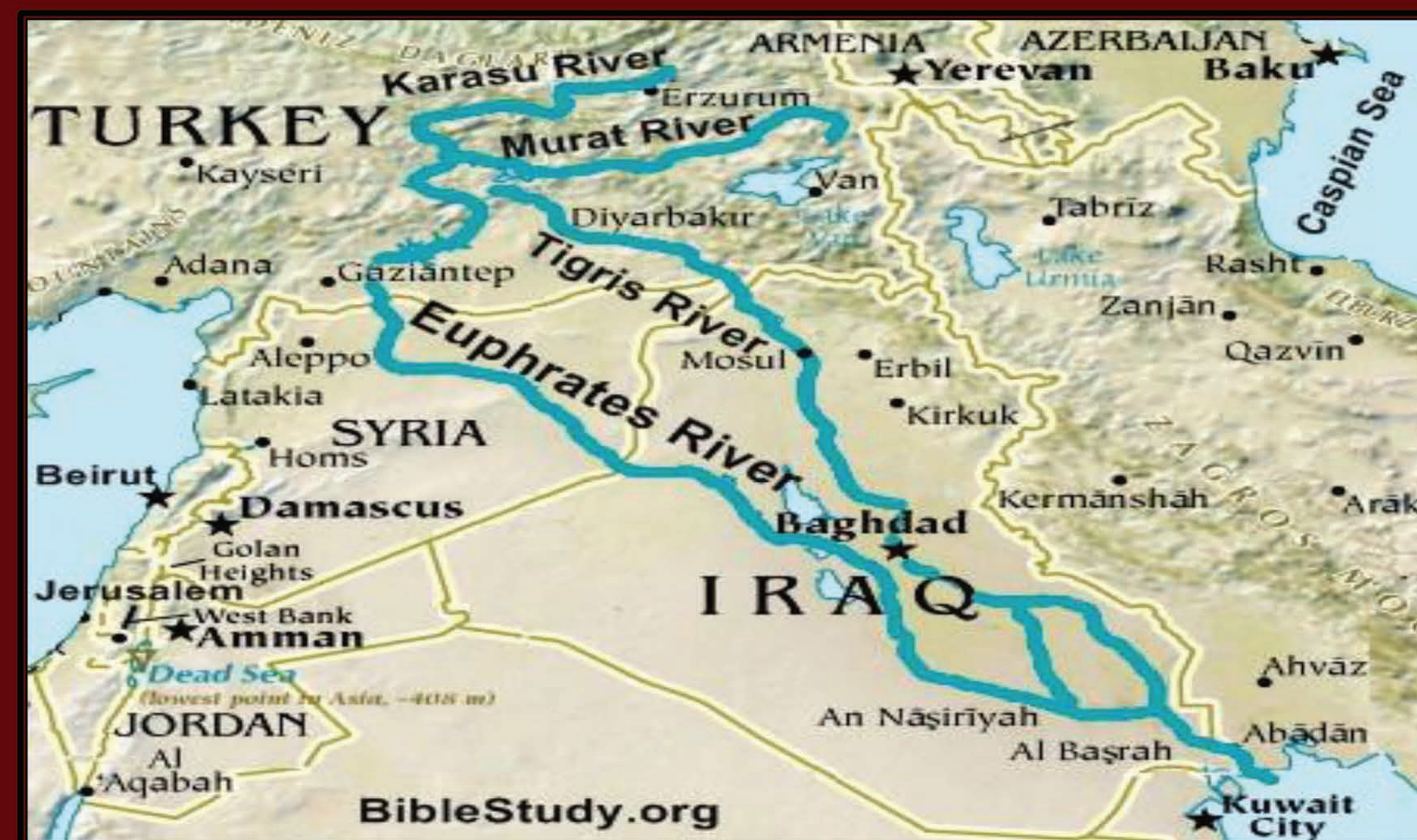


# Food Traditions of the Three Abrahamic Religions

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## Abstract/Methodology

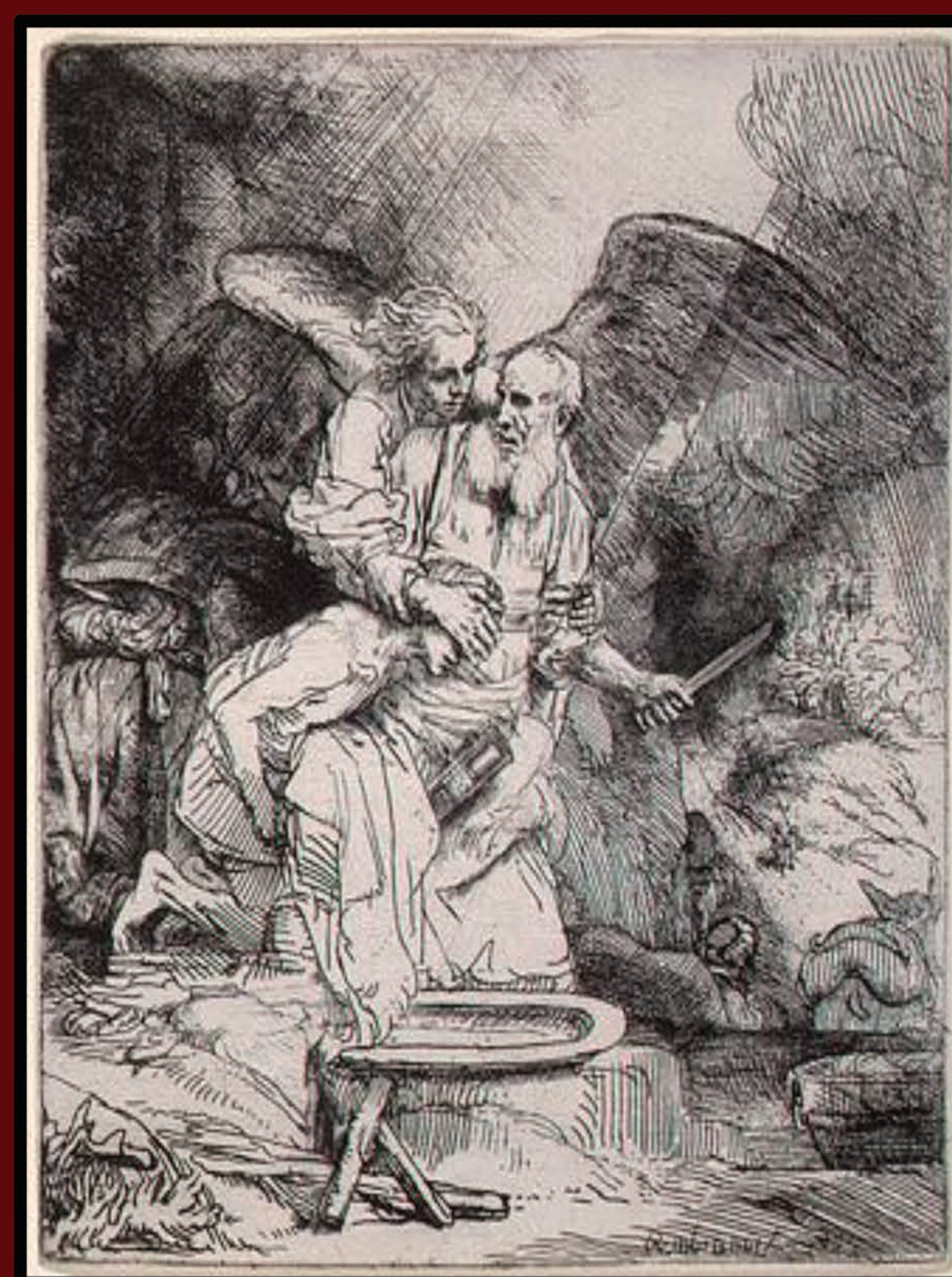
The three Abrahamic religions; Judaism, Christianity, and Islam, have been examined via notable cookbooks, peer-reviewed literature on culinary history, and quantitative scientific surveys pertaining to the unique traditions and the interconnection between one another. Specific objectives behind the research include covering conflicts and transitional states of each religion and how, despite differing viewpoints, extensive similarities exist; especially with regards to food traditions and the cross-over of religious practices.



<http://martinbunardes.files.wordpress.com/2015/09/euphrates-tigris-valley-map.jpg?w=430>

## Overview

- Three distinct religions, all originating from the Middle East (Mesopotamia)
- Abraham considered 1<sup>st</sup> Prophet by all three religions
- Many similarities and interconnections, including food traditions



<http://www.nga.gov/content/gaweb/Collection/art-object-page.9957.html>

## Judaism

- Torah = Religious text
- Kashrut – dietary laws stemming from the Torah
- Strict rules for animal selection and butchering
- No pork or seafood without scales (crustaceans, shellfish)
- Milk and meat separate
- Separate plates/utensils/cookware
