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Sephardi Kashrut Authority
Pesah Guide 5781 / 2021

Introduction

20th Adar 5781

4th March 2021

Welcome to the SKA Pesah Guide for 5781/2021!

This guide has been reviewed and authorised by the SKA's Rosh Va'ad Hakashrut, Dayan Yossi David.

In the first instance, one should endeavour to buy products which are certified Kosher for Pesah. For enquiries about any products, email ska@kashrut.uk or phone 0207 481 7840. *The leniencies enumerated in this guide do not supersede the rulings of your own rabbi, nor your established family custom.*

If you, or anyone you know, is unable to access food for Pesah, please email the above contact details and the SKA will ensure that they can receive essentials in good time before the Festival.

Wishing you a Hag Kasher veSameah!

Aaron Isaac, Director of Licensing

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SKA Certified Products for Pesah

Only products listed in this guide are covered by SKA's certification. Always verify the details before purchase.

Section 1: Frozen Vegetables

Key: Kitniyot – this product is or contains kitniyot.

Linat Layla – this product contains onion and is not suitable for those who are particular about the custom of Linat Layla.

Infestation free – the SKA has verified that this product has a negligible chance of containing infestation.

Brand	Product	Weight	Notes
Aldi (Four Seasons)	Broccoli & Cauliflower Floret Mix	1kg	Infestation free.
Aldi (Four Seasons)	Mixed Vegetables	1kg	Kitniyot
Aldi (Four Seasons)	Vegetable Medley	1kg	Kitniyot
Aldi (Four Seasons)	British Garden Peas	900g	Kitniyot
Aldi	British Petits Pois	700g	Kitniyot
Asda	Broad Beans	750g	Kitniyot
Asda	Garden Peas	1kg	Kitniyot
Asda	Petits Pois	1kg	Kitniyot
Asda (Smartprice)	Peas	1kg	Kitniyot
Co-op	Broad Beans	750g	Kitniyot
Co-op	Whole Green Beans	750g	Kitniyot
Co-op	Broccoli	750g	Infestation free
Co-op	Sliced Carrots	750g	
Co-op	Cauliflower	750g	Infestation free
Co-op	Garden Peas	750g, 800g	Kitniyot
Co-op	Petits Pois	750g	Kitniyot
Lidl (Freshona)	Supersweet Corn	1kg	Kitniyot
Lidl (Freshona)	Mixed Vegetables	1kg	Kitniyot
Lidl (Freshona)	Garden Peas	900g	Kitniyot
Lidl (Green Grocer's)	Vegetable Medley	1kg	
M&S Food	Broad Beans	500g	Kitniyot
M&S Food	Extra Fine Green Beans	500g	Kitniyot
M&S Food	Broccoli	750g	Infestation free
M&S Food	Chantenay Carrots	500g	
M&S Food	Cauliflower	750g	Infestation free
M&S Food	Supersweet Corn	500g	Kitniyot
M&S Food	Sliced Leeks	500g	Infestation free
M&S Food	Broad Bean, Edamame & Pea Mix	500g	Kitniyot

M&S Food	Petits Pois & Sweetcorn Mix	500g, 1kg	Kitniyot
M&S Food	Vegetable Medley	500g, 1kg	Kitniyot
M&S Food	Garden Peas	750g, 1.25kg	Kitniyot
M&S Food	Petits Pois	750g, 1.25kg	Kitniyot
Ocado	Edamame Beans	600g	Kitniyot
Ocado	Kale	300g	Infestation free
Ocado	Sliced Mixed Pepper	500g	
Ocado	Leaf Spinach	900g	Infestation free
Ocado	Steam Bags: Broccoli, Carrot & Sweetcorn	640g	Kitniyot. Infestation free.
Ocado	Steam Bags: Peas, Sweetcorn, Broccoli & Spinach	640g	Kitniyot. Infestation free.
Ocado	Steam Bags: Cauliflower rice	640g	Infestation free
Tesco	Sliced Green Beans	850g	Kitniyot
Tesco	Fine Whole Green Beans	900g	Kitniyot
Tesco	Broccoli	900g	Infestation free
Tesco	Butternut Squash Chunks	500g	
Tesco	Savoy Cabbage	750g	Infestation free
Tesco	Chantenay Carrots	600g	
Tesco	Sliced Carrots	1kg	
Tesco	Cauliflower	900g	Infestation free
Tesco	Mini Corn on the Cob	875g	Kitniyot
Tesco (The Grower's Harvest)	Sweetcorn	907g	Kitniyot
Tesco	Supersweet Sweetcorn	1kg	Kitniyot
Tesco (Finest)	Supersweet Sweetcorn	1kg	Kitniyot
Tesco	Sliced Leeks	700g	Infestation free
Tesco	Crunchy Vegetable Medley	900g	
Tesco	Farmhouse Mixed Vegetables	1kg	Kitniyot. Infestation free
Tesco	Broccoli and Cauliflower Floret Mix	900g	Infestation free
Tesco	Classic Mixed Vegetables	1kg	Kitniyot
Tesco	Indian Inspired Base Mix	500g	Subject to Linat Layla
Tesco	Classic Vegetable Base Mix	500g	Subject to Linat Layla
Tesco	Casserole Vegetables	1kg	Subject to Linat Layla
Tesco	Diced White Onion	500g	Subject to Linat Layla
Tesco	Sliced Red Onions	500g	Subject to Linat Layla
Tesco	Garden Peas	1kg, 1.6kg	Kitniyot

