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## *Assalamu alaikum and Greetings of Peace!*

Once upon a time - more accurately, twenty five years ago - a group of concerned Muslim food scientists decided to create an organization that would inform their community whether ingredients in food were halal or not. They began with a vision and five years later, a toothpaste manufacturer approached them for halal certification. That began the foray into halal certification. 25 years later, with over 2000 clients worldwide, IFANCA has made an indelible mark on the halal food industry. Inside these pages, we share some of our history and milestones with you.

We are equally delighted to introduce our readers to IFANCA clients who won awards at the IFANCA 9th International Halal Food Conference and Banquet, in April 2007. We've also included a selection of presentations made at the conference. As you will discover, everything begins with an idea, a vision of the possibilities, and the will to keep going, with the grace of God.

With Ramadan approaching, it's never too early to begin paying more attention to the Quran, sunnah, or practices of the Prophet Muhammad (s) and hadith. We discuss the prophetic diet to get reacquainted with the practices of the Prophet(s) regarding food. We also introduce you to the secrets of whey protein. We dispel misconceptions about root beer and chocolate or cocoa liquor, while offering substitutes when a recipe calls for cooking with wine. Our regular feature includes profiles of select clients, some of whom offer retail halal products, while others cater to the food manufacturing or food services industry. We have plenty in here to keep you turning pages. Tell us what you think.

Happy reading and Ramadan Mubarak!

*Naazish Yar Khan*

Managing Editor, Halal Consumer

### **ABOUT HALAL CONSUMER**

Halal Consumer is a publication of the Islamic Food and Nutrition Council of America (IFANCA). IFANCA is a non-profit Islamic organization with the mission to promote halal food and the institution of halal. IFANCA objectives include making halal foods conveniently available, introducing halal to food companies and institutions, creating awareness of halal among consumers and providing halal solutions to consumer needs.



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## *Assalamu alaikum*

Consumers are the ones who drive the change towards halal ingredients in the food industry, and the best consumer is an educated one. Hence, our decision to publish some of the presentations made at the 9th International Halal Food Conference and Banquet, organized by IFANCA, in this issue of Halal Consumer. The conference covered an array of topics including the latest goings-on in this arena and all aspects of trade, marketing, and certification. Industry and religious professionals were on hand to answer questions and discuss the needs of the halal consumer.

IFANCA is not a political organization and yet visas for our attendees and speakers from overseas were incredibly hard to get. Despite those circumstances, our banquet a day before the conference was extremely successful because it brought members of the industry and the Muslim community together. When the community and the food industry get to know each other, then will there be mutual understanding to enhance and promote halal products.

In its 25th year of existence, IFANCA has become a source of information for the consumer and the food industry, and also for the media, government agencies and schools. Most of its work, over the past 15 years, has been for the overseas markets. In the last five years, we have seen companies – Olympia Foods, Al Safa Halal, China Mist, to name a few - paying attention to the needs of U.S. halal consumers. We anticipate that this trend will continue and the consumer will see an increasing number of products in the local market with halal certification markings, God willing.

Sincerely,

*Dr. Muhammad Munir Chaudry*

President, IFANCA

Disclaimer: None of the health-related information contained here should be used in lieu of medical advice nor should it be used without consulting a physician first. Halal Consumer Magazine, its writers and editors, its parent organization IFANCA, IFANCA's board of directors, and its employees and consultants are not liable for any actions taken by individuals or groups based on the information or recipes presented here.

# IFANCA-Certified Halal Cabot Cheese at Grocery Stores Nationwide!

by Naazish YarKhan



**T**he typical challenges related to halal certification of cheese pertain to the use of animal-based rennet. When rennet is not from animals, it removes these obstacles. When Vermont based, Cabot Creamery Cooperative ([www.cabotcheese.com](http://www.cabotcheese.com)) took their first steps towards halal certification, their intention was to make their cheese even more marketable.

“While we have earned a reputation for making the “World’s Best Cheddar”, we know that to be successful for the long haul, we must do the best job possible of meeting our consumers’ needs,” says Jed Davis, of Cabot Creamery Cooperative. “When faced with so many choices in the marketplace, we find that consumers often value third-party “endorsements” of certain brands or products.”

Third-party endorsements can take the form of certifications such as halal certification. “[IFANCA] certification for the halal standards of our cheese has been very helpful in attracting consumers, to whom these dietary standards are significant,” says Davis. As for those who do not have religious dietary requirements, a certification still has value because it’s almost a ‘Good Housekeeping’ seal of approval, he adds. “For Cabot, it was the combination of this excellent endorsement, plus the research that indicates that the Muslim population of the U.S. was likely to surpass the Jewish population,” says Davis.

Other endorsements could come from winning prestigious awards, such as the one Cabot Cheddar Cheese won for the second time, at the 2008 World Championship Cheese Contest.

This is the largest international cheese competition in the world, hosted by the Wisconsin Cheese Makers Association.

And IFANCA, having certified more than 2000 companies globally, was a natural choice when it came to choosing a halal certifier. “Once we became convinced of the benefit of carrying halal certification on our product packaging, there really wasn’t another choice. IFANCA impressed us with their approach to the whole certification process. In fact, IFANCA had previously sent us information about halal certification, even before we began the internal discussion of pursuing it. In contrast to some other kinds of certification, IFANCA has really set itself apart as the choice for credible certification.”

What changes has Cabot Creamery seen in the halal industry, if any, lately?  
“There appears to be tremendous opportunity both



Source: Cabot Creamery

in terms of a growing Muslim population, a growing awareness of halal certification and growing status for halal as an important third-party endorsement for products. In the span of less than two years, halal certification is showing up on a range of products, or is now more noticeable on a range of products. That is unprecedented," says Davis.

Cabot's award-winning product line can be found in specialty shops, supermarkets and super centers throughout the United States.

"While we always hope that consumers can find a wide selection of our products at the local stores they frequent, we realize this isn't always the case and we do



have both a mail order catalog (800-639-3198) and an online shopping store ([www.shopcabot.com](http://www.shopcabot.com))," says Davis. "Although our distribution could be described accurately as national - meaning you can find our products in all 50 states, we are typically thought of as a strong regional brand and focus on exploring opportunities domestically."

While many Muslims consider cheese pizza to be halal, it may not always be so. Is there a way to spread the word about using halal cheese, for instance, in the pizza industry or wherever there are large volumes of cheese used? Davis thinks that would be a tough sell. "We do supply the food service industry, but have not yet seen the same level of enthusiasm and demand that we witness in the retail trade."

"Foodservice generally, despite the impressive volumes, is harder to penetrate because of the more unbranded, price-conscious nature of the sport. In addition, the fact that typically (e.g. with a pizza) a number of products are coming together to create the final product, it becomes an additional step for the final manufacturer - one that may not necessarily payback in the short term. I'm guessing the penetration is much greater at retail. Nevertheless, with out-of-home meals being such a considerable percentage of total meal occasions, this opportunity should continue to receive real scrutiny."

As for growth in the near future in halal cheese, the prospects are bright. "We continue to be very optimistic of the prospects for sales growth for Cabot Cheese and are confident that

halal certification plays a role in that growth," says Davis.

Are there recipes available for halal cheese? Davis points to their website. "Almost all our recipes can have halal Sharp or Extra Sharp Cheddar substituted for our reduced fat or flavored cheddar. You can peruse our library at <http://www.cabotcheese.com/recipes> and sort by category (appetizers, etc.) and sub-category (reduced fat, etc.). If readers know of some traditional Muslim recipes that could be made with Cabot, we'd welcome those!" Readers are encouraged to submit recipes to [www.cabotcheese.com](http://www.cabotcheese.com) or via snail mail to: Cabot Creamery, 1 Home Farm Way, Montpelier, VT 05602.

(continued on page 32)

*Abu Hurairah narrated that the messenger of God said :*

**"Let him who believes in God and the Last Day either speak good or keep silent, and let him who believes in God and the Last Day be generous to his neighbor, and let him who believes in God and the Last Day be generous to his guest."**

Related by Bukhari and Muslim. Source: Imam An-Nawawi's Forty Hadiths

# Get to Know Us

## IFANCA Staff



*Haider Khattak*

Haider Khattak received his Masters in Science (Hons) in Food Science & Technology from NWFP Agricultural University, Peshawar, Pakistan, in 1998 and received his Ph.D. in Sensory Science from The Royal Veterinary & Agricultural University, Copenhagen, Denmark, in 2000. He has been working with IFANCA since 2001, first as a Food Scientist, and more recently as a halal auditor with IFANCA Canada. He speaks Urdu, Pushto, Punjabi, English, Hindi, and Sraiki. He is a contributing writer for Halal Consumer magazine and e-Halal Digest.



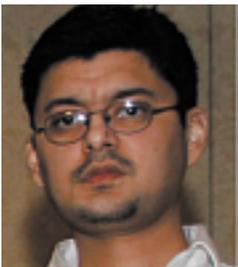
*Dr. Mujahid Masood*

Dr. Mujahid Masood has been with IFANCA as an inspector for clients in the USA since October 2003. He has his Bachelors and Masters degrees in Food Technology, from the University of Agriculture, Faisalabad, Pakistan. He earned his Ph.D from Mississippi State University in Food Science, in 1993. Dr. Masood has been published in various industry journals in the U.S. and has made presentations at various conferences on halal certification and halal products. He also writes for e-Halal Digest.



*Zeshan Sadek*

Zeeshan Sadek has been a full time Halal Auditor with IFANCA since Jan 2004. He is responsible for client audits of both new and existing IFANCA-certified companies. He compiles inspection reports for companies visited and is responsible for following up on all invoices, organizing the IFANCA booth for various national food shows, and is the back-up person for any office related activities such as product reviews, issuing certificates, contacting new companies, and new company and product entries into the database. Languages spoken include English, Malay, Indonesian, Urdu, Punjabi. He is a contributing writer for Halal Consumer magazine and e-Halal Digest.



*Saad Asrar*

Saad Asrar received his Masters in Food Microbiology from Purdue University, Department of Food Science, in Dec. of 2002. His Bachelors degree is in Chemistry. He has been with IFANCA since March 2004, and is responsible for reviewing products for halal food certification. Besides English, he speaks Urdu and Hindi. He is a contributing writer for Halal Consumer magazine and e-Halal Digest.



