



# KOSHER ON CAMPUS

5773-5774

2013-2014

[www.tribeuk.com](http://www.tribeuk.com)



# Staying Kosher on Campus

Starting University can be quite a daunting process, and amongst all the preparations that you need to undertake, making sure your new home is fit for kosher food can certainly be one of the most important and stressful of them all! In the following pages, I hope this booklet provides all the essential information to help ease this process for you and to help you on your way to preparing your own kosher home!

Enjoy your time on campus!

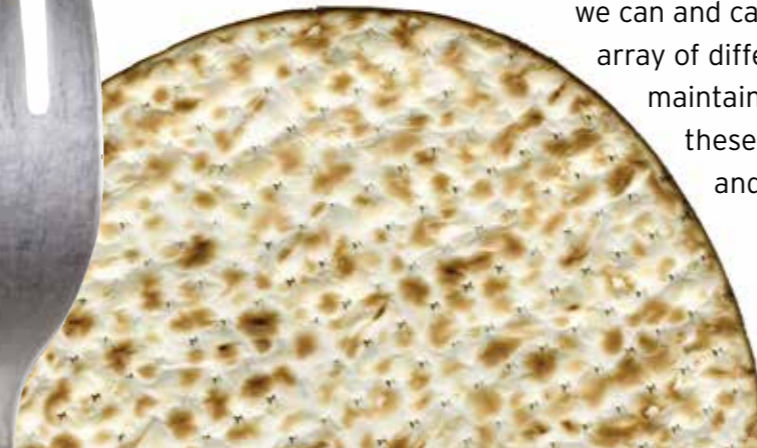


David Collins  
Tribe Executive Director



## KOSHER ON CAMPUS TOP TIP

Don't forget to speak to your local Chaplain for additional helpful information. Their details are included in this booklet.



## What is Kosher?

In literal terms, Kosher means 'fit to eat'. Keeping Kosher has been a central part of Jewish life for thousands of years.

We are presented in the Torah with a range of laws concerning what we can and cannot eat. There is an array of different specifications to maintaining a Kosher home and these can require constraint and control.

The basic laws of kashrut fall into two categories:

- Those foods which are forbidden to eat
- Those foods which must be prepared in a certain way.



# Meat, Dairy and Parev

## The separation of meat and dairy

One of the most important parts of a kosher kitchen and maintaining a kosher diet is to separate all dairy products from meat products. Mixing the two is forbidden in Judaism and they must not be cooked or eaten together. To ensure total separation, it is important to have two sets of kitchen utensils, accessories and appliances for meat and for dairy. This also includes sponges, washing up bowls and tea towels. If you are lucky enough to have a dishwasher at University, then this should only be used for either meat or dairy dishes.

### KOSHER ON CAMPUS TOP TIP

It is much easier if your appliances are colour coded i.e. all dairy utensils are blue and all meat ones are red. Plus, it helps to brighten up a student kitchen!

## Fridge/Freezer

Unlike with kitchen utensils, meat and dairy foods can be kept together in the fridge and freezer. It is important that foods in the fridge and freezer are carefully closed so as to not spill on other things that are kept in there.



## Waiting between dairy and meat

There are different commentaries that give various responses to waiting time: some commentaries mention one hour and some mention six hours. The most common time period that is practiced amongst British Jews before having something dairy after eating meat is three hours. As for eating something containing meat after consuming a dairy product, it is not necessary to wait unless you have consumed hard cheese where it is customary to wait an hour. It is advised that something should pass your lips before eating something containing meat, either a drink or a parev product.

## Parev

This is the term used for products that contain neither meat nor dairy products. Typical examples of these foods are eggs, fruit, vegetables, grains and fruit juices. Other common parev foods include pasta, soft drinks, coffee, tea, sweets and some snacks. These products are parev until they come in contact with dairy or meat products.

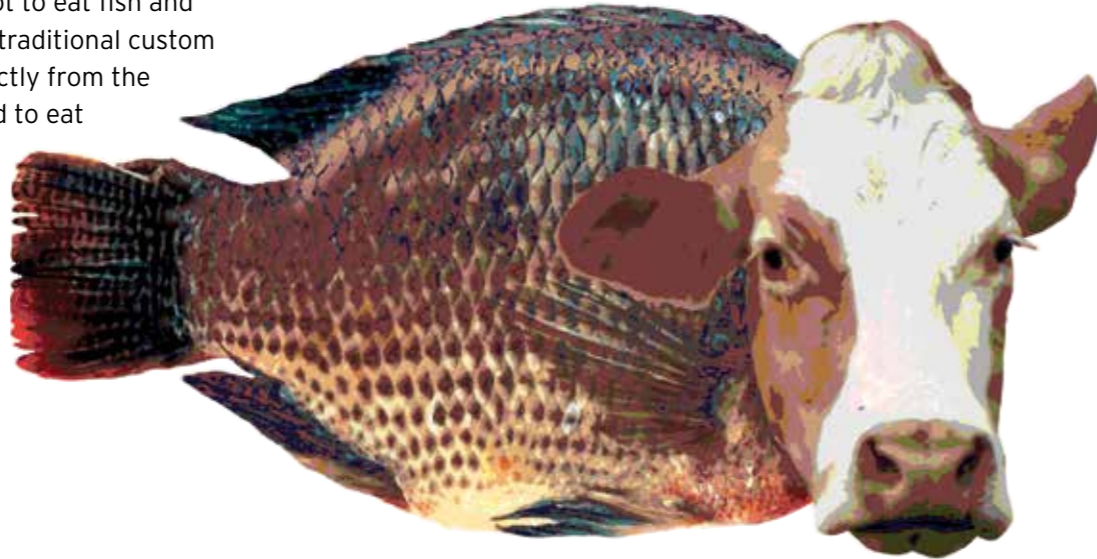
It is not essential to have a third set of appliances for parev foods as they can be prepared with either a dairy or meat meal. When a parev food has, for example, been prepared with dairy utensils, then these foods cannot be consumed in a meat meal, and vice versa.