Tesco (The Grower's Harvest)	Garden Peas	900g	Kitniyot
Tesco	Organic Garden Peas	500g	Kitniyot
Tesco	Sliced Mixed Peppers	500g	
Tesco	Sweet Potato Chunks	600g	
Tesco	Leaf Spinach	900g	Infestation free
Tesco	Steam Bag: Carrot, Broccoli & Corn	4x160g	Kitniyot. Infestation free
Tesco	Steam Bag: Mixed Greens & Corn	4x160g	Kitniyot. Infestation free
Tesco	Steam Bag: Cauliflower Rice	4x160g	Infestation free
Tesco	Steam Bag: Long Grain White Rice	4x200g	Kitniyot. Does not need checking for Pesah ¹
Tesco	Steam Bag: Wholegrain Rice	4x200g	Kitniyot. Does not need checking for Pesah ¹
Waitrose (Essential)	Baby Broad Beans	500g	Kitniyot
Waitrose (Essential)	Edamame Beans	500g	Kitniyot
Waitrose (Essential)	Extra Fine Whole Green Beans	500g	Kitniyot
Waitrose (Essential)	Broccoli	750g	Infestation free
Waitrose (Essential)	Cauliflower	750g	Infestation free
Waitrose (Cook's Ingredients)	Diced Celeriac	500g	
Waitrose (Essential)	Supersweet Sweetcorn	750g	Kitniyot
Waitrose (Duchy Organic)	Supersweet Sweetcorn	500g	Kitniyot
Waitrose (Essential)	Chunky Vegetable Mix	750g	Infestation free
Waitrose (Cook's Ingredients)	Mediterranean Vegetables	800g	Subject to Linat Layla
Waitrose (Essential)	Pea & Bean Mix	750g	Kitniyot
Waitrose (Cook's Ingredients)	Soffritto Mix	500g	Subject to Linat Layla
Waitrose (Essential)	Mixed Vegetables	750g	Kitniyot
Waitrose (Duchy Organic)	Mixed Vegetables	750g	Kitniyot
Waitrose (Cook's Ingredients)	Whole Shallots	500g	Subject to Linat Layla
Waitrose (Essential)	Garden Peas	725g, 1.25kg	Kitniyot
Waitrose (Duchy Organic)	Garden Peas	500g	Kitniyot

¹ Whilst it is necessary to check regular dry rice before Pesah, Dayan Y David has ruled that SKA certified frozen rice does not need checking.

Waitrose (Essential)	Petits Pois	725g, 1.25kg	Kitniyot
Waitrose (Duchy Organic)	Petits Pois	500g	Kitniyot
Waitrose (Essential)	Whole Leaf Spinach	750g	Infestation free
Waitrose (Duchy Organic)	Leaf Spinach	500g	Infestation free
Waitrose	Steamers: Garden Vegetables	4x160g	Infestation free
Waitrose	Steamers: Fine Cut Vegetables	4x160g	Infestation free
Waitrose	Steamers: Shredded Leaf	4x160g	Infestation free
Waitrose	Steamers: Cauliflower & Broccoli	4x160g	Infestation free

Section 2: SKA Certified for Pesah products – Kitniyot Free

The following products bear the SKA Kosher for Passover logo.

Coffee Story	Colombian Las Galeras: Turkish Grind	100g
Coffee Story	Espresso Blend: Turkish Grind	100g
Coffee Story	Decaffeinated Blend: Turkish Grind	100g
Mr Freed's	Small Fish Balls*	300g
Mr Freed's	Chopped Herring*	125g
Mr Freed's	Tuna Bites*	250g
Mr Freed's	Cocktail Potato Latkes*	300g

*Please note: Some batches of the above products have erroneously been labelled as containing Kitniyot. They are entirely kitniyot free.