*Suzann Audi*

Suzann Audi joined IFANCA in 2006, where she is responsible for product and ingredient review. She earned a B.S. in Feed Science and Management in the Grain Science department, and an M.S. in Food Science, specializing in toxicology and food chemistry, both from Kansas State University. Previous to joining IFANCA, Suzann taught Chemistry and Food Chemistry courses at KSU as well as surrounding colleges. In her spare time, Suzann enjoys being involved with events at her local masjid. She is a contributing writer for Halal Consumer magazine and e-Halal Digest.

## 25th Year Anniversary

### IFANCA IN HISTORIC PERSPECTIVE

- 1980 A group of scientific scholars met in Chicago and decided to establish a technical Islamic organization to help Muslim consumers in the USA with information about the halal status of food products.
- 1981 First halal / haram Product list distributed. First Newsletter, "Halal Food & Nutrition" printed. First Seminar held in Chicago.
- 1982 IFANCA Registered / incorporated in the State of Illinois. Newsletter "The Islamic Perspective" launched.
- 1983 Seminars and Newsletters continue.
- 1984 Halal Certification started with a toothpaste manufacturer.
- 1985 Shifted from halal / haram lists to reading the ingredients. Published halal status of ingredients. Seminars and newsletters continue.
- 1986 Recognized by USDA as an arbiter to resolve disputes regarding Halal.
- 1987 Developed a new procedure for halal mechanical slaughter.
- 1988 First book on Islamic Dietary Laws published.
- 1989 Approved by Malaysian government as a Halal certifier.
- 1990 Publishing and certification work continues. Recognized by Muslim World League, Saudi Arabia.
- 1991 Seminars, newsletter and certification continue. Recognized by MUIS, Singapore.
- 1992 Entered agreement with McDonald's to certify some of their fries for export. The work still continues in 2002.
- 1995 Worked with steel industry to eliminate the use of animal based lubricants. Made the national news on CNN and Newsweek.
- 1996 Heightened focus on certification. Two textbooks published.
- 1997 Developed procedures for military MRE's, published a booklet for the same.
- 1998 Inception of website, www.ifanca.org.
- 1999 Developed teaching material for Cornell University. 1<sup>st</sup> International Halal Food Conference held in Chicago where both industry and Muslim consumers participated. Memos of Understanding entered into with Thailand and Indonesia for cooperation. Started World Halal Food Council along with many other national and international halal certifying organizations.
- 2000 2<sup>nd</sup> International Halal Conference held in Los Angeles.
- 2001 3<sup>rd</sup> International Halal Food Conference, Paris. Certification grows to almost 200 companies. New Magazine, "Halal Consumer" started.
- 2002 4<sup>th</sup> International Halal Food Conference held in Toronto. Halal Digest newsletter started on the Internet. Halal Consumer Magazine continues.
- 2003 5<sup>th</sup> International Halal Food Conference held in Chicago. Newsletter and Magazine are well established. Website continuously updated. Participated in a Conference in Egypt on export marketing. Certified companies reach over 300 in USA, over 400 worldwide.
- 2004 6<sup>th</sup> International Halal Food Conference, Brussels.
- 2005 7<sup>th</sup> International Halal Food Conference in Durban, South Africa.
- 2006 8<sup>th</sup> International Halal Food Conference held in Amsterdam. Research Center inaugurated to facilitate work with the industry for halal certification, carry out research to understand marketing trends, provide logistical support to IFANCA offices and affiliates in other countries.
- 2007 22,000 companies IFANCA-Halal certified, globally. 9<sup>th</sup> International Halal Food Conference and Banquet, held in Chicago.

# The Real World of Halal From a Manufacturer's Viewpoint

by Mary Anne Jackson, J & M Food Products Company

**W**hat does it mean to be a manufacturer of halal products? What does it mean to be a marketer of halal products? What issues and roadblocks exist to doing it right?

## Introduction

J & M Food Products Company is a manufacturer and marketer of halal-certified shelf stable meals. Customers include institutions, retail stores, web distributors, militaries, disaster relief organizations, etc.

We worked for more than five years with the US military to create a credible halal military ration program. This successful program has been established and in place for eleven years. We also sell to other international militaries such as Canada and some European militaries.

Together with IFANCA, we co-authored a concise manual of halal production issues used by many companies, as well as US and international governmental agencies. This book is copyrighted and was written to help define what is and is not properly certified halal. We found that there were too many differences in the market as to what is properly halal certified vs. what is claimed as halal.

We have a sister company producing kosher meals. The two businesses are unique and separate. However, we cannot discuss the issues of halal certification without a corresponding discussion about kosher. We will use the more mature kosher certification process and marketing as a comparison with what the burgeoning halal marketing and certification process could become. As recently as last week, we were criticized in a blog because we claim there are differences between halal and kosher. The blogger claimed, "Everyone knows that anything labeled as kosher is also halal." We know that is not true.

## The Cowboy World of Halal Marketing – Who watches the rules, or are there any?

As we travel the US and the world, we find the concept and standards of halal claims and certification vary widely. Many consumers concern themselves about halal slaughter while accepting most food products as automatically halal. In contrast, there are others who want to bake, cook and slaughter everything themselves because they do not trust anyone claiming products are halal, whether the company making the halal claim is Muslim-owned or otherwise owned.

There are both Muslim and non-Muslim buyers, importers, and exporters, who trust a piece of paper that claims the product is halal certified without any further investigation. They do not concern themselves as to whether the certifying agency is a reputable agency. There are Jewish kosher certifying agencies that have their products and their slaughter marketed as kosher, but accepted by Muslims as also halal.

There are Muslims signing a kosher certified slaughter or production as halal, although no Muslim is involved. We found halal agencies "certifying" slaughter as halal without ever even walking into the facility; or certifying products without any hands-on information or even without getting detailed information about what the factory does during production of the product in question or the handling of haram or potentially haram ingredients. We found products in stores in UAE claiming the meat meals were halal, presenting a halal certificate for a meat ingredient that was theoretically in the product. We knew the producer and found they never made any halal claim. Yet, the store was making the claim, long after the

product was produced. That store is now closed. In other words, no one checked to see if the factory ran products with alcohol or swine ingredients in the morning and then ran the products claimed to be halal. No one checked to see if the products may have been contaminated with non-halal ingredients. No one even checked the ingredients being used.

Just because no alcohol or swine is listed in the ingredients panel, does not mean that the product is halal.

Just because no alcohol or swine is listed in the ingredients panel does not mean that the product is halal. It may have been compromised during production through the use of the same equipment that processed questionable or haram ingredients earlier. Did a trained Islamic certifier verify what procedures were actually followed? In comparison, in the kosher certification process, maybe the product is kosher by definition because it grew as a gift from God, like tomatoes, for example. But the kosher certifying agencies ask: "how do we know whether or not it was compromised when it was canned"? How will a consumer know? So, what incentive is there for a company to hire a reputable halal certifying agency to be involved in its production processes, to inspect facilities and ingredients and to certify? It is less expensive and less bothersome just to claim halal status for US consumers and to "buy" a halal certificate from a Muslim for exports.

What is a reputable halal agency and what do they do and require? Are there any? Do consumers really care? How can our company and companies like ours which follow strict halal production, cleanliness, and control procedures, compete against companies not getting proper halal inspection? After all, we have the expense and bother of on-site inspectors, and we must investigate all sources of supply and packaging. These questions and issues apply to sales to US customers, as well as to exports to Islamic customers overseas.

Governments are attempting to become enforcers, but they are ineffectual until customers who buy the products demand that suppliers and certifiers prove what is actually done. US, federal, state and local governments

and international governments have created laws to help protect halal certification from fraudulent claims. Foreign governments are starting to inspect agencies and their standards. What difference does this bring when no one monitors the market for false claims or for agencies failing to stick to a strict standard? And, we ask, do customers really care, or would they rather not know?

## Halal vs. Halal Certified

A product may be halal by "definition" like a canned peach packed in its own juices or water, but without a trained, independent evaluation by an Islamic halal certifying agency, the consumers and buyers just do not know for sure if it remained halal during processing. The kosher consuming community requires even these canned peaches be certified as kosher, to be sure nothing forbidden got into the product or touched the product to compromise its religious status. Why would we think that these same peaches do not require similar attention by a trained halal agency to review the production practices and procedures or to set them up to assure halal status?



...For most companies that produce pretty much the same products day after day, halal inspection can be as simple as occasional on-site reviews to assure nothing has changed. For more complicated production, such as for our prepared meals with and without meat, on-site inspection during all phases of production must be performed for proper halal certification. This is what IFANCA and J&M require of our suppliers.

J & M will not accept kosher slaughter as equivalent to halal slaughter, although many halal agencies issue halal certificates on kosher slaughtered meat. Our chicken base must be made only from halal slaughtered chickens. Our halal slaughtered beef and lamb must be further controlled when the meat is deboned, has fat removed and is packaged in boxes for shipping to our next production destination. If a meat or poultry supplier will not let us qualify them as meeting our standards and requirements by allowing IFANCA inspectors into the facility to observe the slaughter and/or packaging procedures, we cannot rely upon that supplier. This has caused us difficulties getting enough supply from reliable US sources. Since we sell to the US military, all our ingredients must be US sourced. Since we usually produce military and non-military products at the same time, we only buy from US sources.

## Trust and Reputation of Religious Certification Agencies

While a product may be halal, it is often not reliably halal, unless a trained and respected halal certifying organization is willing to put its name and reputation on the line to actually "certify" that it is halal. There are about 100,000 kosher certified packaged food products (double that for ingredients) representing nearly 40% of all food products, to feed only 1.1 million consumers including Muslims according to Mintel Research Organization, a kosher research firm. In contrast there are only a few thousand halal certified products. Internationally, the number of halal products increases, but our attention for now is on the US market.

## Why Add Religious Certification to Products? To Increase Sales and Create New Marketing Programs. What Does All This Mean?

The halal industry still has substantial problems domestically and then also internationally. When we started in the halal business, we projected that within 15 to 20 years, halal certification would develop and consumers would begin demanding true and reliable halal certification by reliable and reputable agencies.