# Some useful Kosher guidelines

## Separating fish and meat

It is common practice not to eat fish and meat together. This is a traditional custom that does not come directly from the Torah. You are permitted to eat meat after fish (and vice versa) providing something has touched your pallet in between, such as a drink or something parev.



1. Kosher meat comes from animals that have both cloven hooves and chew the cud (cow, goat, sheep, and deer). For meat to be killed and served in a kosher way, the animal is slaughtered in a humane method that is called Shechita. After the animal is killed, the meat must be salted to remove all traces of blood, as it is forbidden to consume blood. Birds of prey and other species of fowl cannot be eaten. The permitted poultry that Jews can eat are duck, chicken, goose and turkey.
2. Kosher fish are those that contain both fins and scales. To make this process easier when shopping for fish, only buy fish that still contains some skin and scales attached to help identify it quickly and easily. To see a full list of kosher fish, go to the Kosher Product Search on the United Synagogue website at [www.theus.org.uk](http://www.theus.org.uk).
3. Milk can easily be purchased in the UK as civil law guarantees the source of all milk. This means that all milk is regarded as kosher. However, some Jews choose only to consume kosher supervised milk because it is guaranteed to come from a kosher animal.
4. Cheese must be rabbinically certified. This is because a commonly used curdling agent - the rennet - is often derived from an animal source. And just before you ask vegetarian cheese is also a no no, different reason - same result!
5. Kosher Bread produced by Cohen Bakery under the brand name Buckingham Bakery is available at selected Waitrose branches. Just look out for the KLBD logo on the packaging.

6. When purchasing fruit and vegetables, it is essential that they are given a good rinse so as to prevent consuming any flies or insects. This is because bugs are not allowed to be eaten. Some fruit and vegetables will need extra attention because they are more likely to contain insects. These are asparagus, mange tout, raspberries, blackberries, lettuce, cabbage, celery, leeks, spring onions and herbs.

7. It is often unknown what is put in wine and therefore it is advised only to consume wine that is certified kosher. Non-kosher wine often contains gelatine (animal fat) and sometimes bulls' blood to help deepen the colour. This cannot be checked, and luckily there are a vast range of kosher wines

to choose from, so make a stop at a kosher wine shop before going to University (or invite yourself round to your local Chaplain for Friday night dinner!)

8. Kosher eggs are those that have been laid by kosher birds. When breaking an egg, it is important to check for blood spots. This can be done by breaking an egg into a glass bowl. If an egg does have a blood spot, then it is deemed as not kosher.

9. Margarines often contain fats and emulsifiers that are of animal and fish origin. Even manufacturers of 'vegetarian' margarine cannot always guarantee the source being vegetable fat. In this way, it is advised that kosher margarine is purchased at all times.

**KOSHER ON CAMPUS  
TOP TIP**  
Make sure you check the Kosher Product Search at [www.theus.org.uk](http://www.theus.org.uk) which will indicate those foods from the supermarket which are kosher and those which are not.

10. When checking ingredients of packaged goods, it is important to check the E numbers, as often these will contain animal emulsifiers, gelatine, glycerin or other non-kosher chemicals. The most commonly used (and non-kosher) ingredients are E471, E472 and E120.

When shopping, watch out for the following E numbers, as they contain non-kosher ingredients:

E120	E422	E430	E431	E432
E433	E434	E435	E436	E441
E442	E470	E470a	E470b	E471
E472a	E472b	E472c	E472d	E472e
E472f	E473	E474	E475	E476
E477	E481	E482	E483	E491
E492	E493	E494	E495	E542
E570	E572	E1441		

11. If cooking utensils have come in contact with non-kosher foods, they are deemed as no longer suitable to use. Coffee machines or kettles can, however, be used.

12. As mentioned earlier, meat and dairy utensils and appliances must be kept separate.

13. Processed foods are increasingly carrying the KLBD logo. This logo means that the food is certified kosher under the London Beth Din. If the product does not carry this logo, it might still be kosher, so consult the Kosher Product Search at [www.theus.org.uk](http://www.theus.org.uk) to double-check.

# Maintaining a Kosher Kitchen

Now that you have finally managed to unload all your things, it's time to start koshering the kitchen. Follow the following guide in order to make your new kitchen bright, sparkling and kosher!

Regardless of whether you are living with kosher or non-kosher housemates, it is recommended that you use separate utensils; this way, you are guaranteed they are being used for kosher meals only.

## If you are moving into Hillel House...

It is still recommended to clean over all surfaces and appliances thoroughly.

## If you are moving into a Jewish flat...

It is likely that the tenants before you did not keep the place kosher so make sure all surfaces and appliances are cleaned thoroughly.

**KOSHER ON CAMPUS  
TOP TIP**  
For mixers and blenders, contact your local Chaplain for more information on how to kosher them.