Section 3: SKA Certified for Pesah products – Kitniyot

The following products bear the SKA Kosher for Passover Kitniyot logo.

Key: 🌱=Vegan (V)=Vegetarian

ChicP	Veggie Bites: Beetroot & Apple 🌱	200g
ChicP	Veggie Bites: Sweet Potato & Rosemary 🌱	200g
GOSH!	Mediterranean Falafel with Chickpea & Parsley 🌱	300g
GOSH!	Original Falafel with Chickpea, Garlic & Parsley 🌱	300g
GOSH!	Moroccan Falafel with Red Pepper & Apricot 🌱	300g
GOSH!	Spinach & Pine Nut Bites 🌱	300g
GOSH!	Sweet Potato Pakora with Red Pepper 🌱	300g
GOSH!	Tuscan Vegetable Bites with Butternut & Spinach 🌱	300g
GOSH!	Broad Bean and Quinoa Bites with a hint of mint 🌱	300g
GOSH!	Sweet Pumpkin and Chilli Bites 🌱	300g
GOSH!	Beetroot Falafel with Red Pepper & Chilli 🌱	300g
Mr Freed's	Vegan Bites: Spinach & Red Pepper 🌱	200g
Mr Freed's	Vegan Bites: Beetroot & Apple 🌱	200g
Mr Freed's	Mediterranean Style Falafels (V)	200g
Mr Freed's	Traditional Falafels 🌱	200g
Mr Freed's	Spicy Sweet Potato & Chickpea Pakora 🌱	200g

Certified Products that do not need a Passover Label

The following products are Certified Kosher for Passover, even when they bear their regular year-round logo.

Brand	Product	Logo	Stockists
Chosen Foods	Avocado Oil (and spray)	OU	Amazon, Costco
Coconut Secret	Coconut Aminos, Crystals, Flour, Nectar and Vinegar	Star K	Amazon
García de la Cruz	Extra Virgin Olive Oil	OU	Amazon
Hershey's	Cocoa Powder (not special dark)	OU	Amazon
La Española	Extra Virgin Olive Oil	OU	Amazon, Ocado, Sainsbury's, Tesco, Waitrose
Nutiva	Unrefined Red Palm Oil	OU	Amazon
Nutiva	Virgin Coconut Oil	OU	Amazon, Ocado
Kirkland	Almonds and Organic Almonds	OU	Amazon, Costco
Kirkland	Blanched Almond Flour	KORC	Amazon, Costco
Kirkland	Farmed Atlantic Salmon Portions	OU	Costco
Kirkland	Ground Himalayan Pink Salt	OU	Amazon, Costco
Kirkland	Maple Syrup	OU	Amazon, Costco
Kirkland	Organic Walnuts	OU	Amazon, Costco
Kirkland	Virgin Coconut Oil	Star K	Amazon, Costco
Kirkland	Wild Alaskan Sockeye Salmon Portions	OU	Costco
Tate & Lyle	Demerara Sugar Unrefined and Demerara Sugar Guyanese	KLBD	Amazon, Costco, Ocado, Tesco, Waitrose

Approved Products for Pesah that do not bear a Logo at all

The following products are approved Kosher for Passover, despite not bearing a logo. These products should only be purchased when a Certified Kosher for Passover alternative is unavailable. Where a brand name is mentioned, the allowance is for that brand only.

Alpro	Organic Unsweetened Soya
Alpro	Growing Up Drink
	Cocoa Powder
LoSalt	Low Sodium Salt
	Maca Root Powder
	Baking Powder
	Desiccated Coconut
	100% Fruit Juice (not squash)
	Pure Honey (from a major brand)
	Virgin Coconut Oil
	Extra Virgin Olive Oil
	Pure Sunflower Oil
Hermesetas	Mini Sweeteners
	Potato Starch
	Raisins
	Spices
	Table Salt
	Tapioca Starch
	Tinned kosher fish in water or brine
	Tomato purée

