**GREAT HEBREW AWAKENING**

**www.greathebrewakening.org**

**Types of leavening agents:**

* Chemical – Baking Powder, Sodium Bicarbonate, Ammonium Bicarbonate
* Biological – Yeast (By Fermentation)

**Names to Look for in Ingredients & To Avoid:**

* [Monocalcium Phosphates](https://en.wikipedia.org/wiki/Monocalcium_phosphate)
* [Sodium Aluminium Sulfate](https://en.wikipedia.org/wiki/Sodium_aluminium_sulfate)
* [Disodium Pyrophosphate](https://en.wikipedia.org/wiki/Disodium_pyrophosphate)

Baking powder and baking soda are added to breads and muffins, including quick breads that don't call for yeast. Any food with either of these ingredients is considered leavened. Pancakes, waffles, crepes, homemade cookies, cupcakes, cakes and brownies can also contain baking soda, baking powder or both. Foods that contain bicarbonate of soda, sodium bicarbonate or double-acting baking powder are also leavened.

Foods made with brewer's yeast or cream of tartar isn’t leavened, either. Similarly, egg whites, autolyzed yeast and cornstarch are not leavening agents and can be used to cook when religious observance requires you to eat only unleavened foods. When you're buying already prepared foods, read the ingredients label carefully to determine if the foods contain leavening agents.

**What Type of Foods Do Not Contain Leaven/Yeast?**

Yeast is one of the most common leavening agents used in baked goods, such as bread, rolls and some biscuits. Baker's yeast is similar and is also a leavening agent. More specifically, when leavened foods are off-limits for religious reasons, any food made with wheat, rye, barley, oats or spelt in addition to yeast can't be eaten. These foods are referred to as hamet. Beer, alcohol, crackers, doughnuts, pancakes, waffles and some types of breakfast cereal might also contain yeast.

**Meat, Poultry and Chicken**

Usually, protein sources, such as meat, fish and poultry, don't contain yeast. Avoid processed or breaded meats, however, as the fillers or breading used in making these products may contain yeast.

**Grains and Starches**

Many baked goods, such as bread, pretzels, crackers, pizza crusts and bagels, contain yeast to help them rise. To avoid yeast in baked goods, choose unleavened products, which do not contain yeast…i.e. Matzo, Yahuda Gluten Free Matzo-Style..etc. Check the ingredient list to find baked goods made without baking powder or baking soda -- or simply avoid baked goods altogether. Plain & gluten free whole grains such as brown rice, quinoa, popcorn and rolled oats, are not likely to contain yeast, so prepare these as a side dish instead of bread or rolls.

**Fruits and Vegetables**

Fresh vegetables don't contain yeast, but fermented or pickled vegetables are often made by using lactobacillus combined with yeast. These foods include sauerkraut, pickles, kim chi, miso and tempeh. In general, fruits don't contain yeast, as long as they are fresh and are not starting to spoil. Some fruits, such as berries, citrus fruits and grapes, are likely to be contaminated with yeast or mold, notes a study published in the "International Journal of Food Microbiology."

**Dairy Products**

Milk doesn't contain yeast, but some other dairy products are made by fermentation, which means that they may contain yeast. If you're trying to avoid yeast, don't eat yogurt, kefir, buttermilk or cheese. Butter, cream and ice cream, however, are not likely to contain yeast.

**Other Foods**

Soy sauce and anything with vinegar may contain traces of yeast, which means you should avoid condiments such as mayonnaise, relish, olives, mustard and barbeque sauce. Many alcoholic beverages contain yeast, including wine and beer. You can use lemon juice, herbs and spices as alternative flavoring agents for your food.