Use the following grid to kosher your appliances:

<b>FRIDGE/FREEZER</b>	Wash the entire space with special cleansing agents. Defrosting the freezer is advisable.
<b>SURFACES</b>	After cleaning all surfaces, cover them in boiling hot water, directly from the kettle.
<b>SINK</b>	Firstly, clean the sink thoroughly. The inside of the sink should be considered as not kosher because it would have come in contact with meat and dairy products when things have been poured into the sink. If you use separate washing up bowls, drying racks and tea towels, then it will be easier to identify their differences.
<b>OVEN</b>	Firstly, the entire oven will need a good scrub. Those parts which cannot be easily cleaned can be blow-torched. Lastly, the oven must be left on its highest temperature for an hour.
<b>MICROWAVE</b>	Clean the entire microwave, taking care of the vent and corners. Leave unused for 24 hours, then boil a cup of water in it for 10 minutes until the microwave has filled with steam.
<b>STOVE</b>	Clean all parts thoroughly and then cover it with a metal sheet. Turn the heat or flame on full for 15 minutes.
<b>CUTLERY</b>	If your cutlery is stainless steel, it can be koshered. After cleaning, leave it for 24 hours and then immerse in a kosher pot of boiling water.
<b>UTENSILS</b>	The basic principle with koshering a non-kosher utensil is by using the process through which it absorbed the non-kosher substance. For example, surfaces which have come into contact with hot liquids can be koshered with boiling hot water, and those surfaces which have come into contact with dry heat can be koshered with fire. This applies to stainless steel utensils only. China and porcelain cannot be easily koshered.

## If you are moving into a non-Kosher flat or halls...

When living with non-kosher housemates it need not be complicated to maintain a kosher lifestyle, as hopefully you will find your housemates respect this decision. There are various things that you will need to do:

1. Inform your housemates that you will need your own set of cutlery and crockery that you will use; this way, it is less likely that your things will be used for non-kosher purposes.

**KOSHER ON CAMPUS  
TOP TIP**  
Because cleaning cutlery and crockery can be tricky, it is recommended that you buy your own sets, which can be bought quite cheaply from Ikea or Argos.

One way of combating confusion would be to purchase cutlery and crockery that is easily distinguishable, for example a funky colour, so your housemates will be able to tell easily what is yours.



2. Purchase a small square of metal sheeting (9"x9"), which can be used beneath the pan on the stove to separate any kosher pans from non-kosher pans when cooking.
3. If you can, purchase your own microwave (under £25 from Argos), then you don't have to worry about what else will be cooked in there. Your microwave can be used for both dairy and meat foods, providing one category is always kept covered. If you will not be able to have your own microwave, covering your own plates when placing them in the microwave will suffice.
4. Your food can be cooked in the oven provided it is double-wrapped with silver foil.
5. When washing up, you can still use the running water to wash your own dishes, provided they do not come into contact with the sink. An easy way to combat this is to purchase your own dairy and meat washing up bowls that you can put in the sink.
6. It is possible to leave your kosher food in a non-kosher fridge. An easy way to prevent your foods being confused with other peoples' is to put them in fridge/freezer boxes.

**We at Tribe would like to wish you all the best of luck at University. Please do get in contact with us if you have any further questions. But, for now, happy cleaning!**

# Tribe recipe guide to a Friday Night Feast

Here are a few recipes for a Friday night meal which will hopefully help you out, whether you're an amateur cook or a pro! Enjoy!

## Egg & Onion and (Mock) Chop Liver

For the egg and onion:

Ingredients

- 6 spring onions
- 8 hard boiled eggs
- Mayonnaise
- Salt and pepper to taste

### Method

Use the white (and lighter green) bits of the spring onion, and sliced thinly. Add to the egg and mash. Add the mayonnaise and mix. Add salt and pepper as necessary.



**This is a nice starter, especially for those who don't eat meat.**

For the (Mock) Chop Liver:

Ingredients

- 3 hard boiled eggs
- 3 onions, sautéed
- 1x 300g tin of garden peas
- 400g of pecan nuts
- Salt and pepper to taste

### Method

Put all the ingredients in a food processor and whizz together. If you don't have a food processor, put all the ingredients in a bowl and use a hand blender until everything is blended together. Add a little more salt if you think necessary. Serve!



## Chicken soup

Ingredients

- 1 chicken carcass
- 4 carrots, peeled and sliced
- 2 parsnips, peeled and sliced
- 2 sticks of celery, sliced
- 1 swede, peeled and diced
- 1 turnip, peeled and diced
- 1 large onion, peeled and cut into large chunks
- 2 tbsp dried parsley
- 1 tbsp chicken-flavoured soup mix, for every 600ml water used
- Salt and pepper
- Lockshen (vermicelli), cooked and cooled

### Method

1. For the chicken soup: put the chicken carcass into a very large cooking pot. Add the chopped vegetables and parsley, season well with salt and freshly ground black pepper and add enough cold water to cover. Stir in 1 tablespoon chicken-flavoured soup mix for every 600ml water.
2. Bring the soup to the boil, then reduce the heat to low, cover the saucepan and leave to simmer gently for at least 3 hours, or more. Skim the surface and remove all the fat that has risen to the surface.
3. Leave soup to cool and refrigerate.
4. To serve, put a portion of cooled lockshen in each soup bowl and pour over the hot soup, which will re-heat the lockshen.





# Tribe recipe guide to a Friday Night Feast

## Friday Night Roast Chicken and Potatoes

- Serves 4
- Ingredients
- One chicken
  - Olive oil
  - Rosemary
  - Garlic
  - 1 small lemon
  - 6 large potatoes
  - 1 chopped onion

### Method

How to roast your chicken

1. Rub the chicken with salt, pepper and olive oil.
2. Make incisions in the skin over the breasts and thighs and push slivers of garlic and rosemary under the skin.
3. Chop the lemon in half, squeeze it over the chicken and poke the lemon halves into the cavity of the chicken, along with a couple of sprigs of rosemary.
4. Roast for about 1.5 - 2 hours (approx) at gas mark 4/180C, basting now and then.
5. While the chicken is cooking, make roast potatoes. Peel and chop the potatoes into roughly equal sized pieces, boil for about 10 minutes and drain. Put them in a roasting pan and sprinkle the chopped onion around the potatoes, season with salt and pepper (plus anything else that comes to hand - paprika is a favourite) and cover with a little oil, making sure all are covered. Roast in the oven for about 1 hour until brown and crispy.