# HALAL CONSUMER MAGAZINE



## ADVERTISE IN

Halal Consumer Magazine reaches 40,000 Muslim families and organizations in the US and abroad. According to a 2004 Zogby International poll, one in three Muslim Americans earns more than \$75,000 per year. Business Week magazine, (Jan. 2007) reports that "59% of Muslim adults in the U.S. have a college degree, compared with only 28% of all American adults. Surveys show that median family income among America's Muslims exceeds the national figure of \$55,800."

### Advertising rates for the Halal Consumer Magazine

Inside Cover (no bleed)	7-3/8" x 9-7/8"	\$1500
Inside Cover	8-5/8" x 11-1/8"	\$1500
Full Page Internal	8-5/8" x 11-1/8"	\$1200
Half Page Horizontal	7-3/8" x 4-3/8"	\$ 700
Half Page Vertical	3-1/2" x 8-7/8"	\$ 700
Quarter Page	3-1/2" x 4-3/8"	\$ 400

### Deadline for Fall Issue: Sep. 15, 2007

Photos and bitmaps in the ad, or for use with articles, must be 300-400 ppi. For example, one column photos should be at least 1,000 pixels wide, full page photos must be 2,500 pixels x 3300 pixels. Export your ad as CMYK or grayscale. All type should be converted to outlines.

Send final artwork to [g.tahjoni@ifanca.org](mailto:g.tahjoni@ifanca.org) with "HC Advertising" in your subject line.

## It has been more than 15 years, and still this potential market is whimpering along. Why?

1. Part of the stalling is due to a lack of viable demand from consumers at retail and in institutions. Our thought was that if the US military considered inclusion of proper halal certification important enough to disrupt its logistics and distribution system, then the consumer market would similarly support the effort. This did not happen because so many halal consumers are willing to accept another Muslim's halal claim without question, or to accept kosher as halal equivalent. For us, we have both kosher and halal businesses so it does not really matter. Yet for prepared foods, it should matter to halal consumers because there are differences.

Kosher allows alcohol ingredients, including soy sauces, flavorings, seasonings, etc., all of which are usually haram. Kosher meat must be hand slaughtered by no one other than a Jew. Dhabiha or Zhabiha halal theoretically must be at the hand of a Muslim. Meat cannot be slaughtered by both religious groups at the same time. If kosher and halal slaughter were the same, then why will kosher consumers not accept halal slaughter as kosher (and then do their own soaking and salting later)? For kosher, a blessing is said at the beginning of the slaughter day. For halal, every animal is blessed at the moment of slaughter. Is either more humane than conventional, non-religious slaughter, avoiding the suffering of the animal? This is a subject of much debate now. Both kosher and halal require equipment to be clean of unacceptable ingredients.

Neither kosher nor halal means a healthier or cleaner production environment, although the kosher community has successfully marketed it as such. For example, I once visited a factory several floors high, making kosher baked goods. It had holes in the floors, partially covered by steel planks, with no lights in the stairwells and only one bathroom for all employees which was in the store front, down the street.

2. Another reason for the halal market's slow development in the US is, in part, because the halal certification agencies have not created a credible reputation with customers.

Exporters can still "buy" a halal certificate. This is true in many countries, not just in the US. Standards of acceptance

vary widely. Kosher slaughter is certified as halal by some agencies, while others, like IFANCA, require halal slaughter to only be by a trained and practicing Muslim. Consumers believe their store's halal meat is halal, meaning slaughtered by a practicing Muslim. In fact, some meat labeled as halal is actually the back end of kosher animals that the kosher market will not accept as kosher.

Halal agencies have not promoted their standards or acceptability. The consumer market and commercial customers have not taken the effort to learn what the standards are. So, the cycle continues. Many non-halal consumers and producers have a negative image of halal. They believe that a Muslim just has to bless the factory to be halal, or can call in a blessing by cell phone or can drive by a blessing. This image damages the credibility of halal certification with non-Muslim producers who are deciding whether to contract for halal certification.

3. Agency marketing is important. Every halal certification agency must describe and publish its standards of what it certifies as acceptable and as unacceptable. This can be done immediately by posting their standards on their websites. If Muslim consumers do not agree with the standards, then they know not to rely upon that

We believe that with the support of IFANCA certification, we can move forward and grow and develop the market and our halal business.

agency's certification for those types of products. However, until standards are defined, published and marketed to consumers, the agency's certification is questionable.

Standards must be marketed by each agency in a positive approach as to what practices that agency certifies as acceptable. Criticizing other agencies does nothing to develop the market. Instead, agencies should publish their standards and request the agency using "questionable" practices to do the same. "Fighting it out in the press" further damages the credibility of the halal market with consumers and marketers. This does not mean that each agency must accept all other agency certifications. If one agency either has concerns or cannot determine the validity of the standards of another agency, it does not have to accept the other agency's certification. The certifying agency of a finished product must feel comfortable all

## Consumers need to take steps to learn about the agencies' standards.

ingredients meet its standards. Its reputation is on that finished product. Consumers need to take steps to learn about the agencies' standards.

4. Finally, a "guardian" mechanism must be created to make sure that halal certified products in the market are truly as they claim. This mechanism would inform consumers and other manufacturers using halal ingredients of unauthorized halal claims. This mechanism could be accomplished through the Internet or published in a newsletter.

If a marketer or manufacturer misrepresents a product as halal without proper certification by an independent and reputable halal agency, the product will be assumed to be halal to consumers. This misrepresentation must be exposed. If a marketer or manufacturer puts a halal agency's symbol or name on its product without the knowledge of that certifying agency, or claims certification of the agency in its advertising or store signage, then the guardian group should publish this to consumers and manufacturers. The guardian group should encourage manufacturers and marketers to promote halal status and certification of their products. The agencies should use this means to advertise its standards and to write articles for the guardian's publication.

The group should list, without commenting or editorializing on its acceptability, all halal agencies and their symbols, if any, to familiarize the market with them. Consumers should make their own decisions about whether to accept the standards based upon the information published by the independent guardian group.

If an agency is found to misrepresent what procedures they follow, the guardian group should report this as well. This guardian group must be completely independent. It could report editorial comments and halal issues, but not promote any individual agency's standards.

## Funding the Start-Up of a Watchdog Group

This "guardian" mechanism would take funding. An

independent entrepreneur or viable and credible Islamic organization could contact all known agencies to have them fund the creation of a guardian mechanism that would benefit them all. Every agency and all new ones formed would be charged the same funding fee.

Each agency could increase its halal fees from each of its manufacturers, customers, food service operators or restaurants by a few hundred dollars to fund the guardian group. It would benefit the agencies, manufacturers, marketers, exporters and consumers. From there, all agencies, manufacturers and consumers would pay an annual subscription fee.

If you are a manufacturer who does require and follow strict halal standards, you will want to work toward creation and development of the certification process. Then, we all can compete, and our consumers and customers will know what level of halal to expect. And the agencies must decide what standards to follow, and then consistently follow them. Failure to do so would mean a write up in the guardian publication.

**Conclusion:** Thank you very much for your time and consideration. This is important to our company as we continue to work to compete in the halal market both here and internationally. We believe that with the support of IFANCA certification, we can move forward and grow and develop the market and our halal business.

*This presentation was made at the IFANCA organized, 9th International Halal Food Conference and Banquet, April 2007.*

### About Mary Anne Jackson

*Mrs. Jackson, President, founded My Own Meals, Inc. (MOM) in 1986 and is the recognized creator of the children's meals market. In 1993, Jackson introduced J&M® branded, halal certified meals. In 1996, after five years of continuous effort, Jackson introduced these meals to the US military, the first halal certified ration for Muslim American soldiers and international militaries training with the US. She is a CPA and MBA.*

*On the authority of Al-Nawwas bin Samaan, it is reported that the prophet Mohammad (s) said:*

**"Righteousness is good morality, and wrongdoing is that which wavers in your soul and which you dislike people finding out about."**

Related by Muslim. Source: Imam An-Nawawi's Forty Hadiths

# Who is Supplying Your Suppliers?

## *Insuring the Halal Status of Flavors and Ingredients*

*An excerpt from Eric Butrym's Presentation; Firmenich, Inc,*

**E**ric Butrym, of Firmenich, Inc., a major stakeholder in the flavor industry, in his presentation, *Who is Supplying Your Suppliers? Insuring the Halal Status of Flavors and Ingredients*, laid out how Firmenich has been successful in halal certification. He also discussed how Firmenich, Inc. validates the halal status of their ingredients.

Firmenich products have been IFANCA certified for nearly a decade. In 2006, they certified 994 new flavors, and in 2007 they are expecting that number to rise to 1536.

"Where do flavors fit into the halal scene?" he asked. Flavorings are complex ingredients. On average, they contain 30-50 different components. Firmenich screens each raw material, from every vendor for compliance to specifications. There are over 200 individual pieces of information on a standard questionnaire, with over 6000 available attributes. These attributes cover identity, composition, origin, physical and sensory properties, health and safety, and legislative issues.

Firmenich pays particular attention to potentially problematic ingredients, such as those of animal origin, containing ethanol, and biotechnology

products. However, because halal is part of the same process used to verify legislative and other regulatory requirements, few additional steps are needed to obtain halal certification.

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*This presentation was made at the IFANCA-organized, 9th International Halal Food Conference and Banquet, April 2007.*

### **About Eric Butrym**

*Manager, Product Safety & Regulatory Affairs, Firmenich Inc.*

*Eric's has worked for 20 years in clinical toxicology, instrumentation development, sales and marketing and in R&D functions in positions predominantly related to Analytical Chemistry. Eric started with Firmenich in 2001 in Quality Assurance, and since 2005 has been part of the Regulatory Affairs department, managing religious dietary compliance globally. He has an MS degree in Food Science from Rutgers University.*



*On the authority of Anas, who said: I heard the messenger of God say:*

**God the Almighty has said: "O son of Adam, so long as you call upon Me and ask of Me, I shall forgive you for what you have done, and I shall not mind. O son of Adam, were your sins to reach the clouds of the sky and were you then to ask forgiveness of Me, I would forgive you. O son of Adam, were you to come to Me with sins nearly as great as the earth and were you then to face Me, ascribing no partner to Me, I would bring you forgiveness nearly as great as it."**

Related by Al-Tirmithi. Source: Imam An-Nawawi's Forty Hadiths

# Issues Affecting the Halal Consumption of Food

By Mufti Ebrahim Desai, IFANCA Religious Advisor

All praises are due to God and peace and Salutations be upon our beloved Prophet, Muhammad(s). At the outset, I wish to express my mixed feelings regarding this halal food conference. Some items are halal. Some are haram. Some are not clear and others are doubtful.

