

## The KOSHER GUIDE FOR DENMARK

A compilation of products that are kosher under the supervision of the Rabbinat of Denmark

### Guidelines for buying food in regular stores

#### When you buy the product:

- It is always preferable to buy a product that is under rabbinical supervision (that has a hechsher)
- The products on this list have been controlled, but the production is not under constant rabbinical supervision.
- This list is based on the rabbinical ruling that the usage of monoglycerides (such as E 471 + E472), whey powder and whey protein is kosher
- Wine and cheese must be produced under supervision in order to be kosher.
- Regarding cheese: It is permissible to eat 'soft cheeses' as long as they do not contain gelatine. Cheese produced with vegetarian rennet but not under rabbinical supervision are *\*not\** kosher

If you have any questions regarding the products please contact the Rabbinat

[jm@mosaiske.dk](mailto:jm@mosaiske.dk)

#### The signs used in the [Danish guide](#):

M	The product contains milk or traces of milk and is 'halavi' (dairy)
MV	The product contains milk and whey powder. Applicable only to ice cream.
P	The product is 'parve'(stam) and can be used with either milk-products of meat-products
NK	The product is <i>NOT kosher</i>

#### Please note:

1. This list is *\*not\** kosher for Passover!!!
2. The Rabbinat strongly encourages that the declaration on each product is read before using it as the ingredients can have changed since this list was compiled.

#### Additives

As a general rule, a product containing one or more of following ingredients is *NOT kosher*

- fats, animal fats, fish oils
- Gelatin, glyceride, stearic acid.
- Rennet, casein.
- Wine acid, wine vinegar
- Grape juice

The following E-numbers are *NOT kosher*:

- E 120
- E 334
- E 422
- E 445
- E 570

- Aromaer Flavorings
- Babymad Baby food
- Bagepapir Baking paper
- Bønner Beans
- Brød Bread

Bread

#### **General information**

- Bread from “Schulstad” both fresh and frozen products are free from all animal products
- Most dark bread – rye bread – from “Schulstad” are Parve. But not the ‘Yoghurt bread’ (M)
- All ecological “Schulstad” bread and buns are Parve
- All pita bread from “Jacob's Pita” are kosher Parve

**NB** . Please read the product information to make sure that milk products have not been added

- Budding og buddingpulver Pudding and pudding powder
- Chips & crisps
- Chokolade og slik Chocolate and sweets
- Cremesovs Sauces
- Desserter Deserts
- Diabetiker-produkter Product for diabetics
- Dressinger, ketchup, mayonnaise, sennep Dressings, ketchup, mayonnaise and mustard
- Eddike Vinegar
- Fisk og fiskeprodukter Fish and fish products

#### **General information**

Alle kinds of fresh or frozen fish – from kosher fish – are permitted (whole or pices of them). It is preferable that some of the scales are visible when the fish is bought’

#### **Kosher fish:**

Perch, mackerel, anchovies, mullet, brazen, plaice, sprat, pike, St. Peter's fish, Halibut, sardine, garfish, hoki, herring, whiting, flounder, dab, brill, carpe, gurnard, butterfish, haddock, hake, salmon, tuna, trout, cod

*Non kosher* fish: all types of shell fish such as: lobster (*NK*), shrimp (*NK*), crab (*NK*) and fish where the fins and scales are not clearly visible, such as: eel (*NK*), turbot (*NK*), sturgeon (*NK*),

- Fløde Cream
- Flødeboller 'Krem-bo'
- Frostvarer Frozen products
- Frugtkonserves og tørret frugt Canned and dried fruit
- Gelatine gelatin
- Glutenfri produkter products without gluten
- Grøntsager Vegetables
- Honning Honey
- Is Ice cream

### Generel information

Ice cream and "soft-ice" from ice cream shops are generally kosher. But *avoid* sorbets and red-colored ice creams (since they are likely to contain either gelatin or E 120).

Isvafler Ice cones

- Kagebunde og kagemix Cake mixtures, and bases for cakes
- Kageglasur icing for cakes
- Kager, småkager og kiks cakes, cookies and crackers
- Kolde drikkevarer soft drinks
- Konditorkager cakes from Pastries
- Knækbrød 'Knækbrød', aka Swedish sour-dough bread
- Kød Meat
- Krydderier Spices
- Margarine margarine
- Marmelade og syltetøj Marmelade
- Mel Flour
- Morgenmads-produkter Cereals and breakfast products
- Mælk Milk

### Generel information

All milk, produced in Denmark, is regarded as kosher (M)

Nødder Nuts

- Olier og fedtstoffer Oils and fats
- Oliven Olives
- Opvaskemidler detergent
- Ost Cheese

### Generel information

Cheese is only kosher produced under supervision.

It is permissible to eat 'soft cheeses' as long as they do not contain gelatin. Cheese produced with vegetarian rennet but not under rabbinical supervision are *not kosher*

Kosher cheese can be bought the following places:

**Gils Deli**, Lyngbyvej 87, 2100 Copenhagen Ø

+45 41 41 06 31

<https://www.facebook.com/Gils-Deli-ApS-25960301112345/>

- Pasta Pasta

### **Generel information:**

Pasta is generally kosher, also if it contains egg. The following brands have been controlled:

#### Peanutbutter

- Pektin Pectin
- Piskefløde Cream
- Rengørings- og pudsemidler detergents and cleaning agents
- Ris Rice
- Rice is generally kosher. If the rice is processed the product information on the package must be read.
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- Rødkål Red cabbage
- Sild Herring
- Sirup Sirup
- Skånekost Low-fat foods
- Slankeprodukter Dieting products
- Smør butter
- Sødemidler sweetner
- Sojamælk Soya milk
- Sukker sugar
- Tandpasta tooth paste
- Tun Tuna

### **Generel information regarding canned tuna**

There is a risk of the tuna containing dolphin (which is not kosher) so read the product information carefully. The following brands contain only tuna according to their information:

- Tyggegummi chewing gum
- Varme drikkevarer hot drinks
- Vegetarmad vegetarian food
- Vin Wine
- Whisky
- Yoghurt
- Øl beer
- Bagepulver baking powder, raising agents