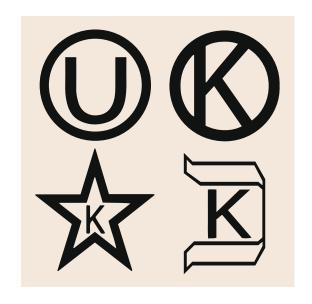


# Kosher Items

Kosher foods are divided into three categories: meat, dairy and pareve. For a product to be certified Kosher, all ingredients in the product and the process of preparing the product must be certified for orthodox kosher-compliance.

Identifying Kosher Products
Throughout the Store

With over 1,000 Kosher certifying agencies around the world, it can be difficult to distinguish between the symbols. The most commonly used labels are displayed below and can be found on a variety of packaging throughout the store. Each label signifies that a product adheres to Kosher standards.



## Learn more about... **Kosher Items**

### City Market's Latkes

\*Please note, when purchasing City Market latkes from our Prepared Foods department, they are not certified Kosher.

#### Ingredients:

3½ lb Yukon Gold Potato

1¾ lb Spanish onion, peeled and quartered

6 ounces Matzah meal

6 eggs, lightly beaten

1 Tbsp Kosher Salt

3½ tsp baking powder

1 tsp freshly ground black pepper

6 Tbsp Sunflower oil

#### **Instructions:**

Coarsely grate potatoes and onions. Transfer to a clean tea towel and squeeze out as much liquid as possible.

In a large mixing bowl, combine potatoes and onions with dry ingredients, mix well.

Add eggs to mixture and mix well.

In a large skillet, heat oil to just under smoke point.

Without crowding (may require multiple batches), scoop latkes into hot pan and press flat with a spatula.

Fry until golden brown and crispy. About 6-8 minutes per side.

Transfer latkes to a cooling rack and allow to cool for 5 minutes before serving. Hold in a low oven if needed.



Your Community-Owned Grocery Stores

Downtown **Burlington, VT** South End www.citymarket.coop