

Here is a link to a good website that will supply you with a basic vocabulary (not just food)

<http://polymath.org/albanian.php>

HOW TO EAT KOSHER IN ALBANIA

This is an Unofficial List, This list is NOT Mehadrin. All products are either kosher certified or kosher compliant, but not certified.

There is no kosher meat, chicken, cheese or wine in Albania

You can contact Rabbi Yoel Kaplan who is both Chief rabbi of Albania as well as Chabad Shliach in Albania and Thessaloniki. Contact him through Chabad.org/Thessaloniki. He has some kosher items imported from Israel and France available

There is no Chalav Yisrael or Pat Yisrael or Bishul yisrael or Affiya Yisrael in Albania

KC--Kosher certified

Kme – Kosher certified mehadrin

Kco--Kosher compliant. