



COMUNIDADE ISRAELITA DE LISBOA
הקהילה היהודית בליסבון

בס"ד

LIST OF *KOSHER* PRODUCTS FOR PORTUGAL Av 5774

The main shops providing *Kosher* nutrition in Lisbon are **El Corte Inglés**, between Avenidas António Augusto de Aguiar, Marquês de Fronteira and Sidónio Pais, and **Liberty Supermarket**, Largo de São Sebastião da Pedreira, 9D. But even in other shops there is a large variety of products available which is *Kosher* or can be considered to be *Kosher*. Some of them are listed here.

Introduction

1. This list shows in its first part only products with a *Hechsher*. Only this part is meant for Jews who are stringent and restrict themselves to food with a *Hechsher*. *Chalav Israel* is not available in Portugal, except the three kinds of cheese at the Corte Inglés. The quality of the different *Hechsherim* is generally not a matter of dispute in Portugal; people are content to find certified goods.
2. This list is not containing products *Kosher Le Pessach*.
3. The second part of the list is compiled from the *Kashrut*-lists by the KLBD, the Orthodox Rabbinical Conference of Germany and the list published by the Orthodox Rabbinical Conference of Italy, after a careful process of cross-checking. These products may be consumed by those who obey normal *Kashrut* and cannot get other goods with higher standards of *Kashrut* during a stay in Portugal where they can claim the right of *Sha'at HaDachak*. In any case the traveller should contact a Rabbinical authority for the decision where to be lenient and where not.
4. Products designed with a *D* without further remarks are dairy and prohibited to those who are stringent in terms of *Chalav Israel*. These travellers are strictly recommended to bring long term dairy products with them.
5. The bread listed in the second part of the list does not contain any milk, though it is not *Pat Israel*.
6. Travellers from Israel should be especially careful with products (especially baked goods) that are sold in *Medinat Israel* with a recognised *Hechsher* but are not originally *Kosher*, for they are designed specially under supervision for *Israel* or another *Kosher* market. For example Pringle's Chips are *Kosher* in Israel and the USA, but generally not in Europe.

General Remarks

a) Bread and Baked Goods

Generally the Portuguese bread is not *Kosher*, due to the fact that margarine and other non-sticking agents used here are *Treyf*. Moreover sliced and packed bread quite often contains emulsifiers that are not *Kosher*. Bread without an *Hechsher* not listed in the second part of this list can generally not be recommended.

b) Fruits and Vegetables

Almost all kinds of fresh or canned fruits and vegetables are allowed, if not conserved in wine vinegar. One has to be careful with products imported from Israel that need a specification of *Ma'asser* and *Terumah*. With canned products from Israel be as well careful about the year of *Sh'mittah*. Cabbage, spinach or salad should be inspected for worms and insects even when canned.

c) Jams and Jellies

In general jams do not contain gelatine (normally *Treyf* in Europe), but pectine which renders them *Kosher* as long as they do not contain grapes (*Stam Yayinam!*).

d) Milk and Dairy Products

Since the price for non-*Kosher* milk is about 20 times as high as for *Kosher* milk the Rabbis of our generation usually permit pure milk and dairy products. Especially in the US every now and then a warning is issued because of the fact that horses are milked in Europe. This is indeed the case, but horse-milk is available only in pharmacies and used as treatment for skin-diseases, not as an average drink, and furthermore horses and *Kosher* animals are not milked by the same apparatus (for obvious reasons), so a mixture of milk is not to be feared. Light butter is prohibited. Concerning Yoghurt one should be aware of the fact that many fruit additions may contain gelatine, which renders them *Treyf*. Yoghurt without additions is generally allowed. Hard cheese is in general not *Kosher*. Although there are some brands produced without rennet, especially typical Portuguese cheeses produced with cardo, a thistle, or some vegetarian cheeses, all of them still are *Gevinat Akum* and thus not to be eaten by Jews.

e) Fish and Canned Fish

Canned Sardines are permitted. Tuna is rarely faked nowadays, but there is a brand *Kosher Lemehadrin* available at the Corte Inglés, anyway. Some authorities allow smoked salmon in slices if there is no suspicion of fraud.