## Apple crumble

- Ingredients
- For the crumble
- 300g/10oz plain flour, pinch of salt
  - 175g/6oz brown sugar
  - 200g/7oz margarine, cubed at room temperature
  - Knob of margarine for greasing
  - 50g/2oz unrefined brown sugar
- For the filling
- 1 tbsp plain flour
  - 450g/1lb apples, peeled, cored and cut into 1cm/ in pieces
  - 1 pinch of ground cinnamon

### Method

1. Preheat the oven to 180C/350F/gas mark 4.
2. Place the flour and sugar in a large bowl and mix well. Taking a few cubes of margarine at a time rub into the flour mixture. Keep rubbing until the mixture resembles breadcrumbs.
3. Place the fruit in a large bowl and sprinkle over the sugar, flour and cinnamon. Stir well being careful not to break up the fruit.
4. Grease with margarine a 24cm/9in ovenproof dish. Spoon the fruit mixture into the bottom, then sprinkle the crumble mixture on top.
5. Bake in the oven for 40-45 minutes until the crumble is browned and the fruit mixture bubbling



# Kosher Contacts

All listings correct at time of print.

## LONDON

*Under London Beth Din supervision*

## BAKERIES

### The Bagel Place

10 Thornfield Parade  
Dollis Road (Holders Hill Circus)  
Mill Hill NW7 1LN  
Tel: 020 8922 9454  
thebagelplace@yahoo.co.uk

### Bonjour

84 Brent Street  
Hendon NW4 2ES  
Tel: 020 8203 8848

### Carmelli Bakery

126-128 Golders Green Road  
Golders Green NW11 8HB  
Tel: 020 8455 2074  
orders@carmelli.co.uk  
www.carmelli.co.uk

### Cohen Bakery

Unit 8-10 Sapecote Trading  
Estate  
High Road  
NW10 2DH  
Tel: 020 3667 1200

www.cohensbakery.co.uk  
cohensbakeryuk@gmail.com

### Creme de la Creme

5 Bridge Lane  
Temple Fortune NW11 0QN  
Tel: 020 8458 9090

### Dalia's Cakes

10 Elmcroft Avenue  
Golders Green  
NW11 0RR  
Tel: 020 8455 1577  
www.daliascakes.co.uk  
dalladch@hotmail.com

### Daniels Bagel Bakery

12-14 Halleswelle Parade  
Finchley Road  
Temple Fortune NW11 0DL  
Tel/Fax: 020 8455 5826  
cafdan@aol.com  
www.danielscatering.co.uk

### David Bagel Bakery

38 Vivian Avenue  
Hendon NW4 3XP  
Tel: 020 8203 9995

### Golan Bakery

388 Cranbrook Road

Gants Hill IG2 6HW  
Tel: 020 8554 8202  
info@golanbakery.net  
www.golanbakery.net

### Grodzinski M & D

Hot Bread Shop  
223 Golders Green Road  
Golders Green NW11 9ES  
Tel: 020 8458 0909  
grodzinski@tiscali.co.uk  
www.grodzinskibakery.co.uk

### Hendon Bagel Bakery

55-57 Church Road  
Hendon NW4 4DU  
Tel: 020 8203 6919

### Just Kosher Deli & Bakery

5-7 Croxdale Road  
Borehamwood WD6 4QD  
Tel: 020 8207 5556  
info@justkosher.co.uk  
www.justkosher.co.uk

### King's Bakery & Pizzeria

52 Market Place  
Kingsley Way  
Hampstead Garden Suburb  
NW11 6JP  
Tel: 020 8458 6060

### La Brioché

2 Canons Corner  
Stanmore  
HA8 8AE  
Tel: 020 8958 1321  
yossi458@gmail.com

### Munch N Crunch

7-9 Russell Parade  
Golders Green Road  
NW11 9NN  
www.munchnocrunch.co.uk  
karen@munchnocrunch.co.uk

### Orli

143 High Street  
Barkingside  
IG 6 3JG  
Tel: 020 8551 0888

### Parkway Patisserie

326 Regents Park Road  
Finchley N3 2LN  
Tel: 020 8346 0344  
parkwaypatisserie@unicombox.co.uk

30a North End Road  
Golders Green NW11 7PT  
Tel: 020 8455 5026

204 Preston Road  
Wembley HA9 8PA  
Tel: 020 8904 7736

### Sharon's Bakery

182-184 Stamford Hill  
Stamford Hill N16 6QX  
Tel: 020 8800 9769  
ben@sharonsbakery.com

11 Edgwarebury Lane  
Edgware HA8 8LH  
Tel: 020 8958 4789

106 Brent Street  
Hendon NW4 2HH  
Tel: 020 8203 6623  
2b Woodberry Down  
Manor House N4 2TG  
Tel: 020 8800 6705

10 Russell Parade  
Golders Green Road  
Golders Green NW11 9NN  
Tel: 020 8455 0839

2b Woodberrydown  
Manor House  
N4 2TG  
Tel: 020 8800 6705

### Taboon Bakery

17 Russell Parade  
Golders Green Road  
Golders Green NW11 9NN  
Tel: 020 8455 7451

### Woodberry Down Bakeries

142 High Road  
Tottenham N15 6UT  
Tel: 020 8800 4230

## BUTCHERS

*Under the supervision of the  
London Board for Shechita:  
020 8349 9160*

### Glass D & Son

100 High Road  
Bushey WD2 1GE  
Tel: 020 8420 4443

### Greenspan's

9-11 Lyttelton Road  
Barnet N2 0DW  
Tel: 020 8455 9921  
greenspans@tiscali.co.uk

