listed in the ingredients, as these may be derived from barley or wheat.

- **Domino Sugar** can be found with an OK-P.

- **Raw Sugar:** C&H Hawaiian Raw Cane Sugar. Kirkland with the supervision of BVK is approved for Passover.
- **Coconuts Secrets Crystals:** Approved as Kosher for Passover.
- **Confectioner's Sugar** contains 3% corn starch, so for those who consume corn derivatives it is approved for Passover.
- **Canadian Confectioner Sugar** is not permissible as it contains wheat starch instead of cornstarch. There are several varieties of Confectioners' sugar without cornstarch Mishpacha brand bearing an OU-P and Haddar brand bearing KAJ-P:.
- **Vanilla Sugar:** Requires Passover supervision as it may contain grain alcohol.
- **Extracts: Almond, Lemon, Orange, Vanilla Imitation, Vanilla Pure** require Passover Supervision.
- **Roundy's** light brown sugar bearing an OK symbol is approved for Passover.
- **Organic Cane Sugar** is approved without a Passover certification.
- **Domino and Brownulated** require Passover supervision.
- **Brown Sugar** is approved for Passover. The following ones are available bearing an OU: Dixie Crystals, Imperial Sugar

SWEETENERS:

Require Passover certification. The following brands can be found with a Passover certification: Gefen, Nutra Taste Gold Zero Paskesz Sweetie (Badatz) and Liebers (KFP)

- **Equal & Splenda:** Require Passover certification. California Delight produces a Sucralose equivalent called Sucralis which can come certified for Passover. Also available: OU-P Nutra Taste and if marked for Passover Sweet n' low.
- **Stevia** requires Kosher for Passover certification.
- **Agave Nectar:** (a natural sweetener)



requires Passover certification. AW, Roundy's, Sophia and Western Farm brands can be found with an OK-P.

- **Pure Maple Syrup** is approved without Passover certification. One can find Janeric M/K P, Adirondack Kof K P; Xylitol: Healthy Garden OUP.

SUSHI - NORI:

Mizrach u'Maariv Star K-P. As a side note, nori always requires a good Kosher certification as it is typically produced containing sea creatures.

TEAS:

Any unflavored, non-herbal regular tea bags (Black, Green and White tea leaves) are approved without special Kosher for Passover certification (CRC).

- Most **Decaf** varieties require supervision. Salada caffeine-free contains *Hamets*.
- **Exception:** Lipton Decaf and Sweet-Touch-Nee 97% Decaf are approved for Passover.
- **Instant Tea:** Nestea Instant unflavored regular only is approved (NOT DECAF).
- **Herbal Teas:** Require Passover supervision. Many available brands that have an OU-P are Bigelow, Sweet-Touch-Nee, Herbal and Wissotzky many varieties.

TOMATO PASTE AND SAUCE:

Require Passover supervision due to flavored varieties of paste and sauce now being produced. Commonly available brands with Kosher for Passover supervision are Mishpacha, Gefen, Glick's, Haddar, Lieber's and Unger's.

DID YOU KNOW?

Throughout the year, tomato products require reliable supervision; it has been discovered that certain packers of tomato products were producing tomatoes with non-kosher Romano cheese sauce and then producing the crushed tomatoes, with no cleaning in between! Understandably this is not acceptable.

TUNA:

See Fish

VEGETABLES:

Several years ago, a new lighter cuisine heralded the introduction of frozen pasta and



vegetable mixtures. For frozen vegetables to hold well, they blanch or flash cook them. There are some companies that blanch their veggies and other items too; sometimes pasta blends use the lines, and minor additives are often added. Some companies purchase processed vegetables from another source and put their own label on the package. Codes provided by the companies proved inaccurate, and the information was confusing.

- **Frozen:** BYL and Star-S supervises Yerek brand for Passover. Thanks to them the most important of all, peas and beans will again be available for the Sephardic Community, including Peas, Green Beans, Mixed Vegetables, Lima Beans, Cut Corn. Several Israeli brands are also marked Kosher for Passover 'for those who consume *kitniyot*'.
- **Mika brand, Shams and Galil** are approved for Passover use.

Several companies have other frozen vegetables Kosher for Pesah, including checked broccoli, cauliflower, and spinach, which otherwise require proper checking for insects.

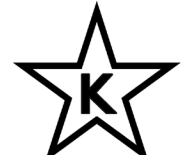
- Packaged or bagged **Pre-Washed Vegetables:** May be washed before use as some brands use citric acid in the rinse water to balance the PH levels to prevent wilting.

VINEGAR:

Requires Passover certification as it can be derived from grain.

- **Cider vinegar:** requires supervision in general and Passover supervision as the nutrients may be derived from *Hamets*.

Quick Pick Medicine List



A SAMPLE OF CHOMETZ-FREE AND KOSHER MEDICINES LISTED BY CATEGORY, FOR USA ONLY, UNDER THE BRAND NAMES INDICATED. PRODUCTS MAY CONTAIN KITNIYOS

Note: At the time of printing, some major companies still had not responded.
For updates, visit www.star-k.org

COLD, ALLERGY & DECONGESTANTS

Adwe- Tussin
Allegra-D- 12 hr. Tablets
Benadryl Children's Allergy- Liquid (All Flavors), Dye-Free Liquid (All Flavors), Children's Chewable, Children's Plus Congestion (Grape)
Claritin-D – 12 hr. Tablets (Dairy), 24 hr. Tablets

GASTROINTESTINAL REMEDIES

Adwe- Stool Softener
Alka-Seltzer- Original Tablets
Dramamine- Original (Dairy), Less-Drowsy Tablets (Dairy), Chewable Tablets (Orange)
Konsyl Powder Original Formula- Unflavored (no kitniyos)
Metamucil 4-in-1- Original Coarse Powder - made with real sugar (no kitniyos)
Metamucil 4-in-1- Orange Smooth Powder (Regular & Sugar-Free)
Miralax Powder
Pepto Bismol- Original Liquid
Phillips' Milk of Magnesia- Original Liquid [no kitniyos]
Senokot- Extra Strength Tablets (Dairy), Senokot-S Tablets
Tums- See page 73

PAIN RELIEVERS & FEVER REDUCERS

Advil Tablets - Coated (but not film-coated) approved when last inactive ingredient listed on panel is white wax
Advil Caplets - Coated (but not film-coated) approved when last inactive ingredient listed on panel is white wax
Adwe- Pain Relief Children Liq. Acetominopen, Pain Relief Infant Liq. Acetaminophen
Aleve- Caplets (Blue Pill)
Bayer Aspirin- Low-Dose Chwbl. 81mg (Cherry, Orange)
Motrin - IB Coated Caplets, PM Coated Caplets
Motrin- Infant Drops (All Flavors), Children's Suspension (All Flavors)
Tylenol- Regular Strength Tablets, Extra Strength Caplets
Tylenol- Children's Suspension (All Flavors), Infants Oral Susp (All Flavors)

Kosher for Pesach Liquor List - 2021

Brandy	Boukha Bokobsa	Fig Alcohol	OU-P logo required
Brandy	Herzog French	Boukha Fig Brandy	OU-P logo required
Brandy	Sabra Liqueurs	Grand Sabra Orange Brandy	OU-P logo required
Cognac	Dupuy	Cognac VS	OU-P logo required
Cognac	Dupuy	Cognac VSOP	OU-P logo required
Cognac	Dupuy	Cognac XO	OU-P logo required
Cognac	Herzog French	Cognac Louis Royer VS	OU-P logo required
Cognac	Herzog French	Cognac Louis Royer VSOP	OU-P logo required
Cognac	Herzog French	Cognac Louis Royer XO	OU-P logo required
Liqueur	Sabra Liqueurs	Sabra Coffee	OU-P logo required
Liqueur	Sabra Liqueurs	Sabra Orange Chocolate	OU-P logo required
Other	Exodus	Hopped Cider	Star-K P logo required
Other	Zachlawi	Arak - Various Varieties	OU-P logo required
Other	Zachlawi	Spiced Arak	OU-P logo required
Vodka	Boyar	Vodka	OU-P logo required
Vodka	Distillery No. 209	Vodka	OU-P logo required
Vodka	Lvov	Vodka	OU-P logo required
Vodka	Peacock	Vodka	OU-P logo required
Vodka	Pravda	Vodka	OU-P logo required
Vodka	Shikor	Vodka Infused with Saffron	OU-P logo required
Vodka	Metropolitan Martini Co.	Vodka Martini	OU-P logo required
Vodka	Zachlawi	Assorted Varieties	OU-P logo required



Tequilas

ALL SILVER /BLANCO ONLY

PATRON SPIRITS MÉXICO, S.A. DE C.V.

NAME

GRAN PATRÓN PLATINUM SILVER
 GRAN PATRON SMOKY SILVER
 PATRON SILVER
 ROCA PATRON SILVER
 100% DE AGAVE SILVER GRAN PATRON
 PLATINIUM
 100% DE AGAVE SILVER PATRÓN

BROWN FORMAN TEQUILA MEXICO, S. DE R. L. DE C. V.

NAME

ANTIGUO RTD PALOMA
 100% DON EDUARDO BLANCO.
 ANTIGUO CRISTALINO 100% AGAVE
 ANTIGUO DE HERRADURA BLANCO 100% AGAVE
 EL JIMADOR BLANCO 100% AGAVE
 EL JIMADOR CRISTALINO 100% AGAVE
 HERRADURA BLANCO 100% AGAVE
 HERRADURA COLECCION DE LA CASA (DIRECTO DE ALAMBIQUE) 100% AGAVE
 HERRADURA PLATA 100% AGAVE
 JIMADOR BCO
 PEPE LOPEZ SILVER

TEQUILAS DEL SEÑOR, S.A. DE C.V.

NAME

BLANCO 100% AGAVE DILIGENCIAS
 BLANCO 100% AGAVE HACIENDA DE XALPA
 BLANCO 100% AGAVE LAS NORMAS
 BLANCO 100% AGAVE LOS PILONES
 BLANCO 100% AGAVE MARCA EL COBRE
 BLANCO 100% AGAVE OUROBOROS

BLANCO 100% AGAVE SI & SIP
 BLANCO 100% BLUE AGAVE DOS LUNAS
 BLANCO 100% DE AGAVE DE LA ROSA
 BLANCO 100% DE AGAVE DON CÉSAR GARCÍA
 BLANCO 100% DE AGAVE GARCÍA
 BLANCO 100% DE AGAVE ORO VIEJO
 BLANCO 100% DE AGAVE RÍO DE PLATA
 BLANCO 100% DE AGAVE TIERRA VIVA
 BLANCO 100% PURO DE AGAVE DON DIEGO SANTA
 BLANCO 100% PURO DE AGAVE HERENCIA DE PLATA
 BLANCO 100% PURO DE AGAVE RESERVA DEL SEÑOR
 BLANCO 55% ALC. VOL.
 BLANCO A GRANEL/SILVER BULK
 BLANCO DILIGENCIAS
 BLANCO GARCÍA
 BLANCO GARCÍA LEMON
 BLANCO HACIENDA DE XALPA
 BLANCO HUERTA VIEJA
 BLANCO OLE
 BLANCO OUROBOROS
 BLANCO RESERVA DEL SEÑOR
 BLANCO RÍO DE PLATA
 BLANCO SIP & SIP

PRODUCTOS FINOS DE AGAVE, S.A. DE C.V.

NAME

AFICIONADO
 AGAVE DE PLATA
 ALACRAN
 CAMPO AZUL
 CAMPO AZUL DIAMANTE.
 CAMPO AZUL ESPECIAL
 CAMPO AZUL GRAN CLÁSICO
 CAMPO AZUL SELECTO
 CASAMIGOS

CLASE AZUL
COA DE JIMA
CUMBRES
DON ALEJANDRO
EL AGUILA
ESTAMPIDA
GILA
JALMEX
JESÚS MARÍA
JM
MESSICANO AL TEÑO
MI GENERACIÓN
MILAGRO
MONTE AZTECA
NEGRO ZAFIRO
PANCHO ALEGRE
RANCHO ALEGRE
RANCHO CALIENTE
REVERENDO
RILO
RIO CALIENTE
SORTILEGIO
TESORO AZUL
TORO ALTEÑO
VAQUERO ALTEÑO
YEGUA ALTEÑA

RIVESCA, S.A. DE C.V.

NAME

CREPUSCULO 750 ML BLANCO
DON MODESTO 750 ML BLANCO
DS COMPANY 750 ML BLANCO
EL BANDEÑO 750 ML BLANCO
ESTRELLA AZUL 750 ML BLANCO
GRAN CIERVO JOVEN DE JALISCO 750 ML
BLANCO
HECHICERO 750 ML BLANCO
ORO DE LIDIA 750 ML BLANCO

REGALO DE DIOS 750 ML BLANCO
REJÓN BLANCO 750 ML
REJÓN BLANCO 1.750L
REJON BLANCO 100% DE AGAVE 1 L
REJÓN BLANCO 1L
RIVESCA 750 ML BLANCO
TORO DE LIDIA 1,750 ML BLANCO
TORO DE LIDIA 750 ML BLANCO

Mezcal Silver Blanco

MEZCAL DE AMOR S.A.P.I. DE C.V.

NAME

AMORES LOGIA MA
MA MEZCAL AMORES
MEZCAL AMARAS

Sotol

VINOMEX, S.A. DE C.V.

HACIENDA DE CHIHUAHUA AÑEJO
HACIENDA DE CHIHUAHUA AÑEJO ORO PURO
HACIENDA DE CHIHUAHUA BLANCO, SILVER O
PLATA
HACIENDA DE CHIHUAHUA H5
HACIENDA DE CHIHUAHUA PLÁTINUM
HACIENDA DE CHIHUAHUA REPOSADO
HACIENDA DE CHIHUAHUA RÚSTICO
MESH AND BONE
MESTEÑO JOVEN
PUNTAGAVE

Thank you

TO MRS. FARHI & RABBI ARKING,
and the entire JSOR Team
for all their hard work & dedication.

Your tireless efforts throughout the year,
especially on the **WHATSAPP CHATS,**
does not go unnoticed.

