

Kashrus - Part 1

1. Prohibition of Eating Meat and Dairy:

1. **The almost universal accepted tradition among Jews is to wait six full hours before dairy after meat.** Dutch Jews have the custom of eating dairy after reciting an after blessing, waiting only one hour and cleaning the mouth; while German Jews wait only three hours after eating meat. **One whose tradition is to wait six hours may not change his custom for a more lenient one. For one who has no previous custom, he must conduct himself like the majority of Jews and wait six hours.**
2. Nevertheless, the custom may be disregarded in the following circumstances:
 - One suffering from an ailment [or a nursing woman] that requires him to eat dairy foods often may eat dairy after waiting one hour, reciting an after blessing on the meat and cleansing his mouth.
 - One need not wait six hours when feeding a baby approximately three years or younger. A child older than approximately three years should wait an hour, if possible, before eating dairy. [As the child gets older, he should learn to wait longer.] A child above the age of six should wait six hours after eating meat, unless the child requires milk, thirsts for, or insists on having milk. A nine year old child should be treated as an adult.
 - One who in error recites a blessing over milk during the six-hour interval should partake of a bit of milk provided that one hour has passed.
3. Even if one mistakenly had an entire dairy meal within the six hour time frame, must still wait until the conclusion of the six hour interval before eating dairy again.
4. **The six hours are measured from the end of the actual eating of meat – not the end of the entire meal.**
5. If one is unsure of the exact time that he completed the meat meal, he may approximate when he finished the meat meal, and may eat dairy on the basis that six hours may have passed.
6. Even one who merely chews meat [or food cooked with meat fat] without swallowing may not eat dairy before six hours. [However, one can be lenient and not need to wait, if he cleaned his teeth thoroughly after chewing the meat.] One, who merely tastes meat with his tongue and immediately removes it from his mouth, is not required to wait six hours.
7. One who swallows a meat vitamin may drink milk immediately afterwards.
8. If one found meat in his mouth or teeth after six hours, he should remove it, eat solid food, and then rinse out his mouth.
9. Dentures are treated like regular teeth.
10. One who ate pareve foods cooked with meat or one who eats clear meat or chicken broth may not eat dairy [or even eat pareve foods cooked with dairy] before the conclusion of six hours.
11. One who ate pareve food that was cooked in a clean meat pot [even if it was not scrubbed well] is not required to wait six hours before eating dairy.
12. One should not initially cook pareve food in a dairy / meat pot with the intention to eat it with the opposite food.
13. If you already did cook pareve food in a dairy /meat pot that was a “ben - yomo” [used with heat in the past 24 hours] you should not eat it together with the opposite food [according to Ashkenazim]. You may place the food on a plate of the opposite food. You may eat the pareve

food during the course of a meal with the opposite food, provided they are not actually eaten with the opposite food. If you mistakenly did mix it with the other type of food, the food may be eaten.

14. If you already did cook pareve food in a dairy /meat pot that was **not** a “ben - yomo” [used with heat in the past 24 hours] you may even eat it mixed together with the opposite food..
15. If one has no other suitable pot, you initially cook parve food in a **non** “ben-yomo” dairy / meat pot if he plans to eat it with the other kind of food.
16. All of the above is when the pareve food was non-sharp. If the pareve food is sharp, it is prohibited to use it with the other food type under all circumstances. A Shyla should be asked if it was mixed with the opposite food.
17. One who drinks milk and subsequently wishes to eat meat should rinse out his mouth. Some authorities require that he also recite an after blessing over the milk beforehand.
18. In addition, one who ate cheese must wash his hands and eat solid food, [which does not stick to the mouth] to clean his mouth before eating meat. [Brushing one’s teeth is also adequate.]
19. One who eats “hard” [e.g. “Swiss”] cheese (those generally aged 6 months in production) or those with a very potent taste, must wait six hours before eating meat. Click on this link from the OU to see which cheeses meet that criteria - <https://oukosher.org/blog/consumer-kosher/aged-cheese-list/>
20. Some foods that “officially” contain very aged cheeses are often made with less expensive, fresh (non-aged) cheeses. (Aged cheese is more costly, as potential revenue is lost while the cheese ages.) For example, eggplant parmesan is frequently made with cheeses other than parmesan; many establishments instead use mozzarella as the primary cheese here. Consumers are advised to inquire when purchasing such foods.
21. One need not wait after eating aged cheese that has been melted (as the cheese’s brittle texture is lost through melting) into another food as an unnoticeable component.