### Ivor Silverman

4-5 Canons Corner  
London Road  
Stanmore HA8 8AE  
Tel: 020 8958 8682

257 Watling Street  
Radlett WD7 7LA  
Tel: 01923 853700

360 Uxbridge Road  
Hatch End HA5 4HP  
Tel: 020 8428 6564

### Just Kosher

34 Vivian Avenue  
Hendon NW4 3XP  
Tel: 020 8202 4022  
hendon@justkosher.co.uk  
www.justkosher.co.uk

### Just Koshered

11 Croxdale Road  
Borehamwood WD6 4QD  
Tel: 020 8207 5556/9

### Kelman A & D

198 Preston Road  
Wembley HA9 8PA  
Tel: 020 8904 7625

### Kosher Deli

132 Golders Green Road  
Golders Green NW11 8HB  
Tel: 020 8731 6450  
www.kosherdeli.co.uk

### 9a Halleswelle Parade

Finchley Road  
Temple Fortune NW11 0DL  
Tel: 020 8458 7933

13 The Promenade  
Hale Lane  
Edgware HA8 7JZ  
Tel: 020 8905 4423

43-43a Brent Street  
Hendon NW4 2EA  
Tel: 020 8202 0402

### La Boucherie

4 Cat Hill  
East Barnet EN4 8JB  
Tel: 020 8449 9215

### La Boucherie Express

78 The Broadway  
Stanmore  
HA7 4DU

145 High Road  
Barkingside IG6 2AJ  
Tel: 020 8551 9215

78 The Broadway  
Stanmore HA7 4DU  
Tel: 020 8954 6020

### Lipowicz Meats

9 Royal Parade  
Ealing W5 1ET  
Tel: 020 8997 1722

### Louis Mann & Son

23 Edgwarebury Lane  
Edgware HA8 8LL  
Tel: 020 8958 3789

### Menachem's Glatt Kosher

15 Russell Parade  
Golders Green Road  
Golders Green NW11 9NN  
Tel: 020 8201 8629

### Nissim Glatt Kosher

61 Brent Street  
Hendon NW4 2EA

Tel: 020 8202 8930

#### Norman Goldberg

12 Claybury Broadway  
Clayhall IG5 0LQ  
Tel: 020 8551 2828

#### Perlmutter & Son

1-2 Onslow Parade  
Hampden Square  
Southgate N14 5JN  
Tel: 020 8361 5441

### SHOPS & DELIS

#### Adafina

67 Abbey Road  
St John's Wood NW8 0AE  
Tel: 020 7624 2013  
info@adafina.co.uk  
www.adafina.co.uk

Counter in Food Hall  
Selfridges  
Oxford Street W1A 1AB

#### Chocolate Fantasies Unltd

62 Stamford Hill  
Stamford Hill N16 6XS  
Tel: 020 8806 5555  
chocolatelondon1@gmail.com  
www.chocolate-fantasies.com

#### Gorgeous Gifts

18b Russell Parade

Golders Green Road  
Golders Green NW11 9NN  
Tel: 020 8455 6010  
gorgeousgifts@hotmail.co.uk  
www.thegorgeousgifts.co.uk

#### Kosher Kingdom

7-9 Russell Parade  
Golders Green Road  
Golders Green  
NW11 9NN  
Tel: 020 8455 1429  
www.kosherkingdom.co.uk  
chuny@kosherkingdom.co.uk

#### Manna Deli

146 Brent Street  
Hendon NW4 2DR  
Tel: 020 8201 7575  
info@mannakosherdeli.co.uk  
www.mannakosherdeli.co.uk

#### So Real (Health Foods)

43c Oldhill Street  
Stamford Hill N16 6LR  
Tel: 020 8880 8088

#### Sushi Haven

Located within Kosher Kingdom.  
Sushi prepared fresh on site.  
Mob: 07582 183922  
orders@sushihaven.co.uk  
www.sushihaven.co.uk

#### Tapuach

108-110 Brent Street  
Hendon  
NW4 2HH

Tel: 020 8202 5700  
www.tapuach.co.uk  
yitzchak@tapuach.co.uk

#### Uncle Doovy's Ice Cream Van

Tel: 020 8455 1429 option 7

### FISHMONGERS

#### Leveyuson

47a Brent Street  
Hendon NW4 2EA  
Tel: 020 8202 7834

#### Nat Jacobs

7 The Promenade  
Edgwarebury Lane  
Edgware HA8 7JZ  
Tel: 020 8958 5585  
mail@natjacobs.co.uk

#### Taam Hayam

10 High Road  
Seven Sisters  
London  
N15 6LS  
Tel: 020 8800 1113

### DAIRY RESTAURANTS

#### Deli Max

134 Brent Street  
Hendon NW4 2DR  
Tel: 020 8202 5592

delimax@hotmail.co.uk

#### Dolce Vita

155 Golders Green Road  
Golders Green NW11 9BX  
Tel: 020 8201 9005

#### Isola Bella

115a Golders Green Road  
Golders Green NW11 8HR  
Tel: 020 8455 2228  
www.isolabella.co.uk  
gg@isolabella.co.uk