HAPPY
Passover

KIM & JAY COHEN
& FAMILY

NATIONWIDE
CAMPUS

www.nationwidecampus.com



Home Kosher Vendors

Current HomeKosher vendors to date . . .



Bread and Batter
Sara Jajati & Gabrielle Srugo
917-667-9470
@breadandbatter



Teatoxx
Rena Goldman & Marcelle Shasho
718-844-2959
@teatoxx_



Challi n' Biscotti
Emily Massry
718-974-2548
@emilymassrychalli_n_biscotti



Popmix by Marilyn
Marilyn Shamula
917-280-6564
@marilynspopmix



Cookiesndough
Michelle Sarway
347-725-2731
@cookiesndoughny



Rachelly's Desserts
Rachelly Sharaby
917-885-3559



Selmitas
Selma Mann
917-575-9666
@selmitas_



Manie's Dressings & more
Manie Dwek
732-996-0691



The Cupcake Shop
Margo Giladi
718-501-4976
@thecupcake_shop



Marlene's Treats
Marlene Massry
732-570-5205



Sheri's Babycakes
Sheri Saff
917-826-3359
@sherisaff



Fran's Balances Kitchen
Frances Palacci
917-692-0002



The Bake Shop
Joan Dweck
908-618-7030



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Pesah Produce Protocol

By: Rabbi Meyer Safdieh

The Gemara (B”M 61b) tells us that the prohibitions of eating insects and invertebrates are so important that the Jewish nation was worthy of leaving Egypt in the merit of keeping this Misva alone!

On Pesah, the Torah commands us to eat a Kezayit of Maror during the Seder. Romaine, Escarole, and other leafy greens are acceptable to fulfill this Misva. However, we still need to be careful with the methods of cleaning and checking our produce properly. It would be a terrible shame to think we are doing a misva by eating the Maror, while simultaneously Bar Minan eating bugs along with it! It would be better not to eat the Maror at all if it was not checked properly!

In the merit of the effort of cleaning and checking our produce properly, keeping the misva to avoid eating any insects and other small creatures, may we be Zocheh to the final redemption, bimhera beyamenu, Amen. The following is the approved method to clean and check **Romaine lettuce** and **Escarole**:

1. STEP ONE: CLEANING. (Organic will have more bugs and is harder to clean.):

a. Dissolve a non-toxic dishwashing soap into a basin of water.

b. Separate the leaves into the basin and agitate well. Do not overload the basin, as the leaves should be able to move freely. The leaves in the soapy water should feel slippery.

c. Remove each leaf from the basin and rinse both sides under running tap water; open the flaps and make sure the water flows into all the folds. Do not use a water sprayer. Place into a second basin. Optionally, and for best results, fill the second basin with water, agitate, and pour out the water.



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DJ Ricky Esses - thanking the JSOR for the wonderful service they provide to the community.

2. STEP TWO: CHECKING

a. Fill the basin of washed produce with enough water to cover, and agitate lightly. Pour the water carefully through a thrip cloth, sandwiched in between two colanders.

b. Remove the thrip cloth by holding all four corners and inspect it over a lightbox for any insects. Use a loupe as needed.

c. If no insects are found, the produce can be used immediately. If unsure if a speck on the cloth is an insect, a loupe should be used. If it still cannot be determined if it is a bug, the produce is passable. Optionally, rinse once before use.

d. If an insect is found, repeat the cleaning method described in STEP ONE, then **check** a second time. If no bugs are found, the produce may be used.

e. If bugs are found, repeat the cleaning and checking a *third* time. If no bugs are found the produce may be used. If insects are still found after the third check, the produce must be discarded and cannot be used at all.

Celery - Cut off the tops and bottoms and remove the leaves. Inspect the stalks for leaf-miner trails, and remove any section of trails if found. Rinse under running water, and rub by hand (or a vegetable brush) to remove any dirt.

Endive- Belgian- Separate the leaves and rinse well. No checking is required.

Dates- Domestic Dates, take a few dates from the batch and slice the date lengthwise, spread apart and open. If no bugs are observed, the rest may be used without checking. If bugs are seen, check all the dates and discard any that have bugs.

IMPORTED dates, check all the dates as

described above. Discard any that have bugs. Israeli dates should have a Kosher certification to ensure that terumot and maasrot were taken properly.

Quinoa and Brown Rice– check it for bugs- by shaking in a sifter with 21-30 mm size mesh over a white cloth or plate. Look at the white surface to see if clean of infestation. If it is clean it may be used, if it is infested it should not be used. **Then- Check for Pesah-** Check Brown Rice three times for foreign grains (i.e. wheat barley, oats, spelt, and rye) as is our custom for Pesah. BE very careful, a wheat kernel can easily be mistaken for a brown rice kernel as the color and size are similar.

Rabbi Meyer Safdieh has given many JSOR sponsored community classes on produce checking. Stay tuned for future classes.



Passover “Zoodle” Nicole Shamah | Nicole's Kitchen

*Sometimes the word Passover is synonymous with heavy food- but it doesn't have to be!
Try this for a lunch or as a side for dinner.*

INGREDIENTS:

- 8 tomatoes roughly chopped
- 8 cloves garlic crushed
- 2 Tablespoons olive oil
- 8 oz sliced mushrooms
- Few handfuls of fresh spinach
- Salt
- Pepper
- Oregano
- 3 cups zucchini spiralized or julienned
- Optional cheese parmesan or mozzarella

INSTRUCTIONS:

Heat olive oil and sauté the garlic and tomatoes for about 10 -12 minutes until they start simmering.

Add rinsed mushrooms and season with spices.

Simmer on low for 10 minutes.

Add the fresh checked baby spinach and “zoodles” for another 2 to 3 minutes.

Top with cheese if you want and enjoy!

If you like it crispy, transfer to a glass pyrex and bake uncovered for 25 minutes on 350



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Passover Tacos

Grace Sitt | Grace's Catering

Great for a weeknight dinner during Pesah. The tortillas and the fillings can all be made in advance and frozen and reheated the day you want to serve it. To store the tortillas and freeze them let them cool and layer them with parchment paper in between and wrap well with plastic wrap or place in a ziplock bag to freeze. To reheat remove plastic wrap, wrap in foil leaving parchment paper between the tortillas and reheat in a 350 oven till heated through and soft

TORTILLA SHELLS:

- 1 ½ cups cassava flour Otto's brand
- ½ tsp. salt
- ⅛ tsp garlic powder
- ¼ cup olive oil
- ¾ cup warm water plus more if needed

In a large bowl whisk together cassava flour, salt, and garlic powder. Add oil and warm water. Knead dough until thoroughly mixed. Divide dough into 8 equal portions. Roll each portion into a ball and place between two pieces of parchment paper. Using a rolling pin, roll dough until it is ⅛-inch thick and has a diameter of 4 ½-5 inches. Or, place balls of dough into a tortilla press. Repeat with remaining balls of dough. Heat a dry skillet or griddle over medium-high heat. Cook each tortilla for 1-2 minutes per side, or until it begins to bubble. Serve with your favorite fillings.

