

THE KOSHER

COR consumer

Rosh Hashanah 5767/ September 2006

COR Looks to the Future with Two Senior Appointments

COR has made two senior leadership appointments that will allow the organization to meet the growing demand for, and the increasing complexity of, kosher certification services.

Rabbi Yacov Felder has been appointed as the Vice Chairman of the Rabbinical Vaad Hakashruth. In this position, Rabbi Felder will assist Rabbi Yitzchok Kerzner, who serves as Chairman of the Vaad, and will be involved in a full range of responsibilities related to kashrus policy and supervision.

Rabbi Felder is highly regarded for his work in the Jewish community and also serves as the Rav of

Shomrai Shabbos Chevra Mishnayos Congregation in Toronto. In assuming this position, he carries on a family tradition of leadership in kashrus supervision. Rabbi Felder's father, Rabbi Gedalia Felder, zt"l, was the founding Chairman of the Rabbinical Vaad Hakashruth of COR.

Rabbi Sholom Hersh Adler has assumed the newly created position of Executive Rabbinic Coordinator. In this role, Rabbi Adler will oversee all kosher supervision. Rabbi Adler brings with him over 20 years of related experience, having served with many major kashrus organizations including the Orthodox Union and B'datz. He has extensive experience in establishing and maintaining sophisticated kashrus standards.

The Kashruth Council of Canada is comprised of two governing bodies. The first is the Rabbinical Vaad Hakashruth, which is the council of rabbis that oversees kashrus policy and supervision. The second is a lay-comprised Board of Directors, which provides organizational leadership.

"With the leadership of these two superbly qualified individuals, we will enhance COR's ability to fulfill its mandate," says Rabbi Kerzner. "We will be able to achieve superior kashrus standards and properly provide for the needs of all consumers of kosher products."

Rabbi Mordechai Levin will continue in his present capacity as COR's Executive Director.

Rabbis Felder and Adler working together with Rabbi Levin will formalize kashrus standards and policies. They will examine the staffing structure and complement that will be necessary to support the organization's anticipated growth in order to meet current and future demands. In addition to areas directly related to kashrus supervision and policy, both Rabbi Felder and Rabbi Adler are committed to ensuring that COR continues to meet the needs of the community. They are strong advocates of establishing a meaningful dialogue with the community through all available means.

The past ten years have witnessed tremendous growth in the availability of kosher products to the consumer. COR now supervises over 800 food processing plants and food providers. In addition, the COR certification appears on over 45,000 products and services. "These new appointments will ensure our ability to respond to and stay ahead of this rapid growth," says Meyer Feldman, Chairman of the Kashruth Council.

Rabbi Felder and Rabbi Adler are available to respond to any inquiries regarding kashrus certification and can be contacted at COR's offices at 416-635-9550.

כתיבה וחתימה טובה



The Rabbinical Va'ad HaKashruth and the Board of Directors of COR -the Kashruth Council of Canada extend best wishes to the entire community for a happy, healthy and prosperous New Year

21st Century Salad Solutions

A salad is, by nature, kosher! Isn't it? A couple of decades ago, this statement was true indeed.

Nowadays, however, the consumption of an ordinary leafy salad may involve violating many Biblical prohibitions. The consumption of insects is as serious a prohibition as any other aspect of kashrus such as kashering meat.



Our concern extends beyond the occasional, easy to wash, fly that finds its way into the lettuce.

Miniscule (approximately 1-3 mm in size) leaf eaters such as aphids, thrips and leaf miners have become frequenters in a variety of salads. Suddenly we find ourselves having to be concerned with that which we previously took for granted. A natural metamorphosis of this magnitude is an invitation for skepticism; after all, what has changed?

In trying to decipher this anomaly we must consider the following 20th and 21st century realities:

1. Pesticides/Insecticides: Baby boomers still remember the DDT scandal of the early 70's. DDT, the first and perhaps best known modern pesticide, was a powerful agent that was able to clean farms from all insect infestation. In 1972, because of evidence that DDT caused cancer and harmed bird reproduction, the USDA issued a ban on DDT, prohibiting its use for agricultural purposes. Since that time, many other harmful pesticides have likewise been deemed unacceptable or illegal.
2. Organic Generation: Today, organic produce and food has become exceedingly popular due to its health benefits.

