



of Broward and Palm Beach Counties

2018 Recommended Rice Guidelines for Sephardic Communities by the J.S.O.R. (Jersey Shore Orthodox Rabbinate)

For additional information, see www.jsor.org

(This information has been edited by the ORB for clarity and style.)

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Most supermarket brands of rice are enriched. The enrichment is diluted with starch in order to distribute it evenly on the rice. This can be a corn, rice or a wheat starch base. Unlike for the past 25 years, we no longer have access to the detailed information about the enrichment processing ingredients, and therefore, **we do not recommend enriched rice.**

It has been our custom throughout the generations to check all rice three times before Pesach. Many farmers rotate their crops yearly, and it is very common to find grain in rice fields. Although there is equipment to remove any non-rice pieces, it is not 100 % effective. Please be advised that every year grains are found in the rice, check carefully.

Rice Cakes and Mixes:

Rice Crackers and Crumbs: Konniko Star-S-P

White Rice: Any unenriched or organic rice is acceptable. The following brands are acceptable:

- *Star-SP has made a special run of certified unenriched Carolina. It is not pre checked. Please check 3x according to our custom!
- *Super Lucky Elephant brand (Star K) available at Walmart or Costco (sold as Kirkland Brand)
- *Goya Jasmine and Goya Basmati (London Bais Din)
- *Vee-Pee Jasmine (LBD)
- *Sugat brand from Israel.
- *Carolina and Mahatma brands of jasmine in 5 and 10 lb sizes packed for Riviana Rice Co. NOT ENRICHED.
- *3 Elephant Brand (be careful!! There are different "Elephant brands! Some are enriched)
- *Dynasty brand Jasmine (not enriched)

Medium/Short grain: Nishiki, KoKuhō Rose and Cal Rose brands are also enrichment free. They can be found at Wegmans and most Oriental stores. Lundberg's Organic (not mixes)

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Basmati: Deer Brand, Himalayim Pride, Goya, Royal, Pari, Regal Harvest, Iberia and Roland brands. No P required.

Brown rice: Any brand without additives.

Pure Wild Rice: (looks like short black sticks) is acceptable without a marking: it is from the grass family, not a legume at all. NOT WILD RICE MIXES.