* Optional toppings: Guacamole, pickled onions, coleslaw, salsa, jalapenos, diced tomatoes, shredded lettuce

PULLED BEEF FILLING

Preheat oven to 350

- 2nd cut brisket or French roast or brick roast 3-4 lbs
- 1 cup kosher for passover ketchup
- 1 cup water
- 2 tbsp brown sugar
- 2 tbs kosher for passover white vinegar
- Salt and pepper

Instructions:

Season roast with salt and pepper

Place in a roaster

Mix ketchup, brown sugar, vinegar and water. Pour on top of roast

Cover and cook 2.5 to 3 hours until easily pierced with knife or fork

Remove from oven and shred.

CHICKEN FAJITA FILLING

- 3 chicken breasts around 2 lbs
- 1 medium onion
- 1 lime or 3 tbs lime juice can substitute lemon juice
- 3 bell peppers 1 red, 1 yellow, 1 orange
- 3 tablespoons olive oil divided
- 1 teaspoon chili powder
- ½ teaspoon smoked paprika
- ½ teaspoon onion powder
- ½ teaspoon black pepper
- ½ teaspoon cumin
- salt to taste

INSTRUCTIONS:

Cut onion into slivers & slice peppers. In a separate bowl, combine 1 tablespoon olive oil, juice of ½ lime, chili powder, paprika, onion powder, pepper, cumin and salt. Cut chicken into strips and toss with the spice mixture. Preheat 1 tablespoon olive oil over medium high. Add ½ of the chicken and cook until just cooked, about 3-5 minutes. Remove from pan and set aside. Repeat with remaining chicken. Set chicken aside and add 1 tablespoon oil to the pan. Add onions and cook 2 minutes. Add in sliced peppers and cook an additional 2 minutes or just until hot. Add chicken back to the pan and stir to combine. Squeeze additional lime over top and serve over tortillas.

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In honor of our president Steven Eddie Safdieh for all his hard work.
May Hashem always give you the strength to serve the community.
Iris & Mark Massry



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Gluten Free Kibbe

Esther Anzaroot | Gluten Free.SY

Yields: Aprx. 4 dozen

MEAT FILLING:

- 2 lbs ground beef
- 1-2 finely chopped yellow onions.
- 2 tablespoons oil
- 1 1/2 tablespoons salt
- 1 tsp black or Aleppo pepper
- 2 tsp allspice
- 2 tsp cinnamon
- 1 tsp cumin

KIBBEH SHELL

- 3 cups of white rice
- 5 cups cold water
- 2 Tbsp salt
- 2 Tbsp oil
- 1 tsp cumin
- 1 Tbsp paprika
- 1.5 cups gluten free matsah meal
- 4 cups oil for deep frying

INSTRUCTIONS:

For Filling:

1. In a large skillet, heat up the oil with the spices; when the oil is hot, add the onions.
2. Sauté onions for 1-2 minutes on a medium flame, and then add in the ground beef.
3. Using a wooden spoon or fork, break up the meat allowing it to brown on all sides. You want it to turn into as small pieces as possible.
4. When the meat is done, drain out a little bit of the excess liquid.

For Shell:

1. In a medium pot, add all of the ingredients.
2. Bring everything to a boil, while constantly mixing the ingredients.
3. Once everything comes to a boil, reduce to low/ simmer. Keep an eye on it and mix frequently to prevent the bottom from burning.
4. Once all the water has been absorbed, let the mixture cool down.
5. Once the mixture is cool to the touch, add it all to a food processor or blender and blend until it forms a sticky dough.
6. If the dough is a little too sticky, you can always add a little more GF matsah meal.

Forming the Kibbeh:

1. Break the dough up into 3/4 inch balls.
2. Using a pair of gloves, spray your hands with oil spray to prevent dough from sticking.
3. Hold the ball of dough in the palm of your hand, and using your other hand, stick your finger in the ball of dough and rotate to create a hollow center. Once the center is hollowed, add a tsp of the ground beef mixture, and push all the way in, leaving some empty space at the top.
4. Once the ball is filled, pinch the top closed using both hands.
5. Once all the kibbehs are stuffed, you can either freeze them for later use, or you can fry them to serve fresh.
6. If kibbehs are frozen, fry at 325°. If they are fresh. Fry at 350° for about 4-5 minutes or until golden brown.
7. When the kibbehs are done, place on a wire wrack to drain excess oil.
8. Serve warm and enjoy!



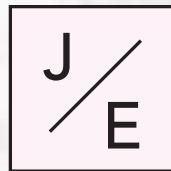
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In honor of Rabbi and Mrs. Farhi for their many years of dedication to bringing kosher food to the Jersey Shore. In honor of the whole JSOR team.
Anonymous



Happy *Passover*

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EVENT PLANNER

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Parve Artichoke Stuffed Medias

Yishay Ouzer | Yishay's Catering

Yields 4-5 servings

This delicious and easy recipe can be stuffed in advance and frozen until ready to use. It pairs well with a meat or dairy meal. It's sure to be a table pleaser!

INGREDIENTS:

- 1 16 oz bag of artichokes
- 4 potatoes boiled
- Sautéed onions
- 2 15 oz cans of tomato sauce
- 2 tbs of salt
- Oil

INSTRUCTIONS:

Sauté onions.

Boil 4 potatoes

Add the onions to the smashed potatoes.

Stuff the artichokes with potatoes.

Dip stuffed artichokes in a beaten egg then dip in matsah meal.

Cover with tomato sauce in a little bit of oil and salt.



Recipe Sponsored

In memory of Isaac H. Setton A"H.
Love, Richie & Rachel Setton and Family

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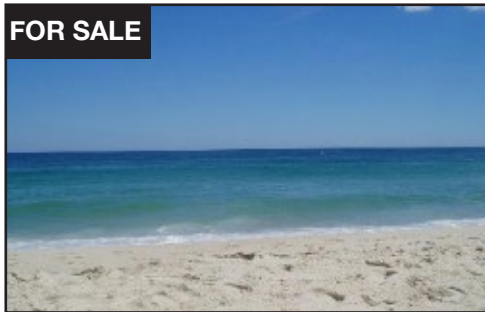
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Chef Ray-T Signature Chili

Jack Tawil | PREPT BY RAY T

Winter is almost over, but it seems like it will never end! Stay warm with Chef Ray T's signature chili! Now you can make it at home with this recipe.

INGREDIENTS:

- 1 small white onion
- 2 garlic cloves - minced
- 1 jalapeno peppers w. seeds diced
- 2 LB ground beef
- 1 small can cannellini beans or pink beans
- Add ground beef 2 lb.
- 1 small can kernalled corn
- ½ Teaspoon Liquid smoke
- ½ Cup tomato paste
- Splash of hot sauce

INSTRUCTIONS:

Dice the white onion and begin to sauté in a sauce pan or pot
Add the minced garlic and diced jalapeno and cook 1-2 minutes
Add the ground beef to the hot pan/pot to brown.
Continue to mix until all the beef is cooked.
Add the beans, corn, hot sauce, liquid smoke, and tomato paste.
Stir until all are incorporated. If chili is too thick,
add tomato sauce, beef broth, or water to desired consistency.
Let simmer on low flame 20-25 minutes.
Serve over your favorite rice, in tacos, or on its own. ENJOY!