Organic produce is grown in a natural environment, free from all artificial agro-chemicals.

3. Tolerance Levels: The USDA has proposed infestation tolerance levels for various frozen or processed vegetables. For example, in a 3.6 oz. bag of frozen broccoli, regulators will allow up to 60 thrips, aphids and other insects. Canadian cabbage farmers are not required to spray the field at all if they deem infestation level to be below five thrips per ten heads.
4. Global Economy: Today's global economy incorporates billions of dollars of yearly agricultural trade from countries across the globe including the Far East, the Middle East and South America, where infestation levels are extremely high. The quantity and selection of infested vegetables that come from these parts of the world has increased greatly with the growing global economy.

In the 1990's, the US News and World Report exclaimed, "The level of insect infestation in leafy vegetables has increased dramatically since the FDA banned several pesticides." At that time, North Americans began to realize that the diminishing use of pesticides and

increasing trends toward organic agricultural climates were bringing the bugs back. This reality, coupled with the expansion of the global agricultural economy, is the cause of the renewal of insect infestation in our produce.

Solutions require increased knowledge and attention to detail. We can work to clean and check fruit and vegetables efficiently and effectively. Various methods of doing so have been proposed. Some are simple and effective while others are complex or less effective. Complicating matters even more is the fact that infestation patterns are highly unpredictable varying by season climate and quality.

So, where does all of this leave us, the kosher consumers? We need to educate ourselves to increase awareness of the issues. We have to keep up to date on problematic vegetables and the proper methods of ridding them of infestation. We have to train ourselves to take the time to look before we eat. Research is ongoing and solutions are evolving.

Fortunately, COR, in conjunction with other kashrus organizations, is focussing its attention and resources on this issue and is providing the community with guidance and information. Kosher salad sure isn't what it used to be!

COR Provides Solutions for Consumers

As part of its mandate to serve the community, COR has developed consumer oriented information seminars on the topic of insect infestation in our produce.

For larger groups, Rabbis Yechiel Teichman and Tsvi Heber have developed a presentation that makes use of power point technology and provides an in depth explanation of various facets of the insect infestation problem. To date, this session has been presented in over ten shuls across the GTA to over one thousand people.

In addition, COR provides, hands on, information sessions to small groups of people in private homes. In these sessions, the Rabbis focus on training the attendees in practical methods of cleaning and checking fruits and vegetables while displaying the various types of infestation.

Why not take advantage of these outstanding services and book a presentation for your synagogue or a private information session. For more information please contact Rabbi Tsvi Heber at 416-635-9550, ext. 365 or theber@cor.ca.

Seven Vegetable Soup

by Esther Benaim

4 stalks **swiss chard** use mostly white part and a bit of green leaf
1 **quince**, peeled, cored and cut into quarters
1 **lb. Chinese winter melon or zucchini** peeled and cut into cubes
1 **rutabaga** peeled and cut into cubes
2 **leeks** white part only, cut into small pieces
1 **small butternut squash** peeled and cut into cubes
1/4 **small white cabbage** cut into pieces
2 **veal bones** with marrow
2 **tsp salt**
1 **tsp white pepper**
a few threads of saffron

1. Place all vegetables and bones in a soup pot and cover with cold water. Bring to a boil.
2. Add salt, pepper and saffron.
3. Turn heat down and let simmer, covered, till all vegetables are soft.
4. Remove veal bones.
5. Using a hand blender, puree all ingredients. Adjust seasoning and the soup is ready to serve.