Similarly, while I am pleased to be associated with this august body, IFANCA, which is committed to serving the Muslim community, I am also disappointed that I could not personally attend the conference. My visa to the USA has been kept on hold for clearance. In essence I am halal for the conference, hence my participation, but my personal attendance has been made haram. Hence, my heart is experiencing mixed feelings as I prepare this paper.

I congratulate and salute IFANCA for its sterling services and creating awareness of halal through such conferences. It is my fervent wish and prayer that this conference be a great success.

May God accept the hard work of the officials of IFANCA and the many silent workers behind it. Ameen.

I have been requested to present a paper on aspects that affect the halal consumption of food. This is a very broad topic which could include some of the following issues:

- The definition of halal and haram
- The conditions of halal
- Reasons for an item being haram
- Health
- Financial Implications
- Unification of the halal process
- The remembrance (*zikr*) of God in relation to halal
- The consciousness of halal and compliancy with Islamic law (*shariah*) beyond consumption

In the name of God, The Most Gracious, The Most Merciful.

It is not possible to discuss all these issues in this brief presentation. I, therefore, wish to discuss the following two points:

Remembrance of God in Relation to Halal  
Shariah Compliance Beyond Food Consumption

A fundamental requirement of slaughtering an animal and making it halal, requires that the name of God be recited. God states, "And eat from that upon which God's name has been taken." (6:118) In another verse, God states, "And do not eat from those animals upon which God's name has not been taken." (6:121)

The healthy survival of human beings also depends on meat which must be consumed after taking the name of God. In essence, the taking of the name of God is a means to our physical survival. We, therefore, owe our survival to God and should remember Him more often. In fact, the existence of this very world depends upon God's name being taken. It is mentioned in the hadith, "when the world will be empty of people taking the name of God, doomsday (*Qiyamah*) will come." (Muslim)

In issues of halal and haram, while discussing technical matters, we should not lose focus of the root of halal, the remembrance of (*Zikr*) of God. We should conduct a metamorphosis of the verbal utterance of the name of God, into an occasion of remembering God from within our hearts, and live and die with His name.

There is much more desired from the spiritual angle of halal. The verbal utterance of the name of God upon slaughtering an animal should be a commencing point for the journey of spirituality. Alternatively, the uttering of the name of God upon slaughtering the animal should be an expression of the spirituality of the heart.

The second important issue is that halal should not be confined to food consumption. The effort in the halal industry is encouraging and a reflection of submission to the order of God. However, Islam is not only about halal. It is a complete way of life with guidance as to every facet of life.

I call upon everyone to educate himself / herself on Islam and understand the beauties of God from within, rather than relying on the media and others forms of propaganda. Many honest people have satisfied their curiosity about Islam and even embraced it. This is a reality that is widely reported. Islam belongs to God and His light will shine forever.

Furthermore, Muslims should practice Islam and live by example. Islam needs to be made apparent. Unfortunately, much of Islam is not practiced and is not apparent. It will also be appropriate to state that non-Muslims should not judge Islam by its weak followers. No just law is condemned by the evil actions of criminals. Similarly, Islam cannot be condemned by the evil and wrong actions of some Muslims. Islam should be judged by its rules and principles. I urge you to obtain authentic literature on Islam and study it with an open heart. God is close to a sincere heart.

In conclusion, I pray and ask that God grant us the ability to remember Him (*Zikr*) with conviction from deep within our hearts and enable us to express complete submission to Him. Ameen. After all, slaughtering an animal for halal consumption is based on the remembrance of God and complete submission to Him.

*This presentation was for the IFANCA organized, 9th International Halal Food Conference and Banquet, April 2007.*

#### About Mufti Ebrahim Desai IFANCA Religious Advisor

*Besides being a Hafiz of the Quran, Mufti Ebrahim Desai (db) has studied sacred Islamic knowledge in Dabhel for nine years: commencing from the Arabic Language and comprising Usool-e-Fiqh, Hanafi Fiqh, Logic, Usool-e-Hadith, Hadith, Usool-e-Tafseer, Tafseer. Having completed the Dars-e-Nizamiyyah, he then studied the principles of issuing Fatwas for two years in Dabhel under Mufti Ahmad Khanpuri Saheb, a renowned and leading Scholar in India, and another year under the grand Mufti of India, Mufti Mahmoodul Hasan Saheb. He currently teaches Mishkat, Sahih Bukhari and Tirmidhi and answers fatwa inquires received at Dar Ul Ifta at Madrasa Inaamiyah, Camperdown, South Africa. He has authored "Al Mahmood Vol. I & II, a book for Hadith students: Introduction to Hadith", and numerous articles on a wide spectrum of topics and issues relating to Islam.*

# HALAL CONSUMER MAGAZINE



## ADVERTISE IN

Halal Consumer Magazine reaches 40,000 Muslim families and organizations in the US and abroad. According to a 2004 Zogby International poll, one in three Muslim Americans earns more than \$75,000 per year. Business Week magazine, (Jan. 2007) reports that "59% of Muslim adults in the U.S. have a college degree, compared with only 28% of all American adults. Surveys show that median family income among America's Muslims exceeds the national figure of \$55,800."

#### Advertising rates for the Halal Consumer Magazine

Inside Cover (no bleed)	7-3/8" x 9-7/8"	\$1500
Inside Cover	8-5/8" x 11-1/8"	\$1500
Full Page Internal	8-5/8" x 11-1/8"	\$1200
Half Page Horizontal	7-3/8" x 4-3/8"	\$ 700
Half Page Vertical	3-1/2" x 8-7/8"	\$ 700
Quarter Page	3-1/2" x 4-3/8"	\$ 400

#### Deadline for Fall Issue: Sep. 15, 2007

Photos and bitmaps in the ad, or for use with articles, must be 300-400 ppi. For example, one column photos should be at least 1,000 pixels wide, full page photos must be 2,500 pixels x 3300 pixels. Export your ad as CMYK or grayscale. All type should be converted to outlines.

Send final artwork to [g.tjahjono@ifanca.org](mailto:g.tjahjono@ifanca.org) with "HC Advertising" in your subject line.

# IFANCA Clients Honored at 9th International Halal Food Conference and Banquet



Source/Copyrights: IFANCA

*Liliana Totoiu, of Nutrilite, receiving a Decade of Service Award at the Banquet.*



Source/Copyrights: IFANCA

*Shirley Burk, of Kraft, receiving a Decade of Service Award.*

## IFANCA AWARD RECIPIENTS FOR A DECADE OF SERVICE

**1. Nutrilite**, a division of Access Business Group, introduced the first Nutrilite multivitamin/ multimineral supplements in 1934, and has since then become a global leader in nutrition research, development, and innovation. There are over 6,400 acres of Nutrilite farmland, where plants are grown and harvested in accordance with nature – using sustainable, chemical-free methods. On average, to assure freshness, these IFANCA certified halal tablets are stored for less than one week before they are packaged and shipped to more than 40 different countries. Nutrilite supplements are sold exclusively by Quixtar and Amway representatives.

**2. Firmenich Inc.** is a privately owned company that specializes in selling flavors to the world's number one multinational manufacturers of food, drinks, beauty, household and fabric care products, as well as pharmaceuticals. Many of the everyday products you consume contain flavors certified as halal by IFANCA, for Firmenich. The company has a world market share of 14% and 4,800 employees.

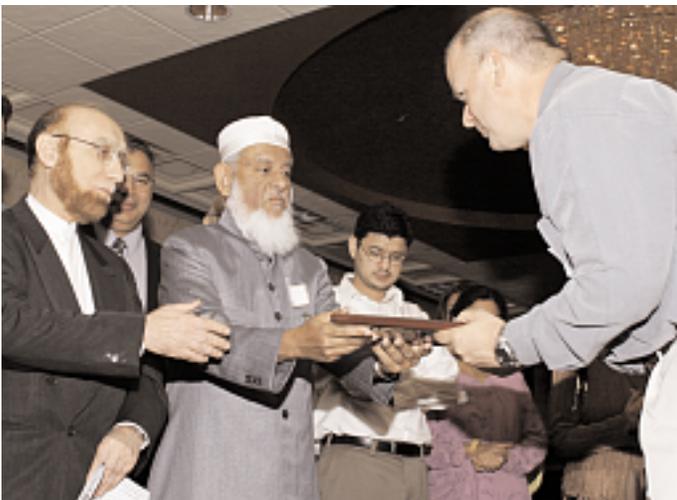
**3. Kraft Foods Inc.** is one of the world's largest food and beverage companies. Makers of desserts, salad dressings, pasta products, cheese and more, their products are sold in 155 countries and are in more than 99% of US households. IFANCA certifies certain salad dressings, mayonnaise and food products for their international markets.

**4. J&M Food Products Company** sells its prepared halal certified and zabiha halal certified meals to institutions to serve to their Muslim clients. Main course, J&M® refrigeration-free, halal meals are packaged in special long-life, boil-in-bag pouches or in microwavable and boilable plastic trays. The company also prepares suggested menus for institutional use or general meal and special diet meal planning. Clients include international militaries and government relief agencies on an as-needed basis and on a contract basis, including meals for contingencies such as earthquakes, floods and hurricanes. Hospitals keep a supply on-hand for late or after-hours admittance. Every single meal produced under the J&M Foods label is certified halal by IFANCA. Meals can also be purchased online at [www.halalcertified.com](http://www.halalcertified.com).

## IFANCA AWARD RECIPIENTS FOR FIVE YEARS OF SERVICE

**1. PepsiCo Beverages International** is a world renowned maker of convenience foods and beverages. Many of their products available in Malaysia, Indonesia and other Muslim nations, are made with flavors certified by IFANCA.