Westfield Shopping Centre

Ariel Way  
Shepherds Bush W12 7SL  
Tel: 020 8740 6611  
westfield@isolabella.co.uk

#### Kennedy Leigh Deli

Kennedy Leigh Children & Family  
Ctr  
Edgeworth Close  
Hendon NW4 4HJ  
Tel: 020 8457 4745  
hiliaryrosen@norwood.org.uk

#### Novellino

103 Golders Green Road  
Golders Green  
NW11 8EN  
Tel: 020 8458 7273  
novellino@btconnect.com

#### Orli

96 Brent Street  
Hendon NW4 2HH

Tel: 020 8203 7555

108 Regents Park Road  
Finchley N3 3JG  
Tel: 020 8371 9222

295 Hale Lane  
Edgware HA8 7AX  
Tel: 020 8958 1555

53 Shenley Road  
Borehamwood WD6 1AE  
Tel: 020 8207 6203

#### Tasti Pizza

23 Amhurst Parade  
Amhurst Park N16 5AA  
Tel: 020 8802 0018  
tastipizza@hotmail.co.uk

#### Waffleland

288 Hale Lane  
Edgware  
HA8 8NP  
Tel: 020 3638 3037

#### White Fish

10-12 Bell Lane  
Hendon NW4 2AD  
Tel: 020 8202 8780  
info@whitefishrestaurant.co.uk  
www.whitefishrestaurant.co.uk

### MEAT

#### The Burger Bar (Glatt Meat)

110 Regents Park Road

Finchley N3 3JG  
Tel: 020 8371 1555

#### Deli West One

Temporarily Closed  
info@thedelilondon.com  
www.thedelilondon.com

#### Bistro Bar (Glatt Meat)

86 Brent Street  
Hendon NW4 2ES  
Tel: 020 8202 5575

#### Kaifeng (Glatt Meat)

51 Church Road  
Hendon NW4 4DU  
Tel: 020 8203 7888  
info@kaifeng.co.uk  
www.kaifeng.co.uk

#### Kennedy Leigh Deli

Kennedy Leigh Children and  
Family Centre  
Edgeworth Close  
Hendon  
NW4 4HJ  
Tel: 020 8457 4745  
hiliaryrosen@norwood.org.uk

#### La Fiesta (Glatt Meat)

235 Golders Green Road  
Golders Green NW11 9ES  
Tel: 020 8458 0444  
www.lafiesta.co.uk

#### Retro Burger (Glatt Meat)

82 Golders Green Road

Golders Green NW11 8LN  
Tel: 020 8616 1556  
www.retroburger.co.uk

#### Sami's (Glatt Meat)

157 Brent Street  
Hendon NW4 4DJ  
Tel: 020 8203 8088

118 Golders Green Road  
Golders Green  
NW11 8HB  
Tel: 020 8958 7003

#### Solly's

148a Golders Green Road  
Golders Green NW11 8HE  
Tel: 020 8455 0004

#### White House Express (Glatt Meat)

63 Brent Street  
Hendon NW4 3EA  
Tel: 020 8203 2427  
www.whitehouseexpress.com

102 Golders Green Road  
Golders Green NW11 8HB  
Tel: 020 8458 9345  
www.whitehouseexpress.com

#### Yum Yum (Glatt Meat)

119 Golders Green Road  
Golders Green NW11 8HR  
Tel: 020 8455 7766

## BUTCHERS, BAKERIES AND DELIS IN THE PROVINCES

*These establishments are under  
the supervision of the local Kashrut  
authority.*

Just Kosher delivers to  
Bournemouth, Brighton,  
Cambridge, Oxford, Portsmouth &  
Southampton.

Kosher Deli delivers to the Home  
Counties.

### BIRMINGHAM

#### Gee's Butchers & Delicatessen

75 Pershore Road  
Edgbaston  
Birmingham B5 7NX  
Tel: 0121 440 2160  
info@geeskosher.com  
www.gees-kosher-butchers.com  
Gee's also deliver to Bristol, Cardiff,  
Leicester, Nottingham, Oxford &  
Swansea.

### BOURNEMOUTH

The following supermarkets stock  
kosher products:

ASDA St Paul's Road

Sainsbury's Boscombe

Tesco Poole Road  
Branksome  
Poole  
BH12 1AU

Tesco Riverside Avenue

#### Chabadeli

20 Lansdowne Road  
Bournemouth BH1 1SD  
Tel: 01202 555 367

#### Shop at the Shul

Bournemouth Hebrew  
Congregation  
Wootton Gardens  
Bournemouth BH1 1PW  
Tel: 07854 698 802  
shulshop@gmail.com  
See also [www.bournejewish.org](http://www.bournejewish.org)  
'Kosher Facilities'.

#### BRIGHTON & HOVE

The following supermarkets stock  
kosher products:

ASDA Marina Village Brighton  
Sainsbury's Benfield Way Hove  
Tesco Church Road Hove  
Waitrose Western Road Brighton

#### EDINBURGH

Regular deliveries from Glasgow

and Manchester. Further  
information from:  
Hon Sec Mrs Jackie Taylor  
Tel: 01324 612126  
Mob: 07734 291836

See also [www.ehcong.com](http://www.ehcong.com)  
'Kosher Food Outlets'

#### GATESHEAD

##### Blooms

221 Coatsworth Road  
Gateshead NE8 1SR  
Tel: 0191 478 1144

##### Fresh 'n' Fruity

193a Coatsworth Road  
Gateshead NE8 1SR  
Tel: 0191 478 4444

##### Gateshead Kosher Butchers

187-189 Coatsworth Road  
Gateshead NE8 1SR  
Tel: 0191 477 3109  
For fresh beef and poultry north of  
Manchester.