Serves 4-6

Brisket With Dried Fruit and Potatoes

by Daphna Rabinovitch – food writer and consultant

2 **tbsp (25 mL) vegetable oil**
3 **onions, chopped**
4 **cloves garlic, minced**
1 **tbsp (15 mL) paprika**
3/4 **tsp (4 mL) each ground ginger and coriander**
1/2 **tsp (2 mL) ground cumin**
1/4 **tsp (1 mL) each turmeric, cinnamon, cayenne and salt**
Pinch pepper
3 1/2 **cups (875 mL) chicken stock**
1 1/2 **cups (375 mL) dry red wine**
3 **tbsp (45 mL) honey**
2 **bay leaves**
1 **single side brisket (about 4 lb)**
1 **cup (250 mL) dried apricots**
2/3 **cup (150 mL) pitted prunes**
2 **each baking and sweet potatoes, peeled and cut into chunks**

In large saucepan, heat oil over medium heat; cook onions and garlic, stirring often, for 15 minutes or until very soft.

Meanwhile, in bowl, combine paprika, ginger, coriander, cumin, turmeric, cinnamon, cayenne, salt and pepper; stir half into onion mixture. Cook, stirring, for 30 seconds. Add stock, wine, honey and bay leaves; bring to a boil. Remove from heat and let cool for 10 minutes.

Trim all but a thin layer of fat from brisket. Rub remaining spice mixture over nonfat side. Place in large roasting pan, fat side up. Scatter apricots and prunes around brisket.

Pour stock/wine mixture over brisket. Cover with foil and bake in centre of 325F (160C) oven for 3 hours, basting every 30 minutes.

Place potatoes around meat. Cover and bake, basting every 30 minutes, for 1 to 1-1/2 hours longer, or until meat is very tender. Let cool slightly. Cover and refrigerate for up to 24 hours. Remove solid fat from pan. Transfer meat to cutting board; slice thinly against the grain. Return to pan; spoon juices over meat. Cover and rewarm in 325F oven for 1 hour, basting occasionally. Remove bay leaves. Arrange meat on large platter, arranging dried fruit and potatoes alongside meat.

Makes 8 servings.

Linguine Salad With Ginger And Garlic

by Nettie Cronish – natural foods chef

1 **tsp (5 mL) dried basil**
1/2 **tsp (2 mL) dried rosemary**
1/2 **tsp (2 mL) salt**
8 **oz (250 g) linguine**
1/2 **cup (125 mL) arrame**
2 **cloves garlic, minced**
1 **tsp (5 mL) minced fresh gingerroot**
1/4 **cup (50 mL) rice vinegar**
1/4 **cup (50 mL) toasted sesame oil**
3 **tbsp (50 mL) soy sauce**
1 **tsp (5 mL) hot pepper sauce**
1 **large sweet pepper, sliced**
1 **cup (250 mL) chopped green onions**
1 **carrot, grated**
1/4 **cup (50 mL) toasted pine nuts**

1. Bring large pot of water to boil; add basil, rosemary and salt.
2. Add linguine; cook until al dente (8 to 10 minutes for dry or 4 to 6 minutes for fresh). Drain.
3. Meanwhile, soak arrame in 1 cup (250 mL) cold water for 10 minutes; drain.
4. In large bowl, whisk together garlic, ginger, vinegar, sesame oil, soy sauce and hot pepper sauce.
5. Add warm pasta and toss to coat.
6. Stir in red pepper, onions, carrot and arrame.
7. Sprinkle with pine nuts.

Apple Plum Raisin Strudel

by Adell Shneer – Canadian Living Test Kitchen

1/2 **cup (125 mL) granulated sugar**
2 **tbsp (25 mL) all-purpose flour**
1 **tsp (5 mL) cinnamon**
2 **cups (500 mL) thinly sliced peeled apples**
2 **cups (500 mL) thinly sliced plums**
1/2 **cup (125 mL) raisins**
2 **tbsp (25 mL) lemon juice**
12 **sheets phyllo pastry**
1/4 **cup (50 mL) vegetable oil**
1 **tsp (5 mL) icing sugar**

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Apple Plum Raisin Strudel *continued from page 3*

Lemon Sauce:

3/4 cup (175 mL) granulated sugar

3/4 cup (175 mL) water

1 tbsp (15 mL) grated lemon rind

1/3 cup (75 mL) lemon juice

1 tbsp (15 mL) cornstarch

Line 17- x 11-inch (45 x 29 cm) rimmed baking sheet with parchment paper; set aside.