f) Sweets and Snacks

Almost all the candies in Portugal are pressed. They contain magnesium stearate and are *Treyf* – exceptions: Halls candies and Tictac mints. Filled candies and Toffees are generally not *Kosher*. Chewing gum can generally not be recommended, except Orbit, Wrigley's. Chocolate is in general *Kosher*, but dairy, even the bitter sorts; filled chocolate has to be inspected for the ingredients. Marzipan without additives is generally *Kosher*.

g) Soft Drinks

The greater part of soft drinks available in Portugal is *Kosher*, except grape juice without *Hechsher*. *Note*: Some fruit juices contain grape juice, check labels carefully!

h) Hot Drinks

Usually the consumption of tea and coffee is allowed, but it is recommended to drink them from a glass. Non sugar sweeteners in tablets may contain lactose (*D*) or wine acid. The amount of the latter is very small, thus it is usually tolerated. Liquid sweetener usually contains neither nor. Hot drinks from a machine (for example at highway gas stations) should be avoided.

i) Alcoholic Beverages

Beer is generally *Kosher*. In some of the supermarkets beers from Belgium are available that contain fruit additives and in these non-*Kosher* emulsifiers. Brandies are not *Kosher*. Most of the Portuguese liquors contain brandy and are not *Kosher*, exceptions see below.

k) Restaurants

For reasons of *Bishul Nochrin* (cooking by Non-Jews), *Stam Yayinam* (wine and wine derivatives from Non-Jews) and *Mar'it HaAyin* (Semblance of consuming non-*Kosher* food) one should refrain from eating in *any* restaurant.

Short Warning List of Usual Non-Kosher Additives

- Emulsifiers E 471 – E 495, exception: Soy lecithin.
- Polysorbate (E 432 – E 436): Animal fat.
- Stearate/Stearine: Animal fat.
- Animal fat.
- Wine, Wine Vinegar, Brandy Vinegar. German products containing *Weinessig* or *Weinbrandessig* are not *Kosher*, but the term *Branntweinessig* means alcoholic vinegar and that one is allowed.
- Red food colour Cochenell/Carmin E 120 is produced of lice.
- Red food colour Anthocyanine is made of red grapes.
- Beta Carotene is not *Treyf* in itself but to apply it to food, a minute quantity of gelatine is needed, so small that it does not appear in the ingredient list, but enough to render the food non *Kosher*.

The actual list of *Kosher* food additives can be seen best at <http://www.kosherquest.org>

Kashrut Alert!!!!

A non-Jewish organisation has recently issued *Hechsherim* without any authorisation by a *Kashrut*-authority here in Portugal. The products are still in the shelves of some supermarkets, unfortunately as well in the *Kosher* section of El Corte Inglés.

This alert concerns all products with a *Va'ad Kashrut* Portugal-*Hechsher* issued by “*Kosher Sefarad*”:

⌘ Ben Rosh Red Wine

⌘ Ben Rosh White Wine before 2011

⌘ Marmalade and jams by (quince, tomato, strawberry, cherry, orange), produced in 2007 by "Delicias da Provincia", bearing a *Va'ad Kashrut* Portugal-

Hechsher, labelled *Kosher Parve Ve LePessach*, *Hashgachat HaRav* Boaz Pash. Though the *Hechsher* is a fraud, the products seem nonetheless to be *Kosher*, since the ingredients definitely are.

The wine and any further product bearing the named *Hechsher* associated with “*Kosher Sefarad*” are NOT *Kosher*. *Rav* Boaz Pash, who allegedly supervised the production, left the country several years ago and does not want to be associated with these products.