**Let's get specific: What can we NOT eat?**

**The following lists items which contain Baking Powder and/or Baking Soda (or Sodium Bicarbonate) and/or YEAST and/or Baker’s Yeast. All of these need to be avoided during the Days of Unleavened Bread:**

Baking Powder; Malt; Flour (with yeast or leaven);Crackers; Bread; Bagels; Muffins; Hamburger and Hot Dog Buns; Garlic Bread; Baguettes; Cheese Straws; Sausage Rolls; Corn Dogs; Sour Dough; Biscuits; Pretzel; (some) Cereals; Cheese Puffs; Cake; Pastry; (some) Pies; Cookies; Ice Cream Cones and Wafers; (some) Ice Cream with added Cookies; Pancakes; Waffles; Puff Pastry; Self-Rising Flour; Graham Crackers; Bread Crumbs; Deep-Fried Chicken; Anything battered, i.e., Onion Rings or Fish; Croutons; Flour Tortillas; Burritos; Soft Tacos; Kit Kat; Wafer Biscuits; (some) Candy; (some) Candy Bars; Chinese Orange Chicken; Kentucky Fried Chicken (KFC) Breaded Chicken; (some) Cereal Bars; Granola Bars; Ramen Noodles; (most) Bacon Bits, Cakes, Cereals, Coffee with cereal additives, Leavened bread, rolls; croissants, doughnuts, Wheat, barley, oats, spelt, rye.

What do we eat? Here's a list that runs from fresh vegetables to potato chips and in between.

**1.**     **The following foods can be eaten without concerning yourself about their "chametz" content.**

o    **Fresh fruit, fresh vegetables**

o    **Eggs, fresh fish, fresh meat and poultry**

o    **Potatoes**

o    **Corn Meal**

o    **Tortillas**

o    **Noodles**

o    **Matzos**

o    **Milk & Cheese (dairy products should not be mixed with meat)**

o    **Nuts, Peas, Beans, Rice, Quinoa,**

**2.**     **The following foods can also be eaten without concern for "chametz" content. You should, however, purchase new packages and not use them before Passover.**

·        **Pure tea, pure coffee (with no cereal additives)**

·        **Orange Juice**

·        **100% Fruit Juice**

·        **Sugar, honey, milk, cottage cheese, cream cheese**

·        **Butter (not made with corn oil)**

**3.**     **Although the following processed foods do not appear to contain chametz, they are often produced with chametz. For example, corn syrup is frequently used as a sweetener in ketchup and chocolate. It is therefore best to purchase these products for use during Passover only if they bear a label saying they are kosher for Pesach or if you at least read the contents label carefully. That way you will be sure that chametz has not been used in preparing them.**

o    **Condiments (ketchup, mayonnaise), Canned goods, Grape juice, Wine**

* **Oils, Candy, Ice Cream, Yogurt, Potato Chips, Margarine (no corn oil!)**

**Leavening Agents**

**Commonly used leavening agents in food:**

* Yeasts**,**including: baker’s yeast and active dried yeast
* Ammonium carbonate
* Ammonium bicarbonate
* Baking powder
* Baking soda
* Cream of tartar (potassium bitartrate)
* Dipotassium carbonate
* Monocalcium phosphate
* Potassium carbonate
* Potassium bicarbonate
* Sodium aluminum phosphate
* Sodium aluminum sulfate
* Sourdough

**Leavening agents found in non-food items:**

* Preparation H (has yeast)
* Cat and dog foods with yeast
* Toothpastes with baking soda

**False Leaven**
*Below are foods or ingredients not leavened, although some people mistake them for leavening or leavened foods. Biblically speaking, they pose no problem:*

**Puffed cereals**: Some food products are “puffed up” by mechanical means but cannot be used as a contact spreading agent. They are just puffed up by air and are not chemically leavened. They include: popcorn, beaten eggs, and air puffed cereal like puffed rice or wheat. Double check your cereal, however, to ensure there is no actual leavening.

**Brewer’s yeast** ***(Saccharomyces cerevisiae:)*** is an inactive yeast, meaning the yeasts have been killed and have no leavening power. It is the yeast remaining after beer making. It is used as a nutrient supplement to increase the intake of B vitamins. Brewer’s yeast comes powdered (the most potent form), in flakes (best for health shakes), and in tablets.

**Yeast extract** **(autolyzed yeast extract)**: When yeast cells die, they automatically break up, a process called autolysis, in which the yeasts’ digestive enzymes break their proteins down into simpler compounds. What remains is a collection of protein, fats, vitamins, minerals, and monosodium glutamate (MSG), a flavor enhancer.

**Soda pop**: Although its name says “soda,” soda pop is not leavened as if with bicarbonate of “soda.” It is made with water that has been infused with carbon dioxide in a non-leavening process.