**2. Danisco USA, Inc.** is one of the world's leading suppliers of food ingredients, sugar and industrial bioproducts. Danisco ingredients are used in about every second package of ice cream and cheese, every third box of detergent and every fourth loaf of bread, produced globally. Danisco ingredients based on food technology and biotechnology are also used in other consumer products - from feed and toothpaste to biofuel and plastics. A majority of the food ingredient flavors, monodiglycerides and gums produced by Danisco Worldwide, are certified by IFANCA.



*Todd Bayne, of Danisco, accepted a Five Year Service Award*

**3. Abbott Laboratories** develops and markets a wide range of science-based infant formulas, medical nutritionals, nutrition and energy bars, and related products to support the growth, health and wellness of people of all ages. Abbott Nutrition's internationally recognized brands include the Similac® brand of infant formulas; the Gain® brand of growing-up milks for older babies and toddlers; the PediaSure® brand of nutritionals and snacks for children; and the Ensure® brand of adult nutritionals. IFANCA certifies many of their products sold in Asia and the Middle East.

**4. Cargill Inc.** is an international provider of food, agricultural and risk management products and services. With 153,000 employees in 66 countries, they are the largest food ingredient supplier in the USA. Many of their products in N. America and Europe are certified as halal by IFANCA.



*Mark Overland, of Cargill, receiving a Five Year Service Award*

**5. Hayashibara International, Inc.** is a US subsidiary of Hayashibara Company, Ltd., of Okayama, Japan. Founded in 1883, their commitment to research resulted in Hayashibara becoming the first company



*Pullulan powder, manufactured by Hayashibara International, is a key ingredient in creating these delectable Japanese delicacies*

in the world to commercially manufacture glucose enzymatically from starch. A leader in enzymology, microbiology, and biotechnology, their signature products in the U.S. are Trehalose and Pullulan, both of which are halal certified by IFANCA. Trehalose is a naturally occurring sugar with mild sweetness, low hygroscopicity, and is highly heat and pH stable. Pullulan produces excellent films that can incorporate flavors, aromas and colors. The films dissolve rapidly and cleanly, and do not have a sticky feeling like other film bases. The films create a good oxygen barrier, can be printed on, and can be heat sealed to form quick dissolve pouches. In liquid form pullulan has very low viscosity and be used alone or in combination with other substances. Pullulan is very stable to heat, pH and salt concentration. Both Trehalose and Pullulan are being used in the beverage, baked goods and confectionary industries.



*Mari Kobayashi Gau, of Hayashibara, receiving award.*

**6. China Mist Tea Company**, headquartered in Scottsdale, Arizona, is the premiere supplier of fine iced and hot teas for the foodservice industry. The company enjoys a reputation for quality and innovation in product and service. The brand is nationally recognized as the market leader for specialty

iced tea in the foodservice niche. A majority of their products are certified as halal by IFANCA. The Company blends, packages and markets specialty iced teas under the China Mist brand and specialty hot teas under the China Mist Leaves® brand. Its two founding partners, John Martinson and Dan Schweiker, initially established China Mist Tea Company in 1982 in a Scottsdale garage. China Mist Tea can be purchased at [www.amazon.com](http://www.amazon.com) and at [www.chinamist.com](http://www.chinamist.com), and other locations.

**7. Kontos Foods, Inc.** manufactures authentic ethnic hand stretched flatbread, Kontos Fillo Dough & Fillo Products and are distributors of Mediterranean Specialty Food Products. Kontos Southwestern Flatbread was selected as one of The Best New Bakery Products for 1999 by the Eastern Perishable Products Association. In 1999, the American Tasting Institute named Kontos Roghani Nan, Kontos Tandoori Nan, Kontos Missy Roti, and Kontos Southwestern Flatbread as Outstanding Products in their category. Kontos Baked Spanakopita was awarded the 1997 EDDA Best New Bakery Product (Crystal Award of Excellence) by the Eastern Dairy-Deli Association. Their breads, desserts and gyros have been halal certified by IFANCA, and are exported as far as Singapore. Look for the Crescent M on Kontos foods in your grocery store.

## RECOGNITION AWARD

### Recognition Award For Dr. Thomas Vollmuth, Wm. Wrigley Jr. Company

Dr. Thomas Vollmuth was recognized for his outstanding work in developing halal procedures for evaluating proprietary flavor blends in the flavor, food and beverage industry. Currently, Dr. Vollmuth is the Director of Technology Support and Regulatory Affairs at Wm. Wrigley Jr. Company in Chicago, IL. Wrigley currently sells a number of halal certified products in China and South Asia, and is working with IFANCA to expand its certification of confectionary products globally. Wrigley is collaborating on certifying flavor blends that are manufactured in the US and shipped to its gum manufacturing locations in China, Australia, the Philippines, Kenya, and Taiwan. Wrigley is a recognized leader in the confectionery field as the world's largest manufacturer and marketer of chewing gum.



Source: China Mist Tea Company

# Halal Happenings

## IFANCA Honored At World Halal Forum

This year IFANCA received an award from Halal Journal at the World Halal Forum, May 7- 8, 2007 for Best Halal Related Service Provider. The World Halal Forum brings together all stakeholders from the global halal food industry to understand challenges and arrive at breakthroughs. The award acknowledged and honored IFANCA's 25 years of service to the food industry at a gala banquet dinner hosted by the Halal Industry Development Corporation and Halal Journal, in conjunction with the World Halal Forum. The ceremony was attended by over 1000 guests and delegates from over 50 countries.

## About World Halal Forum

Global halal industry leaders and world class speakers meet annually at the World Halal Forum to discuss developments in market, business trends, policy and regulations. It allows for the exchange of valuable experiences to understand and network in this fast developing market in a world class venue: the Kuala Lumpur Convention Center.

## About Halal Journal

Halal Journal is an online and print business publication that covers global developments in the halal industry. Now into its second year, the magazine focuses on global halal news, feature articles, interviews, food & beverage, Islamic finance & investment, agriculture, new products & technologies, emerging markets and trends, travel and tourism, business opportunities, trade events & listings, classified advertising, trade matching and more.

## About Halal Industry Development Corporation

The Halal Industry Development Corporation (HDC) which is placed under the National Implementation Task Force (NITF), chaired by the Prime Minister of Malaysia, spearheads the development of the halal industry in Malaysia.



HDC will undertake a multitude of tasks to expedite Malaysia's role as a leading halal hub, the Prime Minister said at the World Halal Forum gala dinner.

HDC is expected to lead the development of halal standards, audit and certification procedures to protect the integrity of "halal", direct and coordinate the development of Malaysia's halal industry among all stakeholders, including managing capacity building for halal producers and related service providers, and promote and market the Malaysian halal brand for goods and services to the world.

### **Dr. Chaudry Speaker at 2nd International Halaal Conference for Africa, "Opportunities Beyond Boundaries"**

July 16, 2007, South Africa – Following the success of the 1<sup>st</sup> International Halal Conference in Durban last year, which was sponsored by IFANCA and The South African National Halaal Authority (SANHA, [www.sanha.org](http://www.sanha.org)), demand from the industry, consumers and companies has resulted in this year's conference. Key stakeholders from South Africa, USA, Netherlands, Malawi, Malaysia and New Zealand presented at the conference, including IFANCA President, Dr. Muhammad Chaudry, who spoke on how IFANCA developed the incorporation of Halal Control Points (HCP) into HACCP. Other issues that were discussed included halal certification programs, import regulations, benefits and challenges facing the halal industry, stunning in the slaughter process, and GMO and Organics retailing and their compatibility with halal.

### **DR. SADEK, IFANCA TO SPEAK AT EUROPEAN HALAL INDUSTRY FORUM 2007: "Fostering Linkages in the European Halal Industry"**

Khaaz International Sdn Bhd of Malaysia, I-Everything Ltd of UK and the Global Halal Academy of UK will be organizing the first European Halal Industry Forum, on 4<sup>th</sup> and 5<sup>th</sup> September 2007, at the New Connaught Room in Coventry Garden, London. This event is being supported by the Muslim Council of Britain. Dr. Sadek, Chairman of the Islamic Food Council of Europe (IFCE) based in Brussels, will be speaking at the event. IFCE is an affiliate organization of IFANCA.

The theme of the conference is "Fostering Linkages in the European Halal Industry" and principle objectives of this forum are to address current issues, challenges and updates in the European halal industry and to lead the

way in fostering linkages and networking among the global and European halal stake holders and to discuss the various opportunities in the halal industry in Europe.

There are more than 20 local and international speakers who will cover a plethora of topics including the principles of halal, overview of the European halal industry, market potentials for halal products and services, retailing & franchising, European standards and certification, Islamic financing, science, research, training, logistics and other topics of relevance. Participants will comprise businessmen, policy makers, financiers, researchers and academics.

More details on this event are available in [www.eurohalalforum.org](http://www.eurohalalforum.org).

## **UAE Government Delegation Visits IFANCA**

H.E. Mr. Obaid Bin Essa, Assistant Secretary General of the Department of Secretary of Municipalities of Dubai, led a delegation for a six day forum and visit with IFANCA. The team included Mohamed Omar Mohamed Albannai and Dr. Yousry Abd Ahmed Hamed, members of technical committees at the Secretary of Municipalities office. Dr. Chaudry, IFANCA President, led the UAE representatives on a tour of IFANCA-certified meat and food production companies.

During the meetings, H.E. Mr. Obaid Bin Essa expressed his desire for further talks between halal certifiers and Muslim nations on halal regulations so that increased trading could be accomplished. The meeting was part of the continuing dialogue between IFANCA and the UAE on halal guidelines and demonstrated IFANCA's dedication to halal.



*IFANCA was presented with a plaque to mark the visit by delegates of the Department of Secretary of Municipalities of Dubai.*

Source: IFANCA

## IFANCA Mail Bag

**1. Question:** "Please advise us as to IFANCA's ruling on Shellac [E 904]. If reasons could be offered it would be appreciated."