Recipe Sponsored

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for all their hard work and dedication.
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Pesah FAQ



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5781-2021

Rabbi Moshe Arking — Ave. O Synagogue
Rabbi Hayim Asher Arking — Ohr Halacha

BEDIKAT HAMETS

Our Sages teach us, “In the merit of the righteous women, we were redeemed from Egypt.” It seems that the valorous women in every generation empower our reliving the experience of Pesah in how they prepare our homes in so many ways. Cleaning the house is just the beginning, as their noble efforts to bring together the joy of the holiday with lavish meals and ambiance, set the backdrop for the story of our Exodus that we will retell to our children Pesah night.

What if I can't make it home in time?

The time to do bedikat Hamets—searching for Hamets—is Thursday evening March 25, 2021 the night of the fourteenth of Nissan. One should make every effort to do bedikah at the proper time. If one can't make it home that night for bedikah, then his wife should search the house after she recites the berachah.

One may not eat two ounces of bread or cake, begin studying Torah, or involve himself in any project from a half hour before the time to search.

Should I use a candle or a flashlight?

It is preferred to recite the berachah and begin to check with a candle, and then switch over to a flashlight. One can make a berachah and check with a flashlight. In either case, one should leave the light in the room on while searching.

Where do I have to check?

Any place that you even occasionally bring Hamets must be searched, such as bedrooms and the like. If no one ever brings Hamets into a room, for example, a boiler room, one need not check that room. Knapsacks and coat pockets should be checked. One's car must be checked if

can be done earlier that day or later that night. If one owns a boat or aircraft he must check it as well. One's office or store can be checked either in the morning before the night of checking, or the last time he leaves before the holiday. What one was not able to do in the night, can be done the next morning without a berachah.

What if I just cleaned my room?

The objective of cleaning is to enable a smooth checking. So now that the room is cleaned it is ready to be checked!

What am I looking for?

One should be focused on trying to find anything that is edible even something as small as Cheerios. Whatever is not found, will be nullified when saying Kal Hamirah.

Additionally, many seemingly innocent products in the house could really have Hamets ingredients. For example, if there is vinegar in the ingredients it may be derived from grain which is Hamets. Gluten-free products may also be bona fide Hamets as oats are gluten-free. Products such as flour, uncooked oatmeal, cake mixes, beer, scotch, and whiskey are Hamets. Yeast that we commonly use these days, is actually not Hamets.

Read all product labels carefully as there are many look-alikes of non-kosher for Passover items. Additionally, not everything that was kosher last year is kosher this year. If a 'P' is next to a hechsher, it always means kosher for Pesah (pareve is spelled out). Not all kosher certifications are equal. One should do research and set a standard in his own home for which agencies he feels comfortable accepting.

What about pet food?

The benchmark of what is considered Hamets is its suitability to be consumed by a dog. Therefore, pet foods also need to be Hamets-free. If the pet food has actual Hamets, one should look for a non-Hamets substitute. If you go to the zoo and would like to buy food to feed the animals, be mindful as to what you are purchasing.

Do I have to check the pockets of my clothing?

If the clothing went through the wash it does not have to be checked. If one does not intend to use the garment on Pesah, he can check by patting the pockets to feel that there is no significant amount of Hamets.

What should I do with the Bircat Hamazon books?

Ideally they should be locked up and Haggadot can be used throughout Pesah for Birkat Hamazon. Otherwise, they can be thoroughly cleaned by going through every page, making sure no crumbs are there.

Do I have to check under the refrigerator or move the furniture?

The criteria of up to what point one is obligated to search for Hamets is when it is beyond reach. It is very common to find wafers, candies, and other Hamets that roll under furniture, refrigerators or the like. So when cleaning before Pesah, everything that can be reached or moved without exerting an inordinate amount of effort, should be moved to access any Hamets. One can have in mind then to be searching for Hamets and on the night of bedikah just look with a flashlight to see if it was cleaned well.

What should I clean out from the children's toys?

Playdough and children's arts and crafts that include Hamets, like colored macaroni need not be thrown out, but should be locked up for Pesah.

What if I get a phone call in middle of checking?

As soon as one recites the berachah to check he may not interrupt at all until he begins to check; just like any berachah that one recites, he performs the mitzvah immediately. If he started to check he should not engage in talking other than that which is relevant to the bedikah until he completes the checking and recites the Bittul. If he did speak of other matters, he does not need to make another berachah. One should have other family members listen to the berachah so that he may appoint other members of the household to help with the checking.

Why do I hide ten pieces?

The berachah recited is Al Biur Hamets—to destroy Hamets. So the question arises, if one does not find any Hamets, then on what is his blessing going? Therefore, it is customary to hide pieces of Hamets to fulfill his blessing. The symbolism of ten is to encompass all aspects of impurity and sin that are present in the world that we seek to search out and destroy. Each piece should be smaller than the size of an olive, so if not found, you will not be in violation of owning Hamets. Wrap each one in silver foil or plastic so it does not leave crumbs.

What if I can't find all ten pieces?

If you cannot find them look a little harder! If you still can't find them, rely on the Bittul you recite to nullify the Hamets wherever it is. To avoid this, one person can be in charge of memorizing where all the pieces are hidden or write them down.

If I am traveling for Pesah what should I do?

Your house must be cleaned and checked prior to departing. If you are leaving on or after the night of bedikat Hamets then check like regular with a berachah. If leaving before the night of bedikah then check the night before you leave

without a berachah.

If one rents and enters an apartment, house, hotel, car, etc., on or before the night of the fourteenth of Nissan, the obligation of bedikah is upon him. Therefore, check at the proper time with a berachah.

If one is checking into a hotel in the middle of Pesah, then upon arrival he should check his hotel room without a berachah. If there is a minibar or snack closet, it should be removed or sealed off.

Do I have to burn the Hamets?

Although one may dispose of his Hamets in any manner, the custom is to burn the Hamets with fire. Additionally, it is customary to use the lulav for the firewood thereby using the mitzvah of lulav for another mitzvah of burning the Hamets. However, one may destroy the Hamets in any other way he chooses. However, by just throwing it in the garbage, it is not necessarily destroyed and out of your property.

What if I forgot Kal Hamirah?

After burning the Hamets before the eleventh hour, one should recite kal hamirah—all Hamets found in my possession...shall be considered like the dust of the earth. This is found in many Haggadot. It is a declaration that all Hamets currently owned shall be nullified and ownerless and not in one's possession. After the time that Hamets is already forbidden, it does not take effect; however, one can rely on the kal hamirah that he recited at night after bedikah.

If I found Hamets?

If one finds Hamets during Yom Tov, he should treat it as mukseh cover it. After Yom Tov, he should destroy the Hamets. If discovered on Hol Hamoed, it should be burned or flushed away immediately.

What should do on Erev Pesah afternoon?

The eve of Pesah is unique from every other holiday in that essentially the holiday of Pesah begins from after midday. That is the time that we would bring the Pesah sacrifice when we had the Bet Hamikdash. This afternoon is a special holiday itself, and thereby we abstain from doing

work. Additionally, it allows us to be focused on preparing ourselves and our homes for the holiday.

