

# Kosher Meat

## Kosher Meat Is Drained of Blood

Extract from the book:  
*What Would Jesus Eat? (2002)*  
by Don Colbert, M.D.

The Levitical Law forbids the eating of blood, even if it comes from clean animals:

“Moreover ye shall eat no manner of blood, whether it be of fowl or of beast, in any of your dwellings. Whatsoever soul it be that eateth any manner of blood, even that soul shall be cut off from his people” (Leviticus 7:26-27).

Kosher beef has been thoroughly drained of all blood. How exactly is this to be done? Two methods are used:

### Soak and Salt

The first method of koshering is a ‘soak and salt’ method. This is actually the method that gives definition to the word *kosher*. In this process, meat is thoroughly washed under cold running water, and then the meat is immersed in cool water for thirty minutes. After the soaking, the meat is covered on all sides by a layer of medium coarse salt, which helps absorb blood from the meat. The meat is placed on a surface at an incline so the blood will drain. It is kept in salt for one hour, and then thoroughly rinsed again under running water. The meat is heavily rinsed three times or undergoes three thorough soakings, each time in clean water. The triple rinsing and soaking remove all salt and blood [1].

### Broiling

The second method of koshering is by broiling. In this method, raw meat is thoroughly washed and lightly salted. It is then placed on a grill and broiled – this method allows the blood to drain away as the meat is cooked. The meat may be turned over so it broils evenly. After the meat is broiled, it is rinsed with cool water to wash away any residual blood that may remain on the surface of the meat.

Many supermarkets offer kosher meats. Again, the price may be a little higher, but your health is worth it.

#### Notes:

[1] Rabbi Yacov Lipschutz, *Kashruth*, (Brooklyn, N.Y., Mesorah Publications, 1988).