In small bowl, mix together sugar, flour and cinnamon; set aside. In large bowl, toss together apples, plums, raisins, lemon juice and sugar mixture to coat.

Keeping remaining phyllo covered with damp towel to prevent drying out, place 1 phyllo sheet on work surface. Brush lightly with oil. Layer with 5 more sheets, brushing each with oil.

Spoon half of the apple mixture along long edge in 3-inch (8 cm)

wide strip, leaving 2-inch (5 cm) border on each short end. Fold short ends over filling. Starting at filling edge, roll up jelly roll style. Place, seam side down, on prepared baking sheet. Brush with oil. Make 6 diagonal cuts through phyllo top. Repeat to make second roll. (Make-ahead: Wrap rolls and baking sheet with plastic wrap; refrigerate for up to 6 hours.)

Bake in centre of 350°F (180°C) oven until pastry is golden and juices just begin to run, about 30 minutes. Let cool on pan for 10 minutes. Dust with icing sugar.

Lemon Sauce: Meanwhile, in small saucepan, whisk together sugar, water, lemon rind and juice and cornstarch; bring to boil over medium-high heat, stirring constantly. Boil until slightly thickened and clear, about 1 minute. Let cool. (Make ahead: Refrigerate in airtight container for up to 2 days.)

To serve, cut each strudel into 6 slices; serve with lemon sauce.

COR Certification News

(C) indicates a producer of commercially available products

(R) indicates a producer of retail products

COR is pleased to announce that the following companies are now under COR supervision:

BASF Canada (C) 613-933-5330. Manufacturer of chemical additive.

Cros Croft Transport Inc (C) 705-458-9394. Tank Carrier.

Fernbrook Springs Bottled Water Co Ltd (R & C) 905-878-9080. Water company. Also a custom manufacturer of water.

Hexose Foods Inc (C) 905-427-8663. Custom manufacturer of pastry fillings and repackager of honey and syrups.

LJW Tank Lines (C) 905-487-2829. Tank Carrier company.

National Tank Cleaning Service (C) 905-822-4322. Tank wash.

Nature's Path Foods Inc (R) 604-248-8777. Manufacturer of baked goods.

Prokleen Washing Services (C) 905-841-1276. Tank wash.

Red Club Products Ltd (C) 905-290-7147. This company manufactures a variety of seasonings and spices, nuts and seeds, raisins and beans.

Richmond Traders Inc (C) 416-292-5008. Manufacturer of bakery ingredients.

So Soya + Inc (R) 905-948-1769. Manufacturer of soya products.

Tate & Lyle Canada Ltd (C) 905-358-1900. Custom manufacturer of hot chocolate.

Urban Pouch-Pack 2005 Ltd (R & C) 902-853-2600. Manufacturer a variety of punch drinks.

Wahta Natural Spring Water (R & C) 705-762-5550. Water company.

The following companies are no longer under COR supervision:

Advanced Surface Treatments (C)

Lennox Farms(C)

Smurfit-Stone Container Canada Inc (C)

Agri Gilles Inc (C)

Montini Foods (R)

Spongezz Inc (C)

Edde Almond Paste Inc (R & C)

Quality Carriers, Inc (C)

Toronto Bagel Ltd (R & C)

Flippin' Dough (R & C)

Shamrock Enterprises Inc (C)

The following food service establishments are no longer under COR supervision:

Golden Chopsticks Restaurant

Jerusalem II Steakhouse



is a publication of COR -the Kashruth Council of Canada. We invite your comments and submissions.



is Canada's premier Kosher certification, representing over 45,000 products and services. Backed by a worldwide reputation and vast knowledge of the Canadian food industry, COR is Canada's kosher symbol of choice for consumers and food providers. COR certification is granted and supervised by the **Kashruth Council of Canada**.

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