

BS“D
Kosher Guide for Czech Republic 2006-5766

List of shortings:

M“A – diary products in the „chalav akum“ category

M“I – diary products in the „chalav Jisrael“ category

P – pareve

F – „fleischig“ (meaty)

Types of Kosher Certifications:

H – kosher certification is marked on the product itself

R – products under supervision of the Czech rabbinate

ZR – products under supervision of foreign rabbinical authority

ZRA – taken from British kosher list

ZRB – taken from the kosher list of Basel

ZRH – taken from Dutch kosher list

ZRI – taken from Italian kosher list

ZRM – taken from Hungarian kosher list

ZRN – taken from German kosher list

ZRS – taken from Swedish kosher list

ZRT – taken from the kosher list of Torino

List of places where You can purchase kosher products or products with kosher certification:

Kosher shop: wine, meat etc. In the Prague Jewish community building, 18 Maiselova St., Prague 1

Albio: bread, instant soups, bio-products etc., 20 Truhlářská St., Prague 1

Coffee Heaven: coffee flavours, 1 Pařížská St., Prague 1 and Shopping Centre Let any

Cullinaria: ice-cream, mustard, biscuits, crackers, chocolate etc., Školská 9, Prague 1

Fruits de France: cheese from Italia, Germany etc., 9 Jindřišská St., Prague 1

Oriental food items (Arabian shop): vegetable tins Baktat, humus, pita bread etc., 50 Myslíkova St., Prague 1

Flora palace: kiosk with chocolate and sweets in the 1st floor, 151 Vinohradská St, Prague 3 (Underground line A – Flora)

Mini market nonstop: vegetable tins Baktat, 13 Revoluční St., Prague 1

Hot bloos: kosher products from the U.S.: Peanut butter, instant cake etc., 12
Jakubská St, Prague 1

List of troublesome additivs:

- Colouring matters: E 120, 140, 141, 153, 160a, 161c, 161g, 163
 - **Conservation matters:** E 214, 215, 234, 235, 253, 261, 262, 263, 270, 306, 307, 308, 309, 310, 311, 312, 325, 326, 327, 329, 334, 335, 336, 337, 353, 354, 363
 - **Emulgators:** E 400-405, 418, 422, 430, 431-436, 442, 470-495
- Antioxidants: E 542, 570, 572, 626-635, 640, 904, 910, 912, 920, 921, 966 (only diary one is kosher M^A), 1105, 1518

List of troublesome ingredients:

Many food items consist of problematic additives and conservation matters:

Tartaric acid/ **kyselina vinná**: produced from wine-stone, but can be also artificial

Grape sugar/**hroznový cukr** : these days produced from sacharosis (enzymatic fissure), but can be from non-kosher grape juice as well

Glycerin: sometimes produced from animal fat

Gelatine: produced from bones, leather or from non-kosher sea animals

Without any problems: milk acid /**kyselina mlé ná** (always pareve, it is not milk derivative), Ant acid/**kyselina mraven í** (always pareve, not made from ants!), Pyrogrape acid/**kyselina pyrohroznová** (not made from grapes)

Ingredients of diary character:

Lactosis/laktóza
Kazein (casein)

Meat and meaty products (F)

Kosher meat and smoked products are to be purchased in th kosher shop.

Fish (P)

Kosher species e.g.: anchovy, dace, bream, halibut, hake, brill, carp, tench, graylink, salomon, mackerel, burbot, sole, bass, mullet, flatfish, trout, sardines, herring, sprat, pike, cod, tuna-fish

Fresh and frozen fish

Nowaco company guarantees, that non- breadcrumbed fillets from sea-pike, Alaska cod and salomon cannot contain non-kosher fish.

Canned fish

- Abba: kalles kaviar, kalles kaviar med dill, curry sill, anchovis fillets, mustard herring (senapssill), laxpastej (P,ZRS) / Ikea /

Brunswick (ZR), Star Kist (P,ZR,H), John West (tunafish, pink salomon in brine and oil)

King Oskar (P,ZR,H) made in Norway

Rio Mare: tunafish in water and olive oil (made in Italia)

Tunafish cans marked „Dolphin friend“ (in brine, or in olive oil)

Sardines: in olive oil, made in Marocco or Tunisia (ZRI)

Pickled herring

Vormuža: pickled herring in vinegar stock (contents: rollmop, onion, carrot) (P, R) /Albert, Tesco/

Smoked fish

Cold smoked Salomon

Milk and diary products (M“A)

Milk

- without flavour, powdered milk
- flavoured Tatra, Kravík: banana, chocolate, strawberry, vanilla, and Moccacino (attention – caramel Kravík is not kosher)
- Dairies of Jiho eské and Jihomoravské are under rabbinical supervision

Thick milk

Tatra: thick milk in tin – with no sugar (9%, 7,5%, 4%), with sugar 0,1%, 9% (Salko), thick milk with sugar and cacao 9% (Pikao) (M“A, R)

Thick milk in tube (Jesenka, Pikao) (M“A, R)

Fermented milk

Kefir, acidophylic milk, with no flavour.

Yogurts

White, fresh, with no flavour. Pay attention to long shelf-life yogurts, they usually contain gelatine!

