



Creating a Halal-Friendly Kitchen

A Foodservice Operation's Guide to Muslim Dietary Needs

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Objectives

- Understand the basics of halal dietary guidelines
- Differentiate between halal and non-halal foods
- Learn how to identify products that are certified halal
- Learn how to create a halal-friendly kitchen

Introduction

- People of Islamic faith follow specific guidelines for foods
- Guidelines are referred to as eating *Halal*
- Guidelines indicate allowed and unacceptable foods

Definitions

- **Halal** : Arabic word for lawful or permitted
- **Haram**: The opposite of halal (forbidden)
- **Mashbooh**: Questionable (needs further information)
- **Zhabiha**: Approved slaughter procedure

Most Natural Foods are Halal

- Fruits
- Vegetables
- Grains
- Dairy
- Eggs
- Fish and Seafood

Foods that are Not Halal

- **Pork and pork products**
 - ham, bacon, lard, and hydrolyzed porcine collagen
 - Gelatin, animal shortening, and hydrolyzed animal protein (if from pig source)
 - Rennet enzymes in cheese and other products (if from pig source)
- **Alcohol and alcohol products**
 - wine, wine sauces, vodka, rum, liquor (such as malt liquor), extracts (such as vanilla extract), ethyl alcohol, beer, gin

Halal - Meat

- Offer only zabiha meat to be safe.
 - **Zhabiha:** Approved slaughter procedure
 - Look for halal certification
- Level of strictness may vary among Muslims

Mashbooh

Ingredients of Questionable Origin

- Artificial or Natural Coloring/Flavoring
- Stearoyl lactylate (calcium stearoyl lactylate)
- Fatty acids or fatty acid esters
- Hydroloyzed bovine collagen
- Glycerin, Glycerides (mono- and di-glycerides)
- Gelatin (unless from fish)
- Stearates (Glycerol, Magnesium, Potassium, and Sodium Stearates; Stearic Acid, Sorbitan monostearate, Propylene glycol monostearate)
- Enzymes (such as rennet)
- Gum base
- Phospholipids
- Polysorbates
- Sodium Lauryl Sulfate
- Tallow

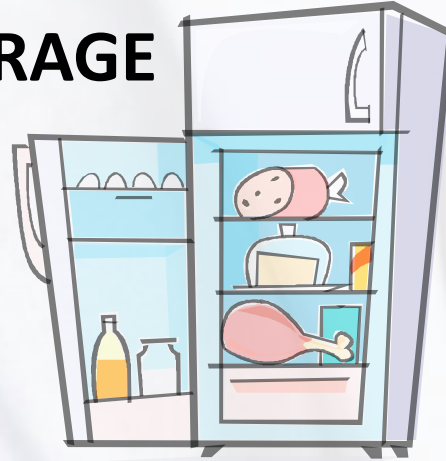
Halal Certification

- Makes it easy to identify halal products
 - Halal Symbol
 - Halal Certificates

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It's as Easy as 1-2-3!

STORAGE



CLEANING



PREPARATION & SERVING

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Storing

- Store halal foods on higher shelves to avoid being dripped on or dropped on.
- If on the same shelf, separate halal from non-halal items.
- Color code halal containers

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Preparing & Serving

- Change gloves after handling animal meat or alcohol.
- Use separate kitchen supplies when handling animal meat or alcohol.

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Preparing & Serving

- Use separate fryers or fry halal items first.
- Use separate grill. If using a large surface grill, use different ends.

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Preparing & Serving

- Use clean trays, plates, utensils, and other serving pieces.

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Cleaning

- Practice general hygiene
 - Wash your hands!
- Wash kitchen supplies
 - Dishwasher
 - Hot soapy water

Summary

- Pork and alcohol are haram
- Look for halal certification for foods with mashbooh (questionable) ingredients
- Use halal-labeled meat to cater to all Muslims
- Creating a halal kitchen is easy:
 1. Storing
 2. Preparing/Serving
 3. Cleaning

Thank you for participating in today's session!

For product information visit www.HalalHealthy.com



Resources

- Halal Healthy. www.halalhealthy.com
- Islamic Food and Nutrition Council of America (IFANCA). www.ifanca.org
- Muslims in Dietetics and Nutrition (MIDAN), a member interest group of the American Dietetic Association. www.muslimdietitians.org