PART I

PRODUCTS WITH *HECHSHER*

Alcoholic Beverages

- ⌘ Stolichnaya Russian Vodka (OU)
- ⌘ Moskovskaya Russian Vodka (OU)
- ⌘ Drambuie (OU)
- ⌘ Cachaça 51 (BDK Brazil)
- ⌘ Campari (KLBD)

Biscuits and Cookies

Duchy Originals (OU) *D*:

- ⌘ Biscuits Ginger
- ⌘ Biscuits Lemon
- ⌘ Biscuits Chocolate Orange

Pepperidge Farm (OU) *D*:
Different sorts

Mantelli's (South-Africa) *D*:

Coffee and Pecan Nut Rounds

Elsa's Story (OU) *D*:

- ⌘ Black Pepper Crackers
- ⌘ Sea Salt Crackers
- ⌘ Flavour Pecan Butter Cookies
- ⌘ Raspberry Filled Butter Cookies
- ⌘ Strawberry Filled Butter Cookies
- ⌘ Strawberry Yoghurt Butter Cookies
- ⌘ Orange Almond Butter Cookies

Walker's (OU) *D*:

- ℔ Orange Royals
- ℔ Chocolate Chip Shortbread
- ℔ Assorted Shortbread
- ℔ Scottish Biscuits for Cheese
- ℔ Highland Oatcakes
- ℔ Cracked Black Pepper Oatcakes
- ℔ Cheese Oatcakes
- ℔ Rough Oatcakes
- ℔ Mini Oatcakes

Bread

- ℔ Finncrisp (KLBD)
- ℔ Wasa Knäcke (Crispbread): Fiber, Light Rye, Sourdough, OU
- ℔ M-Bagels (frozen) (Sephardi Kashrut Authority, London)

Cake and Cake mixes

Mamma Cucina, Different Sorts, *P*, OU

Betty Crocker (OU) *D*:

- ℔ Bakery Style Muffins Cake Mix
- ℔ Fudge Brownies Cake Mix
- ℔ Moist Deluxe Devil's Food Cake Mix
- ℔ Moist Deluxe Classic Yellow Cake Mix
- ℔ Super Moist Carrot Cake Mix
- ℔ Chocolate Chip Cookies Cake Mix

Cake Decorating

- ℔ Betty Crocker Whipped Chocolate Frosting (OU) *D*

Cereal Bars

Jordans (KLBD) *P*:

- ℔ Frusli Wild Berry
- ℔ Frusli Raisin & Hazelnut

Nature Valley (OU) *P*:

- ℔ Banana Nut
- ℔ Apple and Cinnamon
- ℔ Raisins and Nuts

Cereals

Alpen (KLBD) *D*:

- ℔ No Added Sugar

‏ Original

Weetabix (KLBD):

‏ Bran Flakes

‏ Weetabix

‏ Weetaflakes

Couscous

‏ Tipiak (Beth Din Paris)

‏ Garofalo (OU)

Crisps and Snacks

Kettle Chips (KLBD):

‏ Lightly Salted

‏ No Added Salt

‏ Sea Salt & Crushed Black Pepper

‏ *NOTE: Any product of this brand without the KLBD-Hechsher is Not Kosher!*

Pringle's

‏ *Only when bearing OU-Hechsher*

Carr's (KLBD)

‏ Tablewater Crackers

Jacob's (OU)

‏ Cream Crackers

‏ Act II Microwave Popcorn (OU)

Newman's Own (OU)

‏ Microwave Popcorn Natural

‏ Microwave Popcorn Butter

‏ Tesi Bon Pretzel Mini Twists

Fish

‏ Norlax Smoked Salmon (OU)

‏ abba pickled herring (OU); *except Curry Sauce, Mustard Sauce, Sherry Sauce*

‏ Canned Tuna fish by Porthos (OU)

Hot Drinks

Cadbury (KLBD) *D*:

‏ Bournville Cocoa

‏ Cocoa

‏ Drinking Chocolate

Ice Cream

Häagen Dasz (OU) D:

⌘ *Note: The Ice Cream is Kosher, but the Shops are not, so be careful what you consume there.*

Baskin Robbins (KLBD) D:

⌘ *Note: The Ice Cream is Kosher, but the Shops are not, so be careful what you consume there.*

Ben & Jerry's (כ-K) D:

⌘ *Note: The Ice Cream is Kosher, but the Shops are not, so be careful what you consume there.*

⌘ Tofutti (KLBD)

⌘ Ingman's (KLBD), *parve*

Jams and Spreads

Skippy Peanut Butter (OU)

Fymbos Fine Food (South Africa Beth Din):

⌘ Pepper Jam with Ginger

⌘ Chilli Jam with Ginger

⌘ Habanero Jam with Ginger

Wild Garden Hummus Dip (OK):

⌘ Traditional

⌘ Red Hot Chilli Pepper

⌘ Roasted Garlic

Tofutti Soy Spread (כ-K)

Ketchup

⌘ Heinz Tomato Ketchup Stay Clean Cap (Manchester Beth Din)

Mustard

⌘ Gulden's Spicy Brown Mustard (OU)

Oriental Food

⌘ Kikkoman (KLBD):

Note: If the product comes without the KLBD-Hechsher it may be Kosher nonetheless, if it comes from the Netherlands or Singapore.