The following are under Rabbinical  
inspection, not supervision:

##### Dansky Stores

223 Coatsworth Road  
Gateshead NE8 1SR  
Tel: 0191 477 1001  
Sandwiches under supervision.

##### Mankof's

8 Ashgrove Terrace

Gateshead NE8 1RL  
Tel: 0191 477 0738

##### Stenhaus Bakery

211-215 Coatsworth Road  
Gateshead NE8 1SR  
Tel: 0191 477 2001  
Bakery under supervision.

#### GLASGOW

##### Mark's Deli

6 Burnfield Road  
Giffnock  
Glasgow G46 7QB  
Tel: 0141 638 8947  
Selection of foods with Kosher  
certification, although the  
establishment is not under  
supervision

#### LEEDS

##### Gourmet Foods

Sandhill Parade  
584 Harrogate Road  
Leeds LS17 8DP  
Tel: 0113 268 2726

##### The Kosherie

410 Harrogate Road  
Leeds LS17 6PY  
Tel: 0113 268 2943

#### LIVERPOOL

Rosemans Deli  
20 Childwall Abbey Road

Liverpool L16 0JN  
Tel: 0151 722 2584

#### MANCHESTER

### BAKERIES

##### Baron's Bakery

23 Leicester Road  
Salford  
M7 4AS  
Tel: 0161 792 9721

##### Brackmans

43 Leicester Road  
Salford M7 4AS  
Tel: 0161 792 1652

##### Hale Bakery

12 The Square  
Hale Barns WA15 8ST  
Tel: 0161 980 7437

##### State Fayre Bakeries

77 Middleton Road  
Crumpsall M8 4JY  
Tel: 0161 740 3435

### BUTCHERS

##### Glatt Butchers

61 Bury Old Road  
Prestwich M25 0FY  
Tel: 0161 773 2020

##### Haydn's Kosher Meats

142 Park Lane  
Whitefield M45 7PX  
Tel: 0161 766 5091

##### Hymarks Kosher Meat

39 Wilmslow Road  
Cheadle SK8 1DR  
Tel: 0161 428 3400

##### Hymark of Hale

16 The Square  
Hale Barns WA15 8ST  
Tel: 0161 980 2836

##### Vidals Kosher Meats

75 Windsor Road  
Prestwich M25 0DB  
Tel: 0161 740 3365/6258

### DELICATESSENS

##### Cottage Deli

83 Park Lane  
Whitefield M45 7HL  
Tel: 0161 766 6216

##### Getzel's

82 Kings Road  
Prestwich M25 0FY  
Tel: 0161 773 4400  
jschwartz@hotmail.co.uk  
Fresh fruit, vegetables and fish.

##### Haber's World

Kings Road

Prestwich M25 0FY  
Tel: 0161 798 7370

##### Halpern's

57-59 Leicester Road  
Salford M7 4DA  
Tel: 0161 792 1752

##### Hyman's Delicatessen

41 Wilmslow Road  
Cheadle SK8 1DR  
Tel: 0161 491 1100

##### JA Hyman (Titanics)

123-129 Waterloo Road  
Cheetham Hill M8 8BT  
Tel: 0161 792 1888

##### Shefa Mehadrin (Super Deli)

49 Bury New Road  
Prestwich  
M25 9JY  
info@shefamehadrin.co.uk  
Tel: 0161 773 6900

21 Leicester Road

Salford  
M7 4AS  
leicesterroad@shefamehadrin.  
co.uk  
Tel: 0161 792 6263

##### The Deli

2 The Square  
Hale Barns WA15 8ST  
Tel: 0161 903 9330

#### NEWCASTLE

##### UHC Deli

Graham Park Road  
Culzean Park  
Gosforth NE3 4BH  
Tel: 0191 284 4402

#### SHEFFIELD

Waitrose Ecclesall Road stocks  
Kosher products.

Regular deliveries from:  
Glatt Butchers 0161 773 2020

#### SOUTHEND

The following supermarkets stock  
kosher products:

Sainsbury's London Road  
Waitrose Fossetts Way

##### The Shop

Finchley Road  
Westcliff on Sea SS0 8AD  
Tel: 01702 430 307

### RESTAURANTS AND HOTELS IN THE PROVINCES

*These establishments are under*

*the supervision of the local Kashrut  
authority.*

#### BIRMINGHAM

Andrew Cohen House  
River Brook Drive  
Birmingham B30 2SH  
Tel: 0121 459 3418  
Care home with on site cafe.

#### BOURNEMOUTH

##### Falafel Restaurant

218 Holdenhurst Road  
Bournemouth BH8 8AX  
Tel: 01202 552277

#### GLASGOW

##### L'Chaim's Restaurant

222 Fenwick Road  
Giffnock G46 6UE  
Tel: 0141 638 6116  
[www.lchaimsrestaurant.co.uk](http://www.lchaimsrestaurant.co.uk)  
Suppliers of gourmet kosher  
Shabbat & weekday meals  
throughout Scotland.  
(Pre-bookings essential)

#### LEEDS

##### MAZCC

Oasis Cafe (Dairy)  
The Vine (Meat)  
311 Stonegate Road  
Leeds LS17 6AZ



Tel: 0113 218 5833  
www.ljwb.co.uk

#### MANCHESTER

**Brackman's Coffee Shop**  
43-45 Leicester Road  
Salford M7 4AS  
Tel: 0161 792 1652

**Fuldas Hotel**  
144 Bury Old Road  
Salford M7 4QY  
Tel: 0161 740 4551

**JS Restaurant & Take Away**  
7 Kings Road  
Prestwich M25 0LE  
Tel: 0161 798 7776

**Macc's Bistro**  
Manchester Maccabi Community  
& Sports Club  
Brooklands  
Bury Old Road  
Prestwich M25 0EG  
Tel: 0161 492 0040