Fruit yogurts Zott made in Germany (they mustn't contain gelatine and karmin) (M"A, ZRN)

Note: „Pribinacek“ and other diary baby food contain gelatin and are made from non-kosher rennet!!!

Cream

Plain, with no flavours. *Long shelf-live cream may contain troublesome emulgators (see the list of prohibited emulgators).*

Butter

Rabbinat recommend fresh butter produced by Tarta and Madeta companies (M"A, R).

Otherwise plain, fresh butter with no colourings is permitted.

Curd and cheese

Cheese and curd to be purchased in the kosher shop (production supervised by the rabbinat).

Hüttenkäse/Cottage Cheese (made in Germany, blue packing) (M"A, ZRN)

Kraft: Philadelphia (made in Germany) (M"A, ZRN) /Culinaria/.

Galbani: mozzarella Santa Lucia, Fresco Tenero, Mascarpone (made in Italia) (M"A, ZRI) /Fruits de France).

Boursine (made in France) (M"A, ZR) /Fruits de France/

Tartare (made in France) (M"A, ZR) /in big stores, e.g. Tesco/

Ice-cream

Ben&Jerry (M"A, M"I, H): all sorts /Culinaria/

Haagen Dasz (M"I, H, ZRA): all sorts /Delvita/

Algida: Magnum – all sorts (made in Germany) (ZRN)

Calippo Stick (made in Germany) (ZRN)

Calypso: Icicles, Jubbly Blackcurrant, Jubbly Orange, Jubbly Strawberry, Jubbly Tropical (made in Great Britain) (P, ZRA)
Capri, Capri Multivitamin (made in Germany) (ZRN)
Corneto – Whippy, Haselnuss (made in Germany) (ZRN)
Solero – Exotic, Shots Citrus (made in Germany) (ZRN)

Oil, margarine, eggs (P)

Oil

Borges: olive oil (ZR,H)
Slovmlýn: Frol – coleseed (rape) oil, sunflower oil (P, R)
Floriol made in Hungaria (ZRM)
Brölio (P, ZRN)
100% pure, cold pressed virgin olive oil

Margarine

Rapunzel (P,ZR,H) / Albio /

Imported margarine is to be purchased in the kosher shop.

Eggs

Preferably white eggs, in any case they must be checked (to make sure there is no bloodspot).

Bread and Pastry

Bread (P)

In „pat jisrael“ category: Albio bakery – baguettes, square-shaped bread and rolls (other sorts of salty pastry are „pat palter“) (P, R)

Challot „pat Jisrael“ are to be bought in the kosher shop on Fridays.

„Pat palter“ category: Marbrot bakery (10 Široká St.) – ONLY the bread marked as „rychtá v“ and „šafá v“ (always it is necessary to check the bottom of bread. If it is not flat, but rather rough with spots, it signifies that bread was baked together with other kinds of pastry) (P, R)

„Pat palter“ category: Odkolek bakery (anywhere in Czech): sourdough bread labeled as: „chléb Šumava“ 1200 g, „chléb konzumní kmínový“ 1200 g, „chléb Šumava“ 800 g, „chléb kulatý“ 700 g, „rustikální chléb“ 1000 g (P)

Arabian, Lebanese pita bread (Haladrous) (P, R)

Knäckebröd

- Kavli: Crispy Thin, Five grains (P,ZR,H)
- Siljans: Rut Knackebrod, Knackebrod (ZRS) / Ikea /
- Wasa: all kinds (ZRN)

Rice and wheat bread

Racio (P, R)

Bakery products

Additivs

Flour: 100% pure flour (needs sifting before being used)

Baking powder: Labeta (P,R), Dr.Oetker

Vanilin sugar: Dr.Oetker and others

Cooking soda: Dr. Oetker and others

Yeast: Fala (P,ZR), Fermipan (P,ZR), Noli (P,ZR)

Starch: Natura company – Solamyl, Naturamyl (P,R)

Chocolate coating powder: Labeta (P,R)

Cooking pudding

Natura: vanilla and chocolate flavours (P,R)

Frozen sponge-cake

Almondy: daimtarta, chokladmandeltarta, mandeltarta (ZRS) / Ikea /

Cookies and bisquites

Annas pepparkakor: clasic, almond (ZRS) / Ikea /

Bahlsen: ABC, Azora, BlätterBrezeln, Chokini, Deloba, Elisen-Lebkuchen mit Glasur, Holbbits Körnig, Leibnitz Diät Butterkeks, Vollkorn Müslikeks, Zimtsterne (ZRN) / Tesco /

Ferrero: Kinder Country, Kinder Happy Hippo Cacao, Kinder Happy Crocki, Kinder Maxi King, Kinder pingui (M[“]A, ZRN)

Gille: gourmet tops, vanilla dreams (vanilj drömmar), oat (havreflarn), oat crisps, raspberry rings, chocolate crisps, sweet oat crisps, orange crisps, choco crisps (ZRS) / Ikea /

Göteborgs: digestive,ballerina, singoalla, snackers, remi (ZRS) / Ikea /

Kuchenmeister: Bauer Rodon Kuchen, Butter Streusselkuchen, Frisch Quark Streusselkuchen, Hobbels Junior Brötchen, Kinder Hörnchen, Marmor Quark Kuchen, Marmor Rodon Kuchen, Mohn Streusselkuchen, Vanille Quark Kuchen, Vicelli Joghurt-Erdbeer, Vicelli Milchcreme, Wienerboden Dunkel, Wienerboden Hell, Zitronen Rodon Kuchen (ZRN) / available in Tesco in pastry section. And in Maxi mini grocery /

Lotus (M[”]A, ZR) - Original Caramelised Biscuits (made in Belgium) (P,ZR)

Loacker (M[”]A, ZRI) (made in Italy)

Pagen: Kanelgiffar (M[“]A,ZRS) / Ikea /

Ülker: Alpella, Ulkerin (Kosher certificate is only on big package) (H)

Walkers (M[”]A, ZR, H)

Bread sticks (salted)

Lorenz (made in Germany) (ZR)

Pasta

Only egg-free.

Kosher-certified companies: Riscossa, Barilla – these with A, E marks on the package are „le mehadrin“, otherwise F, G, Panzani (ZR).

Chocolate, sweets and confectionery

Chocolate

Cloetta: Kexchoklad (ZRS) / Ikea /

Cote d’Or: Chocolate with Caramelised Pecans, Milk Chocolate Bouchees, Milk Chocolate with Hazelnuts, Plain Chocolate with Hazelnuts (M[”]A,ZRA) / Tesco/

Fazer: Geisha (ZRN)

Ferrero: Kinder Schoko Bons, Kinder Schokolade, Kinder Schokolade Mini (M[“]A, ZRN)

Jacobs Suchard: Toblerone – all kinds (ZRN)

Kraft: Milka Alpenmilch (M“A,ZRN)

Lindt: pure milky and bitter chocolate (70-85-99% of cocoa) (ZRN)

Ritter Sport: Alpine Milk, Amaretto, Baileys, Cocos, Cointreau, Dunkel Voll Nuss, Ganze Mandel, Halbbitter, Joghurt, Knusper Flakes, Knusper Keks, Marzipan, Nugat, Olympia, Pfefferminze, Rum Trauben Nuss, Trauben Nuss, Voll Nuss, Vollmilch, Weis Voll Nuss, White Whole Hazelnut (ZRN)

Chocolate bars

Nestlé: Kit Kat, Kit Kat Chunky, Kit Kat Chunky White, Lion Riegel, Lion Pop choc(M“A,ZRN)

Kinder: Kinder Country, Kinder Bueno (M“A,ZRA)

Mars: Hanuta, Mars, Milky Way, Snickers, Twix, Bounty (M“A,ZRN)

Ferrero: Duplo, Kinder buenoi(M“A, ZR)

Chocolate sweets (all are M“A)

- Fazer: Finlandia, Toffifee, Chocolate Creams, Premium Chocolates, Soft Fill Chocolates, Soft Chocolates (M“A,ZR)
- Fazer: Dumle klubbor 10 pack, Toffe (ZRS) / Ikea /
- Ferrero: Ferrero Rocher, Raffaello, Moncheri (M“A,ZRA)
- Kinder: Kinder Chocolate, Kinder Surprise, Maxi (M“A,ZRA)
- Kinder: Kinder Happy Cacao, Kinder Happy Hippo Snack (M“A,ZRB)
- Marabou: daim, mint choco roll, orange chocolate roll (apelsin krokant), choco soft roll,milkchocolate roll, milkchocolate tablet, nutchocolate tablet, orange chocolate tablet (M“A,ZRS) / Ikea /
- Merci (M“A,ZRN)
- M&M (M“A,ZRN)
- Nestlé: After Eighth Mints (M“A,ZRN)
- Panda: vodka, whisky (M“A,ZR)
- Reber: Mozart balls (M“A,ZR)
- Tobler (ZR)
- Turin: filled bonbons Kahlúa, Tequila (M“A,ZR, H)

Bonbons

- Cote d’Or: Chocotoff, Bonbonbloc (ZRA)

- Ferrero: Tic Tac: Fresh Mint, Spearmint, Tropical Twist (P,ZRA);tic tac Icegloo (ZRN)
Not kosher: *tic tac fresh Orange, tic tac Lime&Orange (ZRN)*
- Fisherman's Friend: aniseed, cinnamon, eucalyptus-mint, eucalyptus-menthol,lemon, mint, cool cherry (ZRB)
- Haribo: Piratos, Saltbomber (ZRB)
- Haribo: Goliath Lakritz Stangen, Katinchen, Krizlies, Pasta Cola Spaghetti, Pasta Fiesta, Pasta Frutta, Piratos, Rotella Schnecken, Salino/Sali, Sour Snup (P, ZRN)
(must be made in Germany)
- Mentos: all kinds (P,ZR)
- Park Lane: gelatine candies (P,ZR,H)
- Ricola: Alpin Fresh sugar free, Eucalyptus, Green Mint, Cherry Mint, Kräuter Honigbonbon, Kräuter Zucker, Kräuter ohne Zucker, Menthol ohne Zucker, Orangen-Minze ohne Zucker, Pfefferminze ohne Zucker, Salbei, Zitronenmelisse, Zitronen Melisse ohne Zucker (ZRN) (in pharmacies, Rossman drugstore)
- Storck: Werther's Original Toffees, Werther's Weiche Toffees (ZRN) / Palace Flora/
- Vivil: Traubezucker Klassiker, Antjes Energy, Vivil Friendship, Vivil Halsbonbons, Vivil Hustenbonbons, Vivil Fresh&Cool, Viva, Vivil Power Mints (P,ZRN)
Creme, Vivil Latte Macciato (M"A,ZRN) / in pharmacies /

Cukrové pendreky

Malaco: salt sill, strawberry laces (snöre jordgubbe), licorice laces (snöre lakris) (ZRS) / Ikea /

Chewing gums

- Jamboree: set of 16 balls (P,ZR,H)
- Wrigley's: Airwaves (all kinds) (ZRN), Doublemint (all kinds) (ZRN), Hubba Buba (all kinds **except** *Bubble Tape All Flavours, Sour Cherry &Lemon, Sour Strawberry&Vanilla Ice cream, Juicy Fruit, Extra Spearmint, Extra Mint Spearmint, Extra Mints Peppermint, Spearmint (ZRA), Orbit (Frucht, Pfefferminz, Spearmint)*)

NOT KOSHER: *Wrigley's: Extra Cool Breeze, Extra Mountain Frost, Extra Peppermint.Extra Thin Ice Peppermint, Extra Thin Ice Spearmint, Extra Winterfresh.*

Chocolate Cream Spreads

- Nutella: Nut Nougat Cream Spread (M"A,ZR)
- Milky Way (M"A,ZR)

Peanut butter (P, ZR, H):

Kroger Creamy, Crunchy (P,ZR,H)

ShopRite: Peanut Butt

Jiff: Peanut Butter (P,ZR,H)

Skippy (P,H)

Crisps

Estrella: chips sourcream and onion, chips dill (M⁴A,ZRS) / Ikea /

Chio Chips: Salt&Vinegar, Chippos Red Paprika, Curry Ketchup, Hot Peperoni, ReadySalted, Red paprika, Erdnuss Flips, Jumbo Flips, Tortila Dip-Chips Original (P,ZRN) (must be made in Germany).

Cereals

Kellog's: All Bran Flakes, All Bran Plus, Bran Flakes, Chocos, Coco Pops, Coco Pops Crunchers, Cornflakes, Cornflakes Crunchy Nut, Country Store, Crispix Chocolate, Crispix Chocolate, Crispix Honey, Crunchy Nut Clusters, Crunchy Nut Clusters Honey Nut, Crunchy Nut Clusters Milk Chocolate Curls, Frosties, Frosties Reduced Sugar, Fruit'n Fibre, Honey Loops, Just Right, Kashi Honey, Kashi Original, Muddles, Oat Bran Flakes, Raisin Wheats, Rice Krispies, Rice Krispies Multi-Grain, Ricicles, Special K, Special K Medley, Special K Peach&Apricot, Special K Purple Berries, Special K Red Berries, Start, Sultana Bran, Tiger Power (ZRA)

Kellog's: Corn Flakes Banana Crunch, Frosties Chocolate, Frosties Turbo, Screamin Fruit Winderes-Blackcurrant, Screamin Fruit Winderes-Orange, Screamin Fruit Winderes Strawberry, Screamin Fruit Winderes Tropical (ZRT)

NON- KOSHER Kellog's: Müsli Riegel, Müslix, Splitz, Toppas (ZRN), and also Crunchy Nut Red, Frosted Wheats (ZRA)!!!

Nestlé: Cheerios, Cheerios Honey Nut, Cinnamon Grahams, Cluster, Cookie Crips, Fitness, Frosted Shreddies, Golden Grahams, Golden Nuggets, Nesquik, Shredded Wheat, Shredded Wheat Bitesize, Shredded Wheat Fruitful, Shredded Wheat Honeynut, Shreddies, Shreddies Coco (ZRA)

Nestlé: Äpple-Minis, Chocapic, Chokella, Cini-Minis, Cluster (Banane-Nuss, Schokolade, Mandel-Nuss), Cookie-Crisps, Fitness, Fitness Chocolat, Fitness Berries, Fitness&Fruits, Joghurt mit Lion Ceralien, Joghurt mit Nesquik Ceralien, Lion Cereals, Nesquik Knusper-Frühstück, Trio (ZRN)

Emco: corn flakes

Müsli bars

Schwartau, Corny: nut light, peanut, cranberry, linea with nuts (P, ZR, H), banana with chocolate, chocolate, coconut, yogurt, nut, chocolate, raisins with nuts, peanut with chocolate (M[“]A,ZR,H)

Corny sandwich – milky (M[“]A, ZR)

- milky with nuts (M[“]A, ZR)

Beverages

Soft drinks

Coffee (P)

100% pure coffee (also instant and caffeine free)

Bashkevits Instant Coffee (ZR,H)

Nestlé: Nescafé: Tschibo Davidoff (R)

Nescafé: Classic, Gold, Typ Espresso, Typ Café au lait (ZRN)

Cappuccino

- Nestlé: Cappuccino (cremig zart, entkoffeiniert, extra kräftig, ungesüsst), Choco Typ Cappuccino (M[“]A, ZRN)

Coffee flavours

- Da vinci gourmet,Ltd.: Ciechman – imex: Amareto syrup, Caramel Syrup, Chocolate Syrup, Cinnamon Syrup, Irish Cream Syrup, Kahlúa Syrup, Peppermint Syrup, Vanilla Syrup (ZR,H) / available at Caffè Heaven – Pařížská Street/

Coffee substitutes

Nestlé: Caro (P,ZRN)

Cocoa (P)

100% pure, especially Van Hauten (original Dutch cocoa)

Chocolate and instant milky drinks

Nesquick: banana, chocolate, strawberry (M“A, ZR)

Suchard Expres (P, ZR)

Tee

Strewn tea and tea bags: 100% pure tea (black, green, herbal) without aroma

Lipton Tea (P,ZR)

Sunfood: herbal tea Sencha, tea Bancha, tea Hojicha, tea Kukicha, tea Genmai
Kukicha org., tea Mu, tea Mu Tea, Korsika tea (P,R)

Fruit tea:

Celestial Seasoning – all kinds (ZR,H, some varieties are M“A) /Tesco/

London Fruits and herbs company – all kinds (ZR)

Milford: without aroma.

Teekanne: all kinds (P,ZRN)

Instant:

Nestlé: Moderna (P,ZR)

Teekanne: Pompadour (P,ZR)

Ricola (P, ZR)

Iced Tea:

Lipton Iced Tea: lemon, lemon with sugar, lemon without sugar, peach, Original decaf (bland and with sugar), raspberry, honeyed green tea, Tea and Lemonade, green tea (P,ZR)

Nestea Iced Tea: all kinds (P, ZRN)

Juice (P)

Note: Grape juice and multivitamine juice must bear kosher certificate, the same halachical rules as to wine are applied here.

Cappy: all 100% juices and nectars (*except of grape and multivitamin*) (P,ZR)

Yo: all 100% juices and nectars (*except of grape and multivitamin*) (P,ZR)

Rauch: all kinds (*except multivitamin*) (P, ZR)

Pfanner: all kinds (*except multivitamin*) (P, ZR)

100% pure, without preservatives and aromas

Fruit sirups

Yo: fruit sirups

Citric concentrate

Davo Holešov: Evelína (P, R)

Mineral water – plain

Karlsbad mineral water (P,R)

Excelsior Marienbad/ Mariánské lázn (P,R)

All kinds of plain mineral water

Other soft drinks

- Coca Cola: Coca cola, Coca cola Coffein Free Diet, Coca cola Cherry, Coca cola Diet, Coca cola Vanilla, Coke with Vanilla Diet (P,ZRA)
 - Coca cola: Coca cola Kirsche, Coca cola Light, Coca cola Light Lemon, Coca cola Light ohne Koffein, Coca cola ohne Koffein (P,ZRN)
 - Capri Sun: Apple, Blackcurrant, Orange, Orange Passion, Tropical (P, ZRA)
 - Dr Pepper: Dr Pepper, Dr Pepper Diet (P,ZRA)
 - Fanta: Fruit Twist, Icy Lemon, Orange, Orange Crush, Orange Light, Summer Fruits, Zesty Berry (P,ZRA)
 - Pepsi Cola: 7 Up Cherry Diet, 7 Up, 7 Up Cherry, 7 Up Diet, Diet Twist, Pepsi Caffeine Free, Pepsi cola, Pepsi Diet, Pepsi Diet Caffereine Free, Pepsi Diet Vanilla, Pepsi Diet Wild Cherry, Pepsi Max, Pepsi One, Pepsi Vanilla, Pepsi Wild Cherry, Twist (P,ZRA)
 - RC Cola (P,ZR)
 - Schweppes: Bitter Lemon, Blackcurrant Flavour Cordial, Diet Limonade, Ginger Ale American, Ginger Ale Dry, Ginger Beer, Grapefruit Juice, Hi-Juice 66, Lemon Tonic Water, Lemonade, Lemonade Shandy, Lime Flavour Cordial, Orange Cordial, Orange Juice, Peppermint Cordial, Pineapple Juice, Pink Grapefruit Juice, Russchian, Slimline Bitter Lemon, Slimline Lemon Tonic Water, Slimline Orange Crush, Slimline Tonic Water, Soda Water, Sparkling Blackcurrant, Sparkling Lemon, Sparklink Orange &Lemon, Tomato Juice Coctail, Tonic Water (P,ZRA)
 - 7-Up: Regular, Cherry (P,ZR)
- Sprite: 3G, Lemon&Lime Lemonade, Lite (P,ZR); Sprite, Sprite Light (P,ZRN)

Energy drinks

Red Bull (P, ZRA)

Red devil (P, ZRA)

Alcohol

(P, otherwise stated)

Wine

Ing. Váňa, Most-Chrámce (jajin mevušal, P, R): Barique (dry red), Klaret Zweigeltrebe (semidry rose), Müller Thurgau (dry white), Zweigeltrebe (semidry red), ryzlink, Rulandské modré, Rulandské šedé.

Wine imported from Israel provided by Avinet Comp. (831 Matúškova St., Prague 4), orders are made by phone in advance (606 512 059), some kinds available in the kosher shop.

In some wine-shops you can get French and Israeli kosher wine with kosher certificate.

Beer

Czech and imported beer:

Breweries supervised by the rabbinate (P,R): Budvar, Pilsner Urquell, Gambrinus, Krušovice (light and dark), Asahi Beer Europe LTD.

All kinds of Czech light beer.

Whisky (ZR)

- **Bourbon:** any pure one, e.g.: Beam's&Stars, Beam's Black Label, Beam's Choice, Bellow's Partner's Choice, Black Eagle, Bourbon Deluxe, Cabin Still, Champion, Ezra Brooks, Hill&Hill, J.W.Daniel, J.W.Harper, Jim Beam, Keb Kentucky Finest, Kentucky Tavery Mellow Mash, Old Charldor, Old Crown, Old Forster Kentucky, Old Fitzgerald, Old Gran-Dad, Old Taylor, Old Williamsburg, Pinny Packler, Rebel Yell, Sunny Brook, Weller, White Eagle, Wild Turkey, Yellow Stone
- **Scotch:** recommended – blended: - blended: Chivas Regal, Chivas Royal Salute, Dewers, J&B, Johnny Walker (all kinds), Bushmills (except Green Label), Canadian Club (only plain, not Classic), Crown Royal (all kinds), Seagram's (not American Blend), Wiser's

Gin

Without flavour.

Rum

Bacardi: all kinds (ZRA)

Jelinek, Vizovice

Light, without aroma.

Slivovitz

Jelinek, Vizovice: Slivovice

Tequilla

Without worm.

Vodka

100% pure, home-made (nebo tuzemská?), without aroma, e.g. Jelinek.

- **Absolut:** Citron 40%, Kurant 40%, Mandarin, Peppar 40%, Vodka 40% & 50% (ZRA)
Jelínek: Plumb vodka
- Smirnoff: Smirnoff, Smirnoff Black, Smirnoff Blue, Smirnoff Citrus Twix , Smirnoff Norsk, Smirnoff Penka, Smirnoff Red (ZRA)
- Stolichnaya: plain, cinnamon, coffee, Gold Premium (ZR)
- Imported Russian, lemon, orange, peach, raspberry, strawberry, vanilla (ZR)

Liquers

- Amaretto Disaronno, Drambuie, Peter Cherry Herring, Triple Sec, Gala Cafe Stock, Cherrica, Maraschino, Creme des Bananes, Creme des Mandarines, Curacao, Williams, Cidre, Kirsh, Malibu, Southerncomfort, Tia Maria, Kahlua. (ZR)
- Bols: Advokaat, Amareto, Blue, Chocolate Mint, Coconut, Coffee, Crème de Bananes, Crème de Cacao, Crème de classis Bols Melon, Bols Peach, Peppermint Teardrop, Silver Top dry (ZRB)

Note: Mind that some beverages contain ingredients from non-kosher wine and wine-distilates!!!!!!

Strictly non-kosher are:

Brandy, Ko ak, Martini etc.!!!

Wine-distilate is added usually to:

Becherovka, Fernet, Stará Myslivecká !!!!!

Fruits and Vegetables (P)

Fresh

All, needs to be checked for insects.

Frozen

Agrimex Jahodárna Vestec (P,R): all kinds except of mixtures with pasta

Ardo (P, ZR): all kinds

Bonduelle (P, ZRN)

Potato chips

Friall (P,R): Chips-pommes frites- 350g, 1000 g, 2500 g, Express chips-express pommes frites- 1000 g, 2500 g, Julienne chips-julienne p.f. - 1000 g, 2500 g, thin and crispy fries – 2500 g, Steak house – 750 g, 2500 g, Ovenfries – 750g, Crinkle – 750 g, 2500 g, Ovenfries crinkle – 750 g, Express crinkle – 2500 g, Potato wedges – 1000 g, 2500 g, Potato wedges crinkle – 2500 g, Potato slices – 1000g, 2500 g, Pommes frites – 1000 g, 2500 g (available in Billa, Penny market, Lidl etc.)
NOTE!!! Non-kosher are: croquet (krokety) and potato wedges (americké brambory)!!!

- Mc Cain: Bratkartoffeln, Chef Frites, Chef Krokettenfest, Chef Krönchen, Chef PomPoms, Comix Emotions/Spooks, Country Potatoe Chilli, Country Potatoe Classic, Frites, Frites Provencial, Fritteusen Frites, Fritt Up, Golden Americans, Golden Comic Spooks, Golden Longs, Golden Smiles, Golden Southern, Home Frites, Kartoffelpulver, Kartoffelwürfel, Rösti (P,ZRN); Kroketten (M`A, ZRN)

Canned

Novák Company (P,R): all kinds (pickled cucumbers, pickled pepper, pickled white and red cabbage, white liberty cabbage/sauerkraut, pickled red beet, carrot in brine (cubes), vegetable mix/"lečo", Halali, potato salad mixture, Moravian salad, Kunovský salad, Hraběcí salad, sauce for sorlain, cabbage salad, pepper salad)

Alibona: green beans, white beans, red beans, dill, sauerkraut, pea, corn, carrot, carrot and pea, cucumbers (P,R)

Felix: smörgas gurka (ZRS) /Ikea/

La Pfeferida: chick bean in brine (P, ZR,H)

La Costeña comp. (P,ZR,H): sterilized jalapeño pepper

Tomato sauce, tomato cans

Mutti, Italy (P,ZR) – tomato pureé, squashed peeled tomato, whole peeled tomato.

Novák: tomato pureé (P,R).

La Torrente: squashed, peeled, sliced tomato (100%).