- Many religious holidays, including Passover and Channukah



<http://imgds.com/yahweh/kjshahbook.jpg>



<http://www.daviddream.com/blog/wp-content/uploads/2014/11/9menorah.jpg>



[http://www.austriahome.com/images/foriginal/76729/9407696/food\\_feature-8460.jpg](http://www.austriahome.com/images/foriginal/76729/9407696/food_feature-8460.jpg)

## Christianity

- Fasting/abstaining during Lent
- No beef, pork, lamb, or poultry on Fridays (Catholicism)
- Wine for blessing meals
- Communion = body and blood of Christ
- Christmas and Easter – major religious holidays with many food traditions, some derived from Judaism



<https://mangelt.files.wordpress.com/2015/12/christmas-dinner-table.jpg?w=547>



<http://4.bp.blogspot.com/-Kw5g1t6407IC2gpnASSt/AAAKAAAAAH0/cgXNym0A/640/COMMUNION-OF-THE-APOSTLES-wed.jpg>

## Islam

- Halal - Similar to Kosher
- No pork, blood, or meat from animal that was not killed for food
- Ritualistic slaughter
- No alcohol
- Ramadan – Holiest month of Muslim calendar – Fasting throughout the month



<http://halalfood.net/wp-content/uploads/2013/09/halalbook-6-web.jpg>



<http://www.durrenajaft.com>



<http://11.biblics.com/sites/www.biblics.com/files/2016/06/06/how-does-ramadan-make-holy-month-fasting-afect-economy.jpg>



[http://www.safaridesertdubai.com/wp-content/uploads/2016/01/Sheikh\\_Zayed\\_Mosque.jpg](http://www.safaridesertdubai.com/wp-content/uploads/2016/01/Sheikh_Zayed_Mosque.jpg)