It is customary to read the "Order of the Korban Pesah." The reading describes the service in detail, and is a fitting mindset to enter the holiday of Pesah. Some read a special insight of the Arizal explained by Rabbi Shimon from Astropoli regarding the Ten Plagues.

Shulhan Aruch cites a custom to bake matsot on Erev Pesah after midday to use for the Seder.

If one finished all the preparation for the Seder, one can use this time to review the Haggadah and prepare some thoughts to discuss at the Seder.

ELIMINATION OF THE HAMETS

We usually taper down our Hamets purchases so that we should not have much Hamets left by Pesah. This is not always possible as some people who do business with Hamets or hold expensive collections of scotch that would incur a large loss. Therefore, the Hachamim allowed one to sell his Hamets so as not to transgress owning Hamets. It is commendable, for one who is able, to completely rid his house of bona fide Hamets and only sell the mixtures and questionable Hamets.

How should I sell my Hamets?

Selling Hamets requires knowledge of the laws of Pesah and of halachically buying and selling. Therefore, one should appoint his Rabbi as an agent to sell his Hamets, rather than try to sell it himself, especially when one's business is with Hamets. The non-Jew essentially has full ownership of the Hamets and should have access to it.

One should place his sold Hamets in a closed room or cabinet, locked or taped up, and marked as Hamets. If the Hamets is refrigerated or frozen items and one doesn't have a designated Hamets freezer or refrigerator, then double wrap the Hamets in a protective bag clearly marking it as Hamets and place in a designated area in the refrigerator or freezer.

If I am traveling to Israel or Europe?

When you are accepting the holiday in Israel it is still daytime or morning in America. Therefore, you must prearrange that the Hamets is sold early enough (or have a Rabbi within the time zone of your destination sell your Hamets) so that when the time of burning Hamets arrives your Hamets in America is already sold.

What if my workers have Hamets?

A non-Jewish worker or employee may bring Hamets onto your property. Make sure he takes it all with him from your house or office when he leaves. One cannot eat on the same table as someone eating Hamets even if one places a separating object in between.

Do I need a new toothbrush for Pesah?

One may wash his toothbrush well with soap until it is totally clean, and then use it on Pesah. However, because a toothbrush is inexpensive, it is preferable that one buy a new toothbrush. Every person should brush and floss before Pesah.

Can I use the same aprons, towels, and kitchen mitts?

Yes. Search for visible remaining pieces of food, and then wash them in the washing machine with hot water.

PREPARING FOR THE SEDER

The eve of Pesah is unique from every other holiday in that essentially the holiday of Pesah begins from after midday. That is the time that we would bring the Pesah sacrifice when we had the Bet Hamikdash. This afternoon is a special holiday itself, and thereby we abstain from doing work. Additionally, it allows us to be focused on preparing ourselves and our homes for the holiday.

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If one finished all the preparation for the Seder, one can use this time to review the Haggadah and prepare some thoughts to discuss at the Seder.

One may not eat Matsah the entire day, so that he will be excited to eat Matsah at the proper time during the Seder. One may eat egg Matsah since one cannot use egg Matsah to fulfill his obligation at night. Matsah meal that was baked or pan fried should not either be eaten. This includes kosher for Pesah cakes made from Matsah meal. If the Matsah meal was deep fried or boiled it may be eaten. This includes deep fried chicken nuggets or Matsah balls.

The Hidah brings the custom for the husband to arrange the Seder plate. Our custom is to arrange the Seder plate like this, based upon the Arizal.



What kind of matsot should I buy?

If Hashem had commanded to rid our houses of all wheat grains, that would have been relatively easy. The real challenge is posed by His commandment to have grain prepared in a way that there is absolutely no leavening, i.e. Matsah. Matsah is made from flour and water and has the highest possibility of being Hamets. Therefore, one should only buy Matsah with a very reliable certification.

The Matsah for the Seder is unique and has to be made with specific intention for the mitsvah. Therefore, for the Seder one should use handmade matsot, where the person baking them can have these intentions. There are machine-made matsot that are also made with this intention.

Additionally, although all Matsah is watched from becoming Hamets after the water and flour are mixed in, for the matsot of the Seder, the grain should be watched from the time it was cut, i.e. shemurah meshe'at ketsirah. There is an elevated status of Matsah shemurah to be used for the entire Pesah.

Which wine should I buy?

Wine used for the Seder should preferably be red, because it is considered a better wine, it is reminiscent of Jewish blood spilled by Pharaoh, and reminds us of the plague of blood cast upon the Egyptians and blood libels that followed Jews around the world over the centuries.

When wine is “cooked”—heated beyond a certain temperature, it reduces the quality of the wine. It is preferable to use non-mevushal wine for the Four Cups. Once the bottle of non-mevushal wine is opened, make sure a non-Jew does not touch it. If he does, it can become problematic and forbidden to derive benefit from it. Generally, all Kedem narrow 750 ml. bottles (without a cork) are mevushal, and all of their wider 1.5 liter bottles are not mevushal.

Can I drink grape juice for the Four Cups?

Grape juice could be used by one who cannot tolerate wine. There are wines that meet all halachic requirements and are low in alcohol such as Moscato, Kedem Concord Kal (Sweet, 3.5% alcohol), Matuk Kal Soft (Semi-dry, 4.5% alcohol), and Rashi Light Red Concord (5.5% alcohol).

Can I dilute the wine?

One can dilute the wine with grape juice retaining an alcohol level of approximately 3% and still be considered as wine. If necessary, it may be diluted with a small portion of water as well, as long as it does not degrade the taste. Before diluting, one must ensure that the wine was not already diluted by the producer. Wine producers may legally add water without notifying the customer, therefore one should be careful before adding water.

What should I buy for maror?

It is our custom to have two portions of maror, one for the order of maror and a second called hazeret for the korech—sandwich. We use romaine lettuce and endives or escarole. Romaine lettuce must be soaked in water, and then checked well leaf by leaf for insects, being aware of what type of bugs we are searching for. Alternatively, one can use just the stalks, which can easily be rinsed under a current of water and checked. One can also buy kosher pre-checked or kosher greenhouse grown lettuce.



THE SEDER

The climax of Pesah is the Seder, when we all dine and sit like royalty and relate the unbreakable chain of miraculous triumphs of survival. The sanctity is highlighted by the regal manner in which we carry out the Seder. The word 'seder' means order. The meticulous order and details enhance the Seder enabling us to fully relive the experience of Yesiat Mitsrayim.

KADDESH

When should I start the Seder?

Although during the year one may say Kiddush immediately when coming home from the synagogue, on Pesah evening one should wait until nightfall to recite Kiddush. At that time, one should start Kiddush right away to ensure that the children are awake during the reading of the Haggadah and eating of the Matsah.

How much wine must I drink?

The cup must hold in it at least three ounces—a reviit of wine. Ideally, one should drink a majority of the cup, regardless of what size the cup is, and preferably the entire cup. The minimum one must drink is a majority of a reviit. This amount should be drunk in one gulp or two quick consecutive gulps.

How should I lean?