Canned vegetables

- Baktat: Canned Beans, Chick Peas, Chick Peas in tomato Sauce, Crushed

Tomato, Dill Pickles, Eggplant Preserve, Fried Eggplants, Fried Eggplants in Tomato Sauce, Giant White Beans in Tomato Sauce, Mixed Vegetable Pickles, Mixed Vegetable, Okars in Tomato, Sauce, Peeled Tomatoes, Red Beans, Roasted Coffe Beans, Roman Beans, Stuffed Cabbage, Stuffed Eggplants, Stuffed Grape Leaves, Stuffed Vine Leaves (ZR,H)

Bonduelle: all kinds (P, ZRN)

Olives

Baktat: green, black olives (P, H)

Without filling (make sure the package doesn't contain troublesome „E's")

Dry vegetables

All kinds 100% pured dry vegetables with no additivs.

Compots (stewed fruit)

(Regarding drupes it is preferable to buy them halved, for easier checking for worms)

Novák comp. (P,R): all kinds (plums, apricot, sour cherry, cherry, gage, pumpkin with pineapple flavour)

Alibona (P,R): gooseberry, peach, apricot, gage, sour cherry, pear, rowanberry, strawberry, raspberry, mirabelle, plum, cut apple)

Dry fruit

100% pure dry fruit (*mind that banana chips are roasted in oil*)

Jam and honey

Jam

Schwartau (P, ZR) (also dia)

Hero (P, ZR)

Novák (P,R) jams, damson-cheese

Schneekoppe (P,ZR) (dia)

Honey

100% pure original bee honey

Spices and relishes

Spices

100% pure whole and ground spices, except of pepper

Kotányi (P,ZR): all sorts of pure single spices, mixtures containing only herbs and salt.

VEGI VEGI comp. Terezia Company: mixed seasoning Grill Vegi, Houby Vegi (P,R)

Tabasco: Chipotle sauce, Garlic Pepper Sauce, Green Pepper Sauce, Habanero Pepper Sauce, Red Pepper Sauce (only made in USA items) (ZRA)

Relishes

Sugar (P)

100% pure sugar (icing/powdered sugar may contain ingredients with forbidden E's)

Sugar factories Hlušovany, Uni ov (P,R)

Powdered sugar: Dar slunce

Salt (P)

Sunfood: Bland sea salt (P,R)

100% pure salt.

Vinegar

Kohoušek Comp. (P,R): Fermentative Spirit vinegar

„Bzenecký“ fermentative spirit vinegar

Sunfood: sweet rice vinegar, umeocet (P,R)

Note: wine vinegar must bear kosher certificate!!!

Mustard

Spak: Viennese, English (ZR)

Ketchup

Spak (P,R): all kinds

Novák (P,R): all kinds

Heinz (ZR,H): only those made in Netherlands and USA

Harisa (P,ZR,H) /Fruit de France/

La Coste a (P,ZR,H): Salsa

Mayonnese

Available only in the kosher shop.

Soya and soya products, BIO products

Soya and soya products

Soya natural

Ekoproduct comp.: soya cubes.

Soya sauce

Kikkoman (P,ZR): Singapore and Japanese soya sauce

Shovu (P,ZR): Japanese soya sauce

Sunfood: Shoyo sauce, shoyo Johnsen, Tamari Mansan (P,R)

Soya milk

Provamel comp.: natural, with Calcium, vanilla, banana, chocolate, strawberry, with wheat sirup (P,ZR)

Tofu and other soya products

ConBío (P,ZR): grilled Seitan (ru n praný- washed by hand), Zeleninový guláš (vegetable goulash), Lasagne se zeleninou (Lasagne with vegetables), Cannelloni se zeleninou (Cannelloni with vegetables), Paella se zeleninou (Paella with vegetables), Tofu ravioli se zeleninou (Ravioli tofu with vegetables), Burger se špenátem (burger with spinach), Soja burger (soya-burger)

Granovita (P,ZR): without cheese

Sunfood (P,R): Tofu: natural, smoked classic, garlic, marinated, spicy, smoked with leek, herb special, fritted, Lunchmeat.

Tofu „salam“: pepper, garlic, onion, herb, hot, mosaic

Sausages „Dobrušské“

Seitan: natural, special, special with vegetables, cut, sliced, cubes, goulash, with mushrooms, goulash shiitake, spec. With shiitake, bean goulash, sauce for sirloin/“Sví ková“, soup „Drš ková“, Segedin.

Tempeh: fresh, fried, smoked, sliced, cubes

Tofuballs

Soyaballs
 „Sejtánky“
 Seitanballs
 Okara
 Natto
 „Lah dka“: bean, lentils, chick pea, horseradish, pea
 Tofu „Lah dka“
 Grain salad
 Dobrušské pickles
 Tofunéza
 Apple pureé with millet
 Klaso: bland, delicate for schnitzel, bratwurst, „sausage meat“, tatar spread, „lesácká“ spread, „šohaj“ spread, „kavalír“ spread, cube for Chinese food, fried schnitzel, mince, slice for „kabrák“, hrsty, MAHA spices (can be used as substitute for Masox and Maggi)
 „Br enský“ fillet
 Vegilife: hamburgers, nugety, schnitzels, snackballs, snackballs with sauce, goulash, cubes and dill sauce, Chinese ragout

Soya desserts

Provamel comp. (P,ZR): vanilla, caramel, nut, carob

BIO products

Couscous

Biovita: couscous di kamut (ZR,H)
 Any 100% plain.