Pasta and Noodles

- ‏ Garofalo: All sorts with a OU-*Hechsher*
- ‏ Buitoni: All sorts with a OU-*Hechsher*
- ‏ Valo Verde: All sorts with a Star-K-*Hechsher*

Pastry

- ‏ JR Feuilles de Filo (Beth Din Paris)
- ‏ JR Feuilles de Brick (Beth Din Paris)

Pickles

Fymbos Fine Food (South Africa Beth Din):

- ‏ Marinated Peppers
- ‏ Pepper Drops
- ‏ Jalapeño Pepper Drops
- ‏ La Costeña Nachos de Jalapeños en Escabeche (Va'ad Kashrut of the Ashkenazi Community of Mexico)

Sauces, Dressings and Relishes

Newman's Own (OU, CK):

- ‏ Newman's Own Tomato & Basil Bambolina
- ‏ Newman's Own Marinara
- ‏ Newman's Own Ranch Dressing

Bandito's (South Africa Beth Din):

- ‏ Jalapeño Sauce
- ‏ Gūadala Gunpowder Sauce
- ‏ Mild Chili Relish
- ‏ Salsa Number Juan

Fymbos Fine Food (South Africa Beth Din):

- ‏ Tortilla Salsa
- ‏ Jalapeño Mild Chilli Sauce
- ‏ Chilli Dream Sauce

Lea & Perrins (KLBD):

- ‏ Worcester Sauce *F*
- ‏ Hot Pepper Sauce

Hunt's (OK):

- ‏ Original Barbecue Sauce
- ‏ Kraft Honey Barbecue Sauce

Soft Drinks

Guaranà Antarctica, *Kasher le Pessach* under constant supervision by Rabbi Tuvia Hod, Antwerp

Sugar

Tate & Lyle (KLBD):

- ⌘ Brown Soft Dark
- ⌘ Brown Soft Golden
- ⌘ Brown Soft Light
- ⌘ Demerara
- ⌘ Demerara Cubes
- ⌘ Demerara Cubes Rough Cut
- ⌘ Icing
- ⌘ White Cubes
- ⌘ White Cubes Rough Cut

Whitworths (KLBD)

- ⌘ Dark Muscovado
- ⌘ Demerara

Sweeteners

Canderel (KLBD):

- ⌘ Spoonful in Jars
- ⌘ Tablets
- ⌘ Stevia

Syrups and Toppings

Bosco (OU):

- ⌘ Sirope para Pancakes
- ⌘ Sirope de Chocolate

Water

- ⌘ S. Pellegrino (OU)
- ⌘ Acqua Panna (OU)
- ⌘ Voss (OU)
- ⌘ Cape Karoo Water (South Africa Beth Din)

Wine

Félix Rocha, Kosher 2010 (CIL)

Part II: Products Without Hechsher

The items listed in this section have been checked according to the list of their ingredients. Since the producers are not forced by law to list very small quantities of additives, no absolute warranty of the *Kashrut* can be taken.

Alcoholic Beverages

- In general beer is *kosher*. The supermarket Minipreço even provides a brand called DiaBräu, brewed according to the German law of purity.
- Wine and its derivatives (as Brandy, Aguardente, Portwine, Sherry) only with *Hechsher*!!!!
- Ginginja: Only the products by Frutóbidos, based on alcohol of beetroots, are *Kosher*
- Vodka
- Whisky
- Triple Sec
- Cointreau
- Curaçao
- Gin
- Apple Cidre (only cloudy, since the filtration is made by use of gelatine)
- Kahlua
- Amaretto di Saronno
- Frangelico
- Rum
- Bailey's Irish Cream (*D*)
- *Not Kosher*: Benedictine, Pernod, Martini, Licor Beirão, Brandymel, Aguardente.

Almonds and Nuts

- In general no problem, even ground

Bread and Baked Goods

- All products by the German enterprise Mestemacher, like Pittabread, Whole Grain Rye Bread, Pumpernickel, are *Kosher*. (El Corte Ingles, Jumbo, Pingo Doce)
- Prünste Nuss-Brot (El Corte Ingles)
- Half baked bread usually contains animal fat and is **NOT** kosher!

Breadspread

- Nutella
- Pindakaas

Candies

- Hall's
- TicTac
- Fisherman's Friend
- Werther's Echte (D)
- Ricola

Capers

- All sorts without emulsifiers and wine vinegar

Cheese

- Kraft Philadelphia

Chewing Gum

- Orbit - Wrigley's: All sorts

Chocolate

- Ⓢ Toblerone (D)
- Ⓢ Lindt:
 - Ⓢ Alpenvollmilch Extra (D)
 - Ⓢ Excellence 70 % (parve)
 - Ⓢ Excellence 85 % (parve)
 - Ⓢ Lindor (D)
 - Ⓢ Pralinés „Elegance“ (D)
 - Ⓢ Chocolat Menage
- Ⓢ After Eight (D)
- Ⓢ Ferrero Rocher (D)
- Ⓢ Kinder Bueno (D)
- Ⓢ Kinder Surprise Eggs (D)
- Ⓢ Kinder Chocolate (D)
- Ⓢ Mon Cheri (D)
- Ⓢ Reber Mozartkugeln (D)
- Ⓢ Ritter Sport:
 - Ⓢ Milk (D)
 - Ⓢ Amaretto (D)
 - Ⓢ Baileys (D)
 - Ⓢ Cocos (D)
 - Ⓢ Cointreau (D)
 - Ⓢ Dark Nut (D)
 - Ⓢ Whole Almond (D)
 - Ⓢ Dark (D)
 - Ⓢ Yoghurt (D)
 - Ⓢ Crisp Flakes (D)

- Ⓢ Marzipan (*D*)
- Ⓢ Nougat (*D*)
- Ⓢ Olympia (*D*)
- Ⓢ Peppermint (*D*)
- Ⓢ Rum Grape Nut (*D*)
- Ⓢ Grape Nut (*D*)
- Ⓢ Whole Nut (*D*)
- Ⓢ White Whole Nut (*D*)

Coffee

- Ⓢ All pure Coffee brands. Here in Portugal coffee is often mixed with other ingredients.
- Ⓢ Nescafé

Cornflakes and Cereals

- Kellog's: All Bran, Coco Pops, Corn Flakes, Corn Pops, Fruit 'N Fibre, Smacks, Special K (*D*)
- Weetabix
- Quaker Cruesli
- Nestlé: Chocapic, Clusters (Banana, Chocolate Almond), Fitness, Fitness & Fruits
- *Not Kosher*: The entire sortiment of Kellog's Müesli-bars, as well as Splitz and Toppas!

Deep frozen Fruits and Vegetables

- All sorts without additives. The problem of inspecting vegetables like Broccoli, Brussel Sprouts, cauliflower and the like is not discussed here.

Dough

- Deepfrozen Massa Folhada (Puff Pastry) and Massa Quebrada (Shortcrust) f. e. at the Auchan Supermarkets or at Minipreço
- *Not Kosher*: All other sorts of prepared doughs!

Dried Fruits and Vegetables

- All sorts without additives and (concerning fruits) that are not spread with fat
- *Dried pulse have to be checked for worms and insects!*

Fish

Some of the fish provided on the Portuguese market have no scales and are **NOT** Kosher, like Peixe Espada, Tamboril. As well all kinds of lulas, gambas, shrimps, lobster, sturgeon and their products are prohibited. Since Portugal is situated on the shore of the Atlantic Ocean, fresh fish is easily available. Be careful, though, about the knives with which the fishmongers cut them – preferably bring your own. Cod, salmon, trout, dourade, plaice, merlan, sardine, anchovis, and tuna are provided fresh as well as frozen or canned.

- Smoked Salmon (El Corte Ingles, Jumbo, Pingo Doce)
- Pickled herring (El Corte Ingles, Jumbo – *Pay attention to the German word „Branntweinessig“, quite often lost in translation and in the Portuguese list of ingredients as „vinagre de vinho“ which is not quite accurate – actually it is (Kosher) alcoholic vinegar.*)
- Mujjól Shikrán herring caviar (El Corte Ingles)
- Salmon and trout caviar (El Corte Ingles, Jumbo)
- Fish fingers by Iglo (Minipreço)

Flour

- All sorts without raising agents. Sifting is strongly recommended!

Instant Coffee

- Only if declared as „pure“ coffee, for example NesCafé

Garlic Puree

- All sorts containing just water and salt, allowed as well are E 300 and E 224, for example Centazzi

Gelifying Substances

- Pectine
- Agar agar
- *Not Kosher:* Gelatine!

Gherkins

- All sorts without wine vinegar, for example Hengstenberg Polish style Gherkins

Margarine

- Vitaquell (Vegetarian stores)
- coroli vitol (Continente)
- *Not Kosher*: All other sorts without Hechsher!

Mayonnaise

- Hellman's (***Be careful here: There are two kinds provided in Portugal, one of them contains wine vinegar, and is thus Treyf!***)

- Heinz'

Milk and Dairy Products

- Milk (Full fat, half fat, low fat)
- Butter (Light Butter is **NOT** Kosher!)
- Cream without additives (Long lasting cream **may** contain forbidden emulsifiers!)
- Yoghurt natural (low calories Yoghurt is not Kosher!)
- Yoghurt with fruits as long as no gelatine or grapes are contained
- Cottage cheese
- Philadelphia cream cheese
- Président Soft Cheese – Garlic and Herbs, Pepper and Red Berries, Walnut
- Boursin Salade & Apéritif
- Tartare Apérifrais
- Crème fraîche

Attention: Many believe that French cheese of the brand „Président“ is generally kosher. That is simply not the fact. Only the Camembert Normand is considered to be Kosher by some authorities; all hard cheese and products deriving from it are *not Kosher!*

Mustard

- All brands without wine vinegar, cheese and the like, as:
- Colman's Mustard (El Corte Ingles)
- Friedrichs Dresdener Tafelsenf (El Corte Ingles)
- Develey's Münchener Süßer Senf (El Corte Ingles)

Oil

- Pure Olive oil, sunflower oil, nut oil, sesame oil.

Olives

- All sorts without wine, wine vinegar or emulsifier, for example: Fragata (Jumbo)
- *Not Kosher*: The greater part of stuffed and canned Olives, for they contain forbidden additives!

Pasta

- All brands that do not contain eggs or colouring
- *Not Kosher*: Black Pasta, since coloured with octopus!

Pepper Paste

- All brands containing just pepper bells and salt, for example Flor das Hortas Massa de Pimento

Potato Chips and Potato Products

- All sorts of potato chips with only vegetable fat and without emulsifiers (Pringle's is **NOT** Kosher!)
- *Not Kosher*: Potato puree!

Soft Drinks

- Coca Cola, Pepsi, Sprite, SevenUp, etc. *Diet Coke Lemon often contains Wine (Tartaric) Acid and is NOT kosher! Fanta Uvas (Grapes) is NOT kosher.*
- Mineral waters
- Pure fruit juice (except grape juice)
- Pure vegetable juice
- Red Bull
- Lipton's Ice Tea
- NesTea

Snacks and Sweets

- Ⓢ Lion
- Ⓢ Cadbury's Milk Tray

Soy Milk and Cream

- alpro soja
- alpro soja cuisine
- Provamel

Spices

- Ⓢ All pure spices

Toothpaste

- Colgate
- Theramed

Vinegar

- Cider Vinegar
- Rice Vinegar
- *Not Kosher*: Vinegar of Wine or Brandy!

Yeast

- Fresh yeast (Jumbo)
- renatura Trockenbackhefe ohne Emulgator (El Corte Ingles)
- *Not Kosher*: All other kinds of dry yeast, like fermipan!

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