Sincerely,  
Research Dept: South African National Halaal Authority

**Our Response:** "Shellac is a chemical polymer extracted from Seedlac secreted by and deposited in the tree bark by the insect *Kerria lacca*, found in the forests of India. It is harvested from the bark of the trees, purified and processed for various uses. The purified chemical could be yellow, red, brown and even black. Shellac is a natural polymer and is chemically similar to synthetic polymers, thus it is considered a natural plastic. It is not easily digestible and passes through the body unchanged. The word shellac seldom appears on the product labels; however its use is very common in pharmaceutical glaze and confectioner's glaze, also known as resinous glaze, pure food glaze and natural glaze. It is used by the drug, food and supplement industry for coating candy, tablets and caplets, whereby it improves product appearance, extends shelf life, provides a clean base for printing and protects the contents from moisture and oxygen. For the consumer, it facilitates swallowing the pill or caplet. It is listed on the FDA's inactive ingredient list and has been accepted as GRAS [generally regarded as safe]."

By nature, as a secretion of insects, it is similar to honey or bees wax. Both the honeybee and lac insect are not haram or even najis, as verified by our religious scholars. Any ingredient or product from similar insects is therefore, halal. God knows our intentions, best.

**2. Question:** "I have recently learned that the Magnesium used in Tylenol comes from pork and Advil contains animal ingredients as well. This information applies to Canada. Is it true of these medicines in the U.S.A.?"

**Our Response:** "Fortunately, most companies list the ingredients on their web sites or product labels, such as the following information from an ADVIL liquid product."

Non-medicinal Ingredients:  
gelatin, iron oxide, lecithin, medium chain triglycerides, polyethylene glycol, polyvinyl acetate phthalate, potassium hydroxide, propylene glycol, purified water, sorbitan, sorbitol.

The worst non-halal ingredient in this product is gelatin, normally derived from pork. Avoid all products that contain gelatin. There is only one way to convince the companies to make a product halal; i.e. when many consumers ask for it. God knows best."

## IFANCA Bids Farewell to Outgoing Consul General of Pakistan, Aitzaz Ahmed

(L to R) *Dr. Aman Rashid* new Consul General of Chicago Consulate General of Pakistan, *Aitzaz Ahmed* outgoing Consul General, *Mrs. Chaudry* and *Dr. Muhammad Munir Chaudry*.



Source: IFANCA

# IFANCA Halal-Certified Company News

## Love and Quiches Goes Halal

Have a craving for quiche or desserts? Check out IFANCA-certified, Love and Quiches. Susan Axelrod set up shop in her small family kitchen thirty years ago. Today, her entire line of products is halal certified by IFANCA.

Synonymous not only with quiche, but also with her carefully selected, handcrafted line of desserts, the company began as a simple request from a loyal customer for pecan pie – one with that special home-baked taste Susan Axelrod's quiches were known for. Using all-natural ingredients, including real butter and Georgia pecans, Susan developed her now famous recipe, baked the pies and then froze them to capture the just-baked flavor her customers requested.

Love and Quiches is a supplier to restaurants all over the



Source: Love and Quiches

world. Products are distributed throughout the U.S., as well as much of the Middle East and segments of Asia. Love and Quiches' Director of International Sales, Mr. Elias Sejean, has offices in Dubai and is focused on expanding the distribution of Love and Quiches' products throughout the world. To learn more, visit <http://www.loveandquiches.com>. While the website is directed at foodservice professionals, there is a link on the home page to a mail order site with a select group of products available directly to consumers.

## Halal Baked Goodies from The Baking Company of Ukiah

Yumm.. delicious! The aroma of baked goodies hit you the minute you walk into the manufacturing plant of The Baking Company of Ukiah, located in Ukiah, California. Now you can find their IFANCA certified products: Challenge brand, Complete Nutrition Energy Bars, in Apple Cinnamon, Mixed Berry and Chocolate Crisp, in stores. Need a recipe for your own food service and industry needs? Well, The Baking Company of Ukiah, a co-packaging company, also offers recipe development services to their customers. No ordinary bakery, they specialize in vegan, organic, and other specialty varieties. A company committed to the environment, all their products are GMO-free or made without Genetically Modified Organisms, and most packaging for their products is recyclable.

## IFANCA Certified Halal Supplements at a GNC Near You

Selecting halal nutritional supplements can be nearly impossible for Muslim consumers in the U.S. Nutra Manufacturing, the leader in nutraceuticals for the past

25 years, has decided to stake its claim in the halal market. Nutra Manufacturing now offers halal supplements at GNC retail stores, nation-wide.

To see current certified varieties, visit [www.ifanca.org](http://www.ifanca.org) and select 'search halal products'. The IFANCA website is updated as more products are certified.

## TIC Gums Now IFANCA-Halal Certified

TIC Gums recently completed an audit from the Islamic Food and Nutrition Council of America (IFANCA) and the company's manufacturing plant is now halal-certified. Since 1909, TIC Gums has manufactured gums and stabilizers that are commonly used in the food industry. Gums can be used to modify the texture of foods and are often used as a source of soluble dietary fiber in functional foods. Many gums are derived from all-natural sources such as tree exudates, seeds, and seaweed.

TIC Gums is the #1 preferred hydrocolloid supplier to the U.S. food industry for nine consecutive years supplying a complete line of gums and gum systems: Agar, Agaroid®, Alginates, Acacia, Aragum®, Caragum, Carrageenan, Colloids, Freedom Gum, Guar, Guarcel®, GuarNT®, Inulin, Ticacel MCC, Locust Bean Gum, Nutriloid®, Pectin, Pre-Hydrated®, Saladizer®, Stabilizers, Ticagel™, Ticaloid®, Ticalose® CMC, Ticaxan®, Xanthan and Ticamulsion®.

The certification is an important milestone in the company's expansion into international markets. It was also requested of TIC Gums by food manufacturing companies catering to the growing Muslim population in the US.

## Re-Vitalize with IFANCA Certified Halal Re-Vita

More than 20 years ago, on a rainy night in Latin America, Bob Weatherly happened upon a young mother living with her newborn child in a cardboard box. In that moment, he made a commitment: Never again would he stand helpless in the face of hunger. He would dedicate his genius, his skill, his whole life to alleviating hunger and deprivation amongst children. His wife, Pat, made this vision her own and Re-Vita began as a dream. It resulted in scientific research about wellness, nutrition, and finding a solution to world hunger with their proprietary products



Source: Re-Vita

including Liqua Health, their flagship product. LiquaHealth, is a "live" whole food, delicious liquid concentrate that is made using a unique cold-process. LiquaHealth supplies over 50 important nutrients and is fortified with pure spirulina and processed under 118 degrees Fahrenheit to preserve live enzymes your body needs. Recommended serving: two packets a day. The United Nations acknowledges LiquaHealth, as an approved food, not merely a vitamin and mineral supplement. When consumed daily, LiquaHealth has been shown to boost immune system function, inhibit immune system compromise, prevent iron deficiency Anemia amongst other benefits.

With Re-Vita's One-For-One program, for every serving of LiquaHealth consumed, Re-Vita donates a serving to feed a hungry child. To date, Re-Vita has donated over 40 million servings.

Re-Vita also offers a complete line of nutritional products including calcium products – Re-Vita's LiquaCalcium, available in Very Berry, Grapefruit, and Lemon Lime flavors, and Bones & Joints formulas work to keep your body supplied with the calcium it needs.

Re-Vita is a worldwide company, shipping to countries such as Malaysia, Hong Kong, Taiwan, Indonesia,

Brunei, Norway, Sweden, Denmark, Finland, Iceland, the Philippines, South and Central America, Singapore, Europe, Africa and China. Re-Vita can also be purchased at [www.re-vita.com](http://www.re-vita.com).

## Halal Zija® at Local Health Food Stores

Zija is a nutrient rich health drink formulated from the plant *Moringa oleifera*. Moringa provides a rich and rare combination of nutrients, amino acids, antioxidants, anti-aging and anti-inflammatory properties used for nutrition and healing.

Zija contains 30 grams of Moringa (fruit, leaf, seed), natural cane sugar, natural flavor, citric acid (natural preservative), agar, acacia and ester gums, fruit pectin (assists suspension), and purified spring water.

Available at your local health food store. To find out about all the ways you can Drink Life In® visit Zija at [www.drinklifein.com](http://www.drinklifein.com).



Source: Zija



X Café LLC packages its products in 1000 liter totes for ingredient use. Coffee extracts are used as an ingredient in other products, such as ice cream, gelatos, RTD beverages, iced / frozen drinks, and liquors.

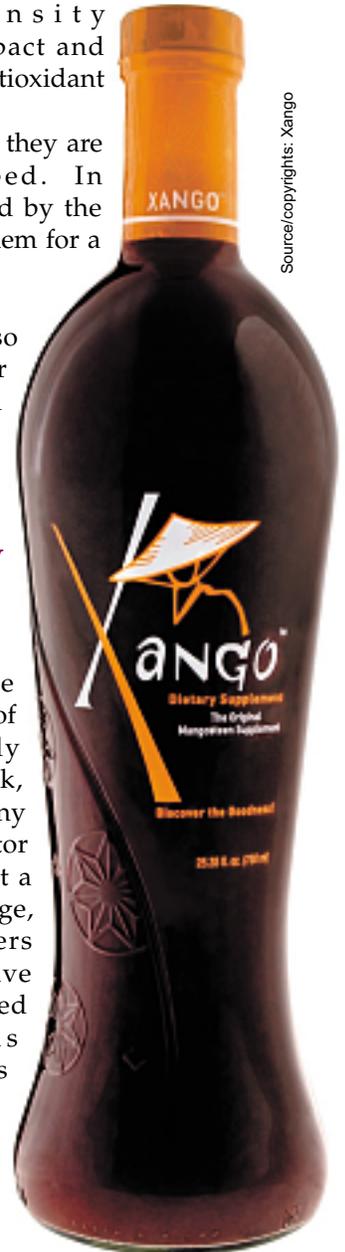
The polyethylene high density totes are FDA certified, impact and chemical resistant, with an antioxidant barrier.

Contained within metal cages, they are easily stacked and shipped. In addition, they can be recycled by the tote manufacturer by calling them for a pickup request.

X Café's Coffee Extract is also available in Bag-in-Box for beverage use in serving high volume food service accounts.