Pastes

- Baktat: Sesame Spread, Special Hot Red Pepper Paste, Sweet Red Pepper Paste, Tomato Pasten (ZR,H)
- Granovita: Argentinische Sauce, Italienische Sauce, Mexikanische Sauce (ZRN)

Soups

- Bruno Fischer (ZR)
- Mitoku: Hearty red instant miso soup (ZR) / Albio /

Seaweed

- Sunfood: algae agar-agar natural, Arame, Dulce, Hijiki, Kombu, Nori, Wakame, wakame Instant, Mekabu (P,R)

Rice milk

Provamel comp. (P,ZR)

Syrups

Sunfood: Maple, Rice (P,R)

Shoprite: Camp-maple sirup (ZR,H)

Baker Girl: Syrup for pances and Waffles (ZR,H) /Tesco/

Tehinah imported from Arabian countries (e.g. Lebanon) is 100% pure vegetable product.

Baby food

- Nutrilon: Hypo-Allergeen 1 en 2, Nutrilon 1,2 en 3, Nutrilon A.R. 1 en 2, Nutrilon Forte 1 en 2, Nutrilon kant en klaar 1,2 en 3, Nutrilon pepti 1 en 2, Nutrilon peutermelk en Omneo 1 en 2 (ZRH)
- Hipp Organic: First Infant Milk, Follow On Milk, Growing Up Milk (M"A, ZRA)

Medicine, vitamins and cosmetics

There is no question regarding kashrut as to medicins and vitamin pills, which are swallowed or injected (pork insulin). Although some antibiotics contain gelatine capsule, their consuming is not classified by the Torah as „enjoying forbbiden thing“ (hana'at ha Isur).

Note: Many creams contain animal fat. Thus, make sure that the cream doesn't get into the mouth. The same applies to lip-salves and lipsticks.

Cleaning stuff – *don't use detergents that contain vinegar!!!!*

Recommended: Cif aktiv, Cif Crème, Cif Crème citron (ZRB)

Tooth-paste

Colgate, Colgate Total, Signal Plus, Elmex (ZR)

Colgate: Bugs Bunny, Dentagard, Fresh Confidence, Fresh Gel, Protection Caries, Sensation White, Total, Total Plus Whitening, Tweenty (ZRB)

Colgate (all kinds), Elmex (Elmex, Elmex fluid, Elmex gel, Elmex Homeopathic, Elmex Kinder, Elmex liiquid mouth rince, Elmex Methol-free, Elmex Sensitive, Elmex Sensitive mouth rince) (P,ZRN)

Detailed List of forbbiden E's and their source

<u>Shorting</u>	<u>Full Name</u>	<u>Source</u>	<u>notes</u>
E120	cochineal/carmine	lice	Non-kosher
E140	chlorophyll+chlorofyliny	Vegetable source, cyanophytes	???

E141	Cu komplex of chlorophyll	Vegetable source, cyanophytes	???
E153	medicinální uhlí	Veg. Source, rarely animal	Needs supervision
E160a/75130	Carotene mixture	Veg. Source, rarely animal (crabs)	Needs supervision
E160e, f	beta-apo-8-karotenol	Veg. Source, rarely animal (liver)	Needs supervision
E161g	Kanthaxanthin	???	???
E163	Anthokyan	Fruit, vegetables	???
E234	Nisin	antibiotic-Streptococcus lactis	???
E235	Natamycin	antibiotic	???
E310-312	Galláty	Oak-apples	???
E334-337, 354	Tartaric acid; vinany	Wine stone from barrel	Needs supervision
E353	Metatartaric acid	Wine stone from barrel	Needs supervision
E363	Succinic acid	??	Needs supervision
E418	guma gellan	??	Needs supervision
E422	Glycerol	Vegetable and animal fat	Needs supervision
E433	polyoxyethylensorbitan1oleát	Vegetable and animal fat	Needs supervision
E435	polyoxyethylensorbitan1stearát	Vegetable and animal fat	Needs supervision
E436	polyoxyethylensorbitan3stearát	Vegetable and animal fat	Needs supervision
E442	amon. salts of Phosphatase acids	Vegetable and animal fat	Needs supervision
E470-478	Fatty acids derivates	Vegetable and animal fat	Needs supervision
E480-492	Stearic acid derivates	Vegetable and animal fat	Needs supervision
E494	sorbitan monooleát	Vegetable and animal fat	Needs supervision
E542	Edible bone-meal	Animal bones	Needs supervision
E570-573	Stearic acid and salts	Vegetable and animal fat	Needs supervision
E626-629	kyselina guanylová a soli	NK- plants, animals	Needs supervision
E630-633	kyselina inosinová a soli	NK- plants, animals	Needs supervision
E634, 635	ribonukleotidy - soli	NK- plants, animals	Needs supervision
E640	Glycin	AK- plants, animals	Needs supervision
E904	lac	lice	Non-kosher
E912	estery montanových kyselin	???	???
E913	Lanolin	Sheep wool	Needs supervision
E920; 921	cystein; cystin	Human hair, horsehair	Non-kosher
E966	Laktitol	???	???