One must lean his entire body not just his neck. One must lean onto something like a pillow or a chair, not just hang in the air. One should lean more than forty-five degrees to the left whether right-handed or left-handed. Both men and women lean.

What if I forgot to lean?

One should lean when drinking the Four Cups, eating the Matsah, eating the Korech and the Afikoman. If one did not lean when he should have, he should repeat. Do not make a new berachah Rishonah when re-drinking or re-eating.

URHATZ

What if I mistakenly recited Al Netilat Yadayim?

If one already recited the Name of Hashem, he should complete his berachah (and need not say Lamdeni Hukecha).

KARPAS

Do I say Bore Nefashot?

If one mistakenly eats a kezayit, he still does not recite bore nefashot at this point.

YAHATZ

Is there any special way to break the Matsah?

According to Kabbalah, one should have intent to break the larger piece to form a letter Vav and the smaller piece to the shape of the letter Dalet. The smaller piece is returned between the two whole matsot and the larger piece is put away and saved for Afikoman.

MAGGID

What is the most important part of the Seder night?

We must tell our children, our wives, and ourselves the story of how we were slaves in Mitsrayim and were freed. Therefore, one should try to explain the Haggadah, or at least the main portions, in English as you read so everyone can understand. Just as one prepares for Pesah by cleaning, he should also prepare for the Seder by reviewing the Haggadah and studying some commentaries to have more to relate. The more one relives the experience and understands, the better the mitsvah and the more one will be elevated from the Seder.

Can I drink coffee before the Matsah?

Ideally, one should not eat or drink at all until the Matsah. If one is really hungry or not feeling well, he can have a little bit of ha'adamah or shehakol items before beginning Maggid. One should not interrupt the Haggadah by talking about unrelated matters.

Are women required to hear the Haggadah?

Relating the story of Yesiat Mitsrayim is connected to the eating of the Matsah. Therefore, a woman also takes part in the reading of the Haggadah.

She can listen along instead of reading. If she is busy with preparing the food and taking care of the kids she should try to make up the parts she missed. If this is not possible, she should at least read (and understand) the passages of mah nishtanah, avadim ha'yinu, the Ten Plagues, and the passage of Rabban Gamliel which explains the reasons of the central mitsvot of the evening. She also says the first two chapters of Hallel and the berachah at the end of Maggid.

ROHTSAH

Are we now washing to eat?

Before washing, one should prepare for the upcoming Matsah, maror, and Korech and allocate sufficient Matsah and maror for each person to facilitate a smooth flow of these connected misvot. From motsi through Korech are the significant parts of our 'eating mitsvot' of the night, followed by the meal, then culminating with the Afikoman. It is worthwhile to point out that a mitsvah for us to eat something specific, is unique to sacrifices in the Bet Hamikdash and for all of us Pesah night with matsah.

MOTSI—MATSAH

What if my matsot are a little broken?

The three matsot of the ke'arah should be whole; however, given the fragility of our matsot, if it looks whole it is acceptable.

How much Matsah and maror should I eat?

The head of the household eats a kezayit—which is approximately one ounce—from the top Matsah and another one ounce from the second Matsah. Everyone at the Seder after receiving a little piece from the main matsot, is required to eat at least one ounce of Matsah. It is customary for all to eat two ounces of Matsah at this time; it is permissible to use a non-electric scale to measure for the purpose of a mitzvah.

Within how long should I eat Matsah?

The required amounts should be eaten within a normal amount of consecutive eating time (which is approximately six minutes). The timer starts from when you begin swallowing.

How do I figure out how much Matsah?

Every bakery makes matsot in various densities and sizes. One can use a scale to measure twenty-eight grams. An alternative way to calculate is by taking a one-pound box of matsot and counting how many matsot come in the box and then divide that number by sixteen (a pound is 16 ounces). (For example, if eight matsot come in the box then each Matsah is $(16/8=)$ 2 ounces. In this situation, half of a Matsah would be an ounce.)

MAROR—KORECH

How do I calculate my romaine lettuce?

The required ounce can be measured to the volume of one ounce. One can measure his lettuce by what can tightly fit into a shot glass. It is a good idea to pre-measure the required amount of maror and place in a small plastic bag by each person's place setting. This will ensure that each person eats the required amount and will save time during the Seder.

Why do we dip in the Haroset?

By maror we dip in Haroset and then shake it off because by the mitsvah of maror the bitter taste needs to prevail. However, by Korech we leave the Haroset on the sandwich for the Haroset in the mix alludes to the sweet outcome of many bitter days.

SHULHAN ORECH

What is on the menu?

One should eat a sumptuous meal to the best of his ability since display of royalty is the theme of the night. One should, however, not serve meat that was grilled or broiled, as it resembles the actual Korban Pesah which was roasted, apparently looking like a korban outside the Bet Hamikdash. Our roast is generally made with a little water and is fine. If the meat was roasted then cooked, or cooked then roasted, it is permitted.

What if I fell asleep?

If one fell asleep at this point, even for a short amount of time, he should wash his hands again for the meal, however, without a berachah.

TSAFUN

How much more do I eat for the Afikoman?

One eats at least one kezayit of Matsah in commemoration of the Korban Pesah that was eaten at the end of the meal. It is preferable to eat two kezatot, to commemorate both the Korban Pesah and the Matsah with which it was eaten. It is eaten while leaning. If one did not lean, he must eat again.

BARECH

What if I forgot the Afikoman?

If he already started Birkat Hamazon, then immediately after Birkat Hamazon he should wash again, eat the Afikoman and recite Birkat Hamazon. If one remembers before Birkat Hamazon (even if he recited hav lan v'navrich) that he did not eat the Afikoman, one goes back and eats the Afikoman.

HALLEL

Do I make a Berachah Aharonah of Al Hagefen after the last cup of wine?

If you drank the third or fourth cup in either one gulp, or two quick gulps, then make a berachah aharonah. If one only drank two ounces, he should not make a berachah aharonah. If

possible, the best thing to do in such a case would be to listen to someone else's berachah and have in mind to fulfill your obligation.

NIRTSA

What are we supposed to do?

The Seder is an extremely holy mitsvah and after performing the entire Seder it is a befitting time to sing to Hashem and beseech that He finds favor in our Seder. Therefore, Shir Hashirim—which describes the greatest love of Hashem to us—is sung along with other meaningful poetry expressing our relationship to Him and our destiny.

What should I do after the Seder?

One should go to sleep that night with the taste of Matsah in his mouth. That is why one should not eat or drink (except something simple like water or tea) after the Afikoman.

It is not just the taste of Matsah that should remain but rather one should go to sleep with the experience of the entire night lingering on his mind. Furthermore, one should continue discussing experiences of salvation—big or small, personal and national—and taking practical lessons about all that was just encompassed within the Seder.....until he drifts off to sleep.

Post Pesah Information 2021

Hamets sold through JSOR can be eaten after 8:45 PM following the holiday.

Hamets may be purchased at any JSOR establishments after Pesah.