Guide to General Products on Pesah

- 1. Fruits, Vegetables and Fungi.** All raw, whole, fresh fruits and vegetables (including garlic) are permitted. Frozen fruits and vegetables must be bought with supervision.² Likewise, ready prepared cut up fruits and vegetables as well as dried fruits must come with supervision.
Mushrooms should be bought *before* Pesah, as they can be cultivated with hamets.
- 2. Eggs.** Raw eggs in their shells are permitted. This includes the eggs of all kosher birds.
- 3. Meat.** Unopened packs of unprocessed kosher meat/poultry with no added ingredients are permitted with regular year-round certification. E.g., drumsticks or wings, but NOT minced meat / minced poultry.
- 4. Dairy.** The established custom of UK Jewry is to purchase dairy that is certified for Pesach. In a place where such products are unavailable, regular milk with no added ingredients (e.g. vitamins) should be purchased *before* Pesah. Pure plain or salted butter would also be permitted. These allowances would only apply to those who already rely on the leniency of consuming unsupervised dairy during the year.
- 5. Fish.** Where one does not have access to a fishmonger who is certified for Pesah, one may buy kosher species of fish *with the skin still showing*, in order to check for scales. The fish should be washed properly before use.
- 6. Water.** All unflavoured bottled still and naturally carbonated water is approved for Pesah.

² See p3 for the extensive list of frozen items that have been certified by SKA for Pesah this year.

7. **Tea and coffee.** Plain black tea (not decaf) and plain coffee (not decaf) are permitted, where no alternative is available.
8. **Nuts, seeds and pulses.** All raw, whole, chopped or ground nuts, as well as raw seeds and pulses, are permitted in cases where one cannot obtain them certified. Any added ingredients would mean the product is not covered by this ruling and it would need to be purchased with certification for Pesah. All grain-like kitniyot must be carefully checked before Pesah.
9. **Disposables.** Due to the starch content of paperware, it is advisable to use brands that are approved, particularly for hot food. Foil, plastic and polystyrene do not present a problem on Pesah.
10. **Medicine.** Ideally, all syrups and tablets with any coating for pleasant taste must be hamets-free on Pesah. One should not deviate from prescribed medicine without consulting one's healthcare professional and rabbi.
11. **Cosmetics.** Whilst most cosmetics are inedible, lipstick and lip balm would need to be free of hamets. Some are particular about all wheat, oat and barley-based cosmetics and perfumes.
12. **Bathroom products.** Whilst some are particular about the absorption of soaps and creams into the body, the SKA permits all forms of soap, shampoo and conditioner for Pesah. Likewise, deodorant, hand sanitizer, hair gel, hair spray, hair mousse, hair treatment, body lotion, skin cream, sunscreen and talcum powder are all permitted.
13. **Dental products**
Toothpaste without sorbitol is permitted. All unflavoured dental floss is permitted. Mouthwash requires certification for Pesah.
14. **Kitchen products.** Detergents, wipes and washing up liquid do not require certification for Pesah.

Kitniyot Guide

Kitniyot	Some say Kitniyot	Not Kitniyot
Amaranth	Alfalfa	Almond
Beans	Amaranth	Brazil nut
Buckwheat (aka Kasha)	Anise	Cashew
Caraway	Cañihua	Chestnut
Cardamom	Cottonseed	Chia
Chickpea	Flaxseed	Coconut
Corn	Kiwicha	Coffee bean
Cumin	Quinoa	Guar gum
Edamame		Hazelnut
Fennel seed		Locust bean gum
Fenugreek		Maca seeds
Hemp seed		Macadamia
Lentil		Mongongo
Millet		Pecan
Mustard seed		Pine nut
Pea (including peanut)		Pistachio
Poppy seed		Safflower
Pumpkin seed		Saffron
Rapeseed		Walnut
Rice		
Sesame		
Sorghum		
Sunflower seed		
Teff seed		
Watermelon seed		

SKA Establishments Certified for Pesah

Establishment	Status	Kitniyot	Contact
Sam Stoller & Son Ltd 28 Temple Fortune Parade, London, NW11 0QS	Pareve	NO	020 8458 1429
The District Café 119 Golders Green Rd, London, NW11 8HR	Dairy	NO	020 3992 9696 hello@the-district.co.uk
Kasa Bar & Grill 30 The Market Place, Falloden Way, London, NW11 6JJ	Meaty	NO	020 3441 3527 info@kasagrill.com https://www.kasagrill.com/pesachmenu
Ananas 119 The Broadway, Mill Hill, London, NW7 3TG	Dairy	NO	020 8906 1132 ananasmillhill@gmail.com

SKA Caterers Certified for Pesah

Caterer	Kitniyot	Contact
Eat Me Events & Catering (T/A Hello Kosher)	NO	020 3772 0810 www.eatmeevents.com/pesach
Margalit's Cakes & Desserts	YES	07721 239 963 https://tinyurl.com/ceex6j25