## Mangosteen Juices By Xango Now Halal-Certified

XanGo LLC has captured the goodness and delicious taste of Mangosteen, in their newly IFANCA-certified halal drink, Xango. The Utah based company is a recognized category creator as the first company to market a premium Mangosteen beverage, XanGo™ Juice, to consumers worldwide. XanGo's expansive operations include the United States and numerous international markets such as Japan, Australia, New Zealand, Mexico and Canada. For more information on XanGo™ Juice, visit [www.xango.net](http://www.xango.net).



Source/copyrights: Xango

# Jump Start Your Weight Loss Diet with Halal Whey Protein

By Zeshan Sadek

**Y**ou've heard about its benefits in weight loss regimens. But what exactly is whey protein? Whey protein is separated from milk during the process of making milk into cheese and is a mixture of proteins naturally found in milk. It has one of the highest levels of protein digestibility, and is more rapidly digested than other proteins, such as casein. The major proteins found in it include lactoglobulin and alpha-lactalbumin. It's found in foods such as ice cream, bread, canned soup, infant formulas and many other food products. However, before you consume any, make sure it's halal certified. Whey is haram if prepared with non-halal enzymes.

## Benefits of Whey Protein

- It provides the body with amino acids.
- It is a common ingredient in many meal replacements, which are designed to provide a large amount of nutrients with a minimal amount of calories.
- It is also necessary to rebuild tissue, which is especially important for bodybuilders and athletes. Whey protein increases lean body mass resulting from exercise. For athletes, the average daily intake is approximately 25 grams of whey protein.
- According to a study, people who consume whey proteins felt full longer and reduced the amount of food intake considerably as compared to those taking casein protein.
- The body uses more energy to digest protein than other foods (thermic effect) and consequently allows the body to burn more calories after a protein meal. Further, protein helps to stabilize blood glucose levels by slowing the absorption of glucose into the bloodstream. This in turn reduces hunger by lowering insulin levels and making it easier for the body to burn fat. Whey protein also contains bioactive components which stimulate the release of two appetite-suppressing hormones: cholecystokinin (CCK) and glucagon-like peptide-1 (GLP-1). Adding halal certified whey protein

to a mid-day snack or beverage provides healthy energy and may help control food intake at the next meal.



- While breast milk is best for infants, when it isn't an option, infant formula with whey protein is a great choice. Whey protein is a regular ingredient in several halal certified infant formula, as it has several components found in human breast milk. Certain kinds of whey protein based infant formulas have also been shown to help reduce crying in colicky infants, according to a study by Lucassen P, et al, 2000 published in the journal, "Pediatrics". Further, pregnancy can increase the expectant mother's need for protein by up to 33% and whey protein is an excellent protein choice. As in almost every decision, before making changes to their diet, expectant mothers should ask a doctor. According to Jednak M, et al, 1999, in the American Journal of Physiology - Gastrointestinal and Liver Physiology, "Protein meals reduce nausea and gastric slow wave dysrhythmic activity in first trimester pregnancy".

- The body needs increased amounts of protein when it's in the process of healing wounds and surgical incisions. The growth of new skin is initiated by protein and its amino acids and inadequate amounts, or intake of poor quality protein, may delay this process. "Whey protein is a very high quality protein and is often the preferred choice for high protein products recommended by physicians following surgery or burn therapy," according to the Whey Protein Institute.

## Disadvantages of Whey Protein

People who are allergic to dairy products could react adversely to whey protein.

(Please turn to page 29)

# Following the Prophetic Diet

By Aliya Husain

**God's** Messenger said, "The stomach is the central basin of the body, and the veins are connected to it. When the stomach is healthy, it passes on its condition to veins, and in turn the veins will circulate the same and when the stomach is putrescence, the veins will absorb such putrescence and issue the same" – hadith, or sayings, of the Prophet Muhammad (s).

In a Muslim's life, one is constantly searching for opportunities to gain the favor of God. With Ramadan soon here, our *ibadah* or worship, no matter what forms it takes, God willing, will be blessed ten fold and more. The term worship, or *ibadah*, encompasses much. From complex prayers and supplications to menial daily tasks, every action can be turned into a positive one, if not an act of *ibadah* itself. A simple example of this is eating. It is a necessity of life, yet it can also be a form of praise to God.

## Eating as a Form of Worship

Eating can be looked upon as an act of *ibadah*, worship, since our Prophet (s) emphasized that interacting with food was an act of worship. He exhibited this by performing *wudu*, ablution, prior to eating- just like for prayers, as well as having the intention—*niyyah*—of seeking God's favor. When he put his hand in the food, he would say, "*Bismillaah* (in the Name of God), and he told people to say this when eating. He said, "When any one of you eats, let him mention the name of God. If he forgets to mention the name of God at the beginning, let him say *Bismillaahi fi awalihni wa akhirihni* (in the name of God at its beginning and at its end). When he raised the food to his mouth, he would say, "*Al-hamdu Lillaahi hamdan katheeran tayyiban mubaarakan fihni ghayri makfiyyin wa laa muwadda' wa laa mustaghni 'anhu Rabbanaa 'azza wa jall* (God be praised with an abundant, beautiful, blessed praise. He is the One Who is Sufficient, Who feeds and is never fed, The One Who is longed for, along with that which is with Him, and the One Who is needed. He is

Our Lord, may He be glorified). Additionally, he consistently gave thanks for the gift of food that was given to him by the Almighty.



In the Islamic realm, ones primary obligation concerning eating is to ensure that the food is *halal* (lawful) and *tayyib* (pure). In fact, the *Sahaba*, the companions of the Prophet (s) were more concerned with the purity of the food they consumed, than they were with their night prayers. Utmost care was taken to ensure the proper slaughter of meat occurred and the purity of the natural sources from which food was taken. Food after entering their bodies became part of who they were, thus the purity of what they consumed implied purity of their mind and soul. God states, "O Messenger – eat from that which is wholesome and pure and do righteous deeds." Many hadith or sayings of the Prophet (s) also relate the importance of the purity of ones body and how impurity results in the loss



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Source / copyright: Katrina Thomas/Saudi Aramco World/PADIA

of *imaan*, faith and the rejection of ones *duaas* and prayers. Imam Nawawi in his forty *hadiths* relates the following narration, "Verily God is Pure and He does not accept that which isn't good and pure." Thus when one presents himself to God he should be in a state of purity from the inner depths of his body to his outer appearance so that his prayers and *duaa* may be accepted, God willing.

Another narration of the Prophet (s) tells the story of a disheveled traveler who was in a confused situation. He raised his hands to God and called upon him, yet his *duaas* and prayers were not answered. The Prophet (s) commented that (in regards to this man) his food is haram, his drink is haram, his clothing is haram, and that from which he is nourished is haram, so how can his *duaa*, prayers be accepted? This state of impurity was not something that the *Sahaba*, the companions wanted to fall victim to.

### Foods Mentioned in the Quran and Hadith

Diet plays a very important role in the daily life of a believer. The Quran has not restricted itself to mentioning permissible and impermissible foods, but goes to the extent of giving useful tips regarding a balanced diet, a diet which contains most if not all the useful ingredients

required for the growth, strengthening and repairing of the human body. In the Quran, God states: "And the cattle, He has created them for you, in them there is warmth (clothing) and numerous benefits, and of them you eat," thus establishing the importance of meat in a Muslim's diet.

The importance of milk in one's diet is related in the following verse: "And verily in the cattle there is a lesson for you. We give you to drink of that which is in their bellies, from between excretion and blood, pure milk, palatable to the drinkers." (16:66)

Additionally, in regards to milk, the Prophet stated: "When one of you eats food, he should say: 'O God, bless us in it, and give us food (or nourishment) better than it.' When he is given milk to drink he should say: 'O God! Bless us in it and give us more of it, for no food or drink satisfies like milk'."

The benefits of fruits as good nourishment can be understood from this Quranic verse: "And from the fruits of date palms and grapes, you desire strong drink and a goodly provision." (16:67)

There are certain foods that God magnifies in importance, by referring to them in the Quran. God swears by the olive and the fig, thereby implying that these are no ordinary foods to consume, thus giving them an elevated status in our diets. The Quran goes on to teach the believer the best method of eating. The believers are advised to be moderate in every aspect of life. Islam is the middle path – the essence of which is moderation – thus our consumption of food should also be moderate. Direct reference has been made in the Noble Quran regarding moderation in eating and drinking: "And eat and drink, but waste not in extravagance, certainly He (God) likes not those who waste in extravagance." (7:31)

There are other foods that were known to be favorites of the Prophet (s), such as dates, pumpkin, honey, and vinegar. In fact, vinegar is often referred to as the "curry of the prophets," having been enjoyed by many of God's messengers. It is stated in *hadith*, or sayings of the Prophet Muhammad (s), that the simple presence of vinegar in one's home invites *barakah* and blessings into the house. The Prophet (s) also made the following statements in regards to other foods he liked:

"The Prophet (s) said that mushroom is a good cure for the eyes, it also arrests paralysis."

"Illnesses are cured by means of three things: (one of them) is a drink of honey."

"Use olive oil as a food and ointment for it comes from a blessed tree."

### Islamic Etiquette and Food

The Prophet Muhammad (s) related in a *hadith* that ones worst weakness is one's belly. If you must eat make sure you fill one third of your stomach with food, one third with water and leave one third for air i.e. leave it empty. The Prophet (s) also told `Ali ibn Abi Talib (may God be pleased with him), "O Ali! There are twelve rules a Muslim must learn to adhere to before the table (of food), four of which are duties, four of which are *Sunnah*, and four of which are manners. Knowing what you eat and its source, mentioning God's name prior to eating, being grateful for provisions, and being content with them are duties. Sitting on the left foot, eating with three fingers, eating from the food closer to you, and licking the fingers (used while eating) are *Sunnah*. Restricting the size of each mouthful of food, chewing very well, refraining from looking people in the face, and washing the hands (afterwards) are of manners."

By following these simple commands we can avail the opportunity to manipulate a simple necessity of life, eating, into a form of *ibadah*. Invoke His name and thank God while enjoying His blessings, and practice the *Sunnah* of our Holy Prophet (s), for in this lies all success.