**Manna Café Bar & Bistro**  
1 Parkhill  
Bury Old Road  
Prestwich M25 0FX  
Tel: 0161 795 0299

**Pagoda**  
38 Bury Old Road  
Whitefield M45 6TF  
Tel: 0161 798 4149

Ta'am

19 Bury New Road  
Prestwich  
M25 9JZ  
Tel: 0161 773 1645

**Rare Grill**  
25b Bury New Road  
Prestwich  
M25 9JZ  
Tel: 0161 773 5567

## Thank You!

The following wonderful people and their very kind efforts have made the production of this booklet possible:

- Rabbi Jeremy Conway, Rabbi Ephraim Levine and the London Beth Din Kashrut Division

Huge thanks from us all at Tribe!

## TRIBE TEAM



# tribe

## attracting young Jews to our inspiring community

### We believe that young Jews should:

- be proud of being Jewish
- enjoy vibrant orthodoxy in contemporary British society
- belong to a community of their peers
- feel welcome irrespective of their observance
- be educated and inspired about their Judaism and Israel
- feel that their local shul is warm and inviting
- contribute to the welfare of their community
- have Jewish grandchildren
- value their membership of Tribe and the United Synagogue

[www.tribeuk.com](http://www.tribeuk.com)

## Campus Connections

Going off to University, it's always good to have a few contacts before you go to ask the important questions such as, 'Where can I get a good bowl of chicken soup?' or 'Do you know someone who did my module last year (and be willing to lend me their notes, text books, coursework...)?'.

You can find the latest up to date names and numbers of everyone at [www.tribeuk.com](http://www.tribeuk.com)

### Tribe Campus Ambassadors

Where	email
Birmingham	<a href="mailto:birmingham@tribeuk.com">birmingham@tribeuk.com</a>
Bristol	<a href="mailto:bristol@tribeuk.com">bristol@tribeuk.com</a>
Cambridge	<a href="mailto:cambridge@tribeuk.com">cambridge@tribeuk.com</a>
Leeds	<a href="mailto:leeds@tribeuk.com">leeds@tribeuk.com</a>
London	<a href="mailto:london@tribeuk.com">london@tribeuk.com</a>
Manchester	<a href="mailto:manchester@tribeuk.com">manchester@tribeuk.com</a>
Nottingham	<a href="mailto:nottingham@tribeuk.com">nottingham@tribeuk.com</a>
Scotland	<a href="mailto:scotland@tribeuk.com">scotland@tribeuk.com</a>
<b>Tribe Office</b>	<a href="mailto:davidcollins@tribeuk.com">davidcollins@tribeuk.com</a>

Below are the details of our Tribe Campus Ambassadors who may be able to supply the answer to your questions. Plus the Tribe Campus Ambassadors will be hosting Tribe events and arranging special promotions for Tribe members.



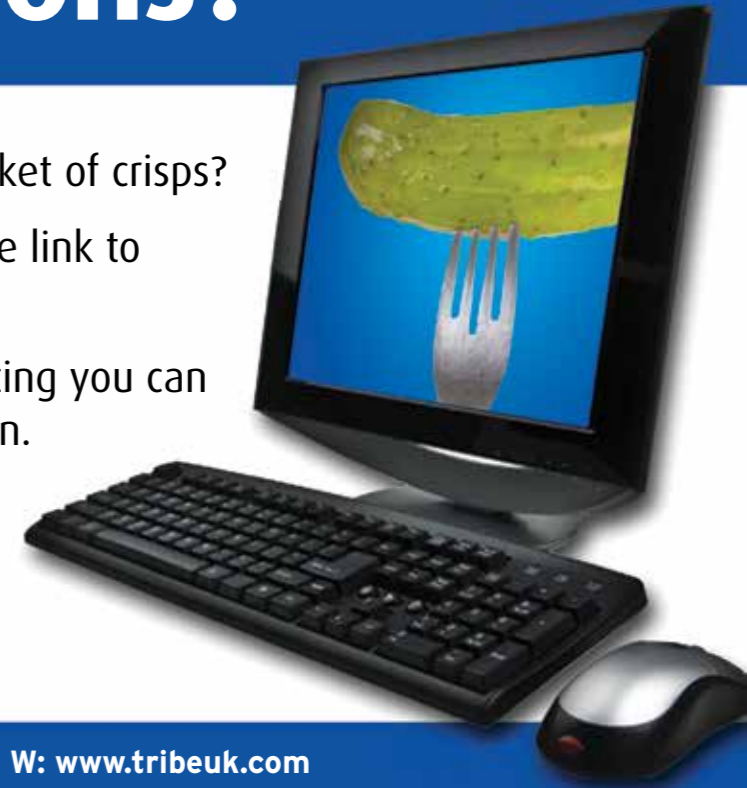
# Kosher Questions?

Are those beans okay? How about that packet of crisps? Just visit [www.theus.org.uk](http://www.theus.org.uk) and follow the link to **Kosher Product Search**.

Questions answered! And while you're visiting you can check out plenty of other useful information.

Or if you like you can call our Kosher Hotline on **020 8343 6247**

**Enjoy!**



**TRIBE T: 020 8343 5656 E: [info@tribeuk.com](mailto:info@tribeuk.com) W: [www.tribeuk.com](http://www.tribeuk.com)**

Tribe is part of the United Synagogue. Charity number 242552