The following places in the Deal/NY area not under supervision, have been verified to either have sold Hamets

- Aldi
- Fresh Direct
- Shoprite – (West Long Branch, Neptune, Howell, Freehold, Ave. I Bklyn)
- Adler's Pharmacy
- Lidl
- Trader Joe's
- BJ's Wholesale Club
- Monmouth Bottle Shop
- Walgreens
- Costco
- Petsmart
- Walmart
- CVS
- Rite-Aid
- Wegman's
- Deal Food
- Sam's Club
- Whole Foods
- Foodtown (local Deal area)
- 7-11
- Petco

***Places omitted are either because of missing or questionable information.**

This list will be updated accordingly at www.jsor.org or contact our office:

Consumers in other communities should check with their local Vaad Hakashrut for post-Pesah

Purchasing Hamets after Pesah from other establishments not known to be sold/absolved:

From Large Stores: After April 18, 2021 | From Small Stores: After May 1, 2021

Establishments

656 /Stingers

656 Ocean Avenue, Long Branch, NJ 07740
732-728-9656

Appetizers

466 Avenue P, Brooklyn, NY 11223
718-339-7202

Appetizers- Deal

276 Norwood Avenue, Deal, NJ 07723
732-695-6226

Asbury Waffle

800 Ocean Avenue, Asbury Park, NJ 07712
732-556-6951

Balagan

66 Monmouth Rd, Oakhurst, NJ 07755
732-716-4200

Brewology

61 Georgetown Rd, Eatontown, NJ 07724
732-996-3482

Broad Street Dough Co. Manalapan

177 Elton Adelpia Rd, Freehold, NJ 07728
732-303-9000

Broad Street Dough Co. Oakhurst

2005 NJ-35 Oakhurst, NJ 07755
732-531-1401

Butchers Steak House

401 Main St, Allenhurst, NJ 07711
732-686-1498

Camp David

1200 W Park Ave, Ocean, NJ 07712
732-531-9343

Carvel

175 Monmouth Rd, West Long Branch, NJ 07764
732-870-3040

Fine Catering by Bella Betesh

718-676-2128

Catering by Grace Sitt

732-337-7314

Catering by Yishay Ouzer

732-546-7056

Chocolate Factory

56 Centennial Dr, Long Branch, NJ 07740
732-222-7623

Chocolate Soda

290 Norwood Avenue, Deal, NJ 07723
732-531-5460

Coconut Chocolate

197 Wall St Unit 1, West Long Branch, NJ 07764
848-205-5161

Coney Waffle

24 Centennial Dr, Long Branch, NJ 07740
732-556-6951

Craft Cuts Butchery

200 Wall St. Unit 6, West Long Branch, NJ 07764
732-853-1155

Crawfords

1942 Coney Island Ave, Brooklyn, NY 11223
718-998-7002

Crispy Grill

214 Roosevelt Ave, Oakhurst, NJ 07755
732-695-3119

Crust Co.

379 Monmouth Rd, West Long Branch, NJ 07764
732-229-2145

Diet Gourmet

167 Lincoln Avenue, Long Branch, NJ 07740
732-870-3287

Dougie's

256 Norwood Ave, Deal, NJ 07723
732-517-0300

Down to Earth

312 Main St, Allenhurst, NJ 07711
732-686-1597

Dress It

908-492-0155

DSN Community Center

244 Norwood Ave, Oakhurst, NJ 07755
732-686-9595

Freddy's Oakhurst

52 Monmouth Rd, Oakhurst, NJ 07755
732-483-4700 ext. 4

Grandma's Cheese

78 Brighton Ave, Long Branch, NJ 07740
732-895-3621

Grandma's Goodies

7 Bauer Ave, Oakhurst, NJ 07755
848-667-1040

Hillel Yeshiva

1025 Deal Rd, Ocean, NJ 07712
732-493-9300

Hot Bagels

67 Monmouth Road, Oakhurst, NJ 07755
732-870-6262

Igloo

2005 Hwy 35 North, Oakhurst, NJ 07755
732-531-5422

Juice Theory Brooklyn

514 Kings Highway, Brooklyn, NY 11223
718-676-2128

Juice Theory West End

87 Brighton Ave, Long Branch, NJ 07740
732-455-5444

Jumping Brook/Grandview

210 Jumping Brook Road, Neptune, NJ 07753
732-922-8200

Kings Highway Glatt Kosher Meat

250 Norwood Ave, Oakhurst, NJ 07755
732-660-1010

LBK Grill

110 Ocean Ave, Long Branch, NJ 07740
732-335-6633

M&A Kosher Meat

198 Monmouth Rd, Oakhurst, NJ 07755
732-531-2100

Magen David Yeshiva Elementary

2130 McDonald Avenue, Brooklyn, NY 11223
718-676-0215

Magen David Yeshiva H.S.

7801 Bay Parkway, Brooklyn, NY 11214
718-331-4002

Nahum Bakery

268 Norwood Ave #C, Deal, NJ 07723
732-531-2911

Nicole's Kitchen

323 Main St, Allenhurst, NJ 07711
732-531-1405

Orchid Gardens

1610 NJ-35, Oakhurst NJ 07755
732-695-3122

Playa Bowls

2005 NJ 35 #22, Oakhurst, NJ 07755
732-686-9988

Prept by Ray T

311 Avenue X, Brooklyn, NY
929-552-7029

Rita's Italian Ices- Eatontown

76C NJ-35, Eatontown, NJ 07724
732-460-0075

Rita's Italian Ices-Manalapan

342 Route 9 North, Manalapan, NJ 07726
732- 617-8088

Sand Bar at the Cove

732-222-2100

Sarah's Tent

100 Norwood Ave, Deal, NJ 07723
732-531-5560

Shalom Food

104 Norwood Ave Deal, NJ 07723
732-531-4838

Sheng Mao Sakura

214 Roosevelt Ave Oakhurst, NJ 07755
732-517-8889

Shoprite

2200 Asbury Ave, Neptune, NJ 07753
732-775-4250

Simply Gourmet by Rosie Bawabeh

732-572-3516

Slices Pizza

250 Norwood Ave, Ocean, NJ 07755
732-531-6811

Slurpees @ Seven Eleven of Oakhurst

47 Monmouth Rd, Oakhurst, NJ 07755
732-571-5196

Slurpees@ Seven Eleven of West End

554 Ocean Blvd. Long Branch, NJ 07740
732-870-1133

Slurpees@ Seven Eleven of WLB

187 Wall St, West Long Branch, NJ 07764
732-263-1759

SmokinDeal

718-614-2822

Sophia Dabbah

1566 East 10th St Brooklyn, NY 11230
718-376-2565

Stop and Shop

150 West End Court, Long Branch, NJ 07740
732-229-9411

Sweet D Lite

60 Monmouth Rd Oakhurst, NJ 07755
732-263-9100

Sylvia's

114 Norwood Ave Deal, NJ 07723
732- 531-3433

Takara

1610 Route 35 South, Oakhurst, NJ 07755
732-663-1899

Tapas

116 Norwood Avenue, Deal, NJ 07723
732-660-1700

The Light House

69 Brighton Avenue, West End, NJ 07740
732-997-9018

Treats by Eileen

210 Jumping Brook Road, Neptune, NJ 07753
732-403-5501

Twisted Challah by Karen Tawil

1843 East 5th St Brooklyn, NY 11223
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