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*Editor's Note: Muslims use the phrase "Peace and Blessings Be Upon him" whenever the Prophet Muhammad's name is taken or whenever he is referred to. The (s) following his name, or a reference to him, is used to indicate that. The term hadith or hadiths refers to the sayings of the Prophet Mohammad (s). The term sunnah refers to his practices.*

## Jump Start Your Weight Loss Diet with Halal Whey Protein

(continued from page 26)

### IFANCA-Halal Certified Products Containing Whey Protein: Retail

**Company:** Herbalife International of Luxembourg, S.a.R.L

**Products:**

*ShapeWorks*™ Formula 3 Blended Soy and Whey Protein Powder, 8.4 oz (240 g)

*ShapeWorks*™ Soy and Whey Protein Bar Lemon Flavor, 14 Bars – 1.47 oz each

### IFANCA-Halal Certified Whey Protein Suppliers: Non-Retail

Dairyman's Inc. / Land O' Lakes Western Div.  
URL: [www.landolakesinc.com](http://www.landolakesinc.com)

Davisco Foods International, Inc.  
URL: [www.daviscofoods.com](http://www.daviscofoods.com)

Foremost Farms USA  
URL: [www.foremostfarms.com](http://www.foremostfarms.com)

Glanbia Ingredients Inc.  
URL: [www.glanbiausa.com](http://www.glanbiausa.com)

Grande Cheese Company  
URL: [www.grandecig.com](http://www.grandecig.com)

Hilmar Ingredients  
URL: [www.hilmarcheese.com](http://www.hilmarcheese.com)

Protient Ingredient Technologies  
URL: [www.protient.com](http://www.protient.com)

Trega Foods, Inc.  
URL: [www.tregafoods.com](http://www.tregafoods.com)

# Chocolate Liquor, Root Beer, Cooking Wine and Non-Alcoholic Beer –Are they Halal?

By Suzann Audi



**T**here are many different types of alcohols. Alcohols you may be familiar with are ethanol, methanol, and isopropanol. Which one should we avoid?

- ◆ Ethanol, or ethyl alcohol, is the specific alcohol found in alcoholic beverages, or liquor. It is also used as an additive in gasoline.
- ◆ Methanol, or methyl alcohol, is toxic.
- ◆ Isopropanol, or isopropyl alcohol, is the main component in most rubbing alcohol used in homes as a disinfectant for wounds.

Ethanol is the specific type of alcohol that causes intoxication, and should be avoided. The type of alcohol that we refer to throughout this article is ethanol.

Consumer products with added ingredients that contain alcohol must have less than 0.1% ethanol, including both added and any natural ethanol, to qualify as halal. At this level, one cannot taste, smell, or see the alcohol, a criterion generally applied for impurities.



## Naturally Present Ethanol

Some amount of alcohol can be found in nearly all foods. In fact, alcohol is nearly ubiquitous. Alcohol is present in everything from fruits, juices, and milk, to pickles, vinegar, and salad dressings. Fruit juices may contain up to 0.04% of naturally occurring alcohol, while fresh fruits may contain up to 0.1% alcohol. Fresh milk, pickles, fermented dairy products, natural vinegars and salad dressings contain anywhere from a trace to 0.5% natural, or intrinsic alcohol. These minute amounts of alcohol which are intrinsic in natural foods are allowed. Vanilla extract is commonly used in home-cooking, and is found in countless varieties of soda and baked goods. In the US, vanilla extract is made by using ethanol to extract the flavor and odor components from vanilla beans. The vanilla extract is required to contain at least 35% ethanol.

## What is Chocolate Liquor and Cocoa Liquor?

A common misconception concerns chocolate liquor, or cocoa liquor. Chocolate liquor and cocoa liquor are nothing but the finely ground center, or cotyledon, of fermented, dried, roasted cocoa beans, that have been extracted from their shells. Liquor is a thick, flowing substance and the first step in the production of chocolate. It has no relationship to alcohol, nor is alcohol used in producing it. It is produced from chocolate, and may be fortified with cocoa fat. Chocolate liquor can be found in chocolate bars and in chocolate flavored desserts.

## What is Root Beer?

A&W, Barq’s, and IBC are popular brands of the soft drink called “root beer.” Root beer once referred to a fermented beverage that contained alcohol. Presently, though, when you purchase root beer from a grocery store or restaurant, you will be buying a soft drink, or soda pop. Present-day root beer is not an alcoholic beverage, and is not haram.

## What is Non-Alcoholic Beer?

Alcoholic beverages are prohibited in Islam, and the culture associated with drinking alcoholic beverages is not Islamic.

But what about non-alcoholic alternatives such as non-alcoholic beer, near-beer, and non-alcoholic wine? O’Doul’s and other “non-alcoholic” drinks do, in fact, contain small amounts of alcohol. Non-alcoholic beer is manufactured the same way as normal beer, i.e., it is brewed, but at the end of the process, the alcohol is removed. There may still be a small amount of alcohol left in “non-alcoholic” beer. In fact, under US law, “non-alcoholic beer” may contain up to 0.5% alcohol. Non-alcoholic wine is also made by removing the alcohol from regular wine.

Regardless of the small amount of alcohol remaining in non-alcoholic beer, we need to be mindful of our religious commitment. The best thing we can do is avoid the temptation, and not consume these so-called “non-alcoholic” beverages. This is an obligatory precaution. IFANCA’s position is that we will not certify non-alcoholic beer and wine, since the concept itself has alcohol-related connotations.

## Cooking With Wine

Some foods we purchase from grocery stores or restaurants may contain wine or other alcoholic beverages that were added to produce a certain flavor characteristic to that food. When any amount of alcoholic beverages such as beer, wine, liquor, etc. is added to food, the food automatically becomes haram. Cooking, to reduce the ethanol content does not make the contaminated food halal. This is not a gray area, rather, it is clearly outlined in the Quran that alcoholic beverages are haram and should be completely avoided. The alcohol from wine that has been added to food will not completely

evaporate. In fact, a large portion remains after cooking.

The U.S. Department of Agriculture (USDA) prepared a table showing the amount of alcohol remaining after various cooking methods, which is shown below.

Cooking Method	% alcohol remaining after cooking
Added to boiling liquid and removed from heat	85%
Cooked over a flame	75%
Added without heat and stored overnight	70%
Baked for 25 minutes without stirring	45%
Stirred into a mixture and baked or simmered for 15 minutes	40%
Stirred into a mixture and baked or simmered for 30 minutes	35%
Stirred into a mixture and baked or simmered for 1 hour	25%
Stirred into a mixture and baked or simmered for 2 hours	10%
Stirred into a mixture and baked or simmered for 2 hours	5%

### Substitutions for Wine in Cooking

If your recipe calls for alcohol, you can always make a substitution. Alcohol is normally included for its flavor, so try adding ingredients with similar flavors that are not alcoholic. For example, almond extract can be used instead of amaretto. White wine can be replaced with a mixture of either vinegar and sugar or honey, or vinegar and white grape juice. Strong coffee or espresso with a hint of cocoa is an excellent replacement for Kahlúa. These, and other substitutions, can be found at <http://homecooking.about.com/library/archive/blalcohol6.htm>. Remember, don’t substitute equal amounts! Use your best judgment when making substitutions.

*IFANCA does not certify beverages made to imitate an alcoholic beverage, such as non-alcoholic beer or wine.*

(Continued from page 5)

## Ingredients

Makes 12 servings

1 1/4 cups all-purpose flour  
 3/4 cup stone-ground yellow corn meal  
 4 teaspoons baking powder  
 1/2 teaspoon salt  
 2 cups grated halal Cabot Sharp Cheddar (about 8 ounces)  
 1 cup milk  
 1 large egg  
 4 tablespoons Cabot Salted Butter, melted  
 1 tablespoon vegetable oil

## Instructions

1. Preheat oven to 425°F.
2. Meanwhile, in large bowl, whisk together flour, corn meal, baking powder and salt. Stir in cheese.
3. In another smaller bowl, thoroughly whisk together milk, egg and melted butter.
4. When oven is hot, put oil in 9-inch or 10-inch cast-iron skillet or glass pie plate; place in oven to preheat for 5 minutes.
5. Remove skillet or pie plate from oven. Stir milk mixture into dry ingredients just until no traces of dry ingredients remain. Spread batter evenly in hot skillet or pie plate.
6. Return to oven to bake for 20 to 25 minutes, or until corn bread is golden on top and skewer or knife inserted in center comes out clean.

## Ingredients

Makes 8 servings

1 1/2 pounds boneless, skinless halal Al-Safa chicken breasts  
 4 cups water  
 1/2 cup chopped onion  
 2 cloves garlic, minced  
 1 tablespoon canola oil  
 4 cups home-made halal chicken broth\*  
 16 ounces fresh or frozen white corn  
 1 (10-ounce) can diced tomatoes with green chilies  
 Corn tortilla chips  
 1 (8-ounce) package halal Cabot Cheese, grated

## Chicken Corn Tortilla Soup



Source: Cabot Creamery.

## Instructions

1. In saucepan, combine chicken breasts and water. Bring to gentle simmer and cook.
2. Meanwhile, in medium skillet over medium heat, combine onion, garlic and oil; cook, stirring, until onions are tender. Set aside.
3. Transfer cooked chicken to plate to cool. Strain cooking liquid into another saucepan.
4. Add broth to cooking liquid and bring to simmer. Add corn and cook for 5 minutes. Add tomatoes and reserved onion mixture and cook until heated through.
5. In each of eight large soup bowls, arrange about 8 tortilla chips. Shred cooled chicken and divide among bowls. Ladle hot soup over chips and chicken; top with grated cheese.

### \*Homemade Halal Chicken Broth

## Ingredients

Makes approximately 3 quarts

5 pounds chicken pieces, wings, backs and necks.  
 4 quarts cold water  
 2 onions, peeled, chopped and browned  
 3 carrots, peeled, quartered and browned  
 3 celery stalks, quartered and browned  
 2 bay leaves

6 sprigs of fresh parsley  
 12 whole peppercorns  
 1 teaspoon fresh thyme or 1/2 teaspoon dried thyme

## Instructions

Place all the ingredients in a large stock pot. Bring to boil in four quarts of water and then simmer for 3-4 hours. When done, strain the stock through a fine meshed strainer. You may use it immediately, refrigerate it for a week, or freeze for use later.

(Sources include: Cabot Creamery)