Jewish Culture: *Kash'rut* (Dietary Laws) and Jewish Food

Easy at-home Jewish learning from the ISJL

THE BIG IDEA: What is *Kash'rut* (Dietary Laws)?

Judaism has a lot to say about the food that we eat. Keeping kosher, or the practice of observing *kash'rut* (dietary laws), is seen as one of the widest-ranging ways in which Jews "do" Judaism. Keeping kosher can be understood and enacted in many different ways, and BimBam illuminates a lot about it at the following link: https://www.youtube.com/watch?v=TYk0KeYhqYQ

LISTEN: Exploring Jewish Food

Michael Twitty is a culinary historian who converted to Judaism when he was in his early 20s. Michael discusses how there is a deep connection between Jewish food and his African American and Jewish roots. You can hear Michael talk about this connection at the following link: https://www.wbur.org/hereandnow/2015/02/25/african-american-kosher-cuisines

TO DO: Try This Recipe!

Eating plays a huge role in Jewish life—from festivals to minor holidays, food is usually involved. Sometimes it might seem that certain Jewish foods are a bit dull, but kosher foods do not have to be boring! One of the most popular dishes in Israel is shakshuka, which is a tomato dish served with scrambled or poached eggs on top. The good news is you likely have most of these ingredients at home! Try Joan Nathan's recipe at the following link: https://www.myjewishlearning.com/recipe/shakshuka/

WATCH: Los Angeles's Kosher Corridor

In an episode of *Soul Food*, host Kiran Deol explores how a street in Los Angeles is home to dozens of kosher restaurants. See how these restaurant owners create and sell foods that are not only kosher but delicious! You can watch the episode at the following link: https://www.youtube.com/watch?v=7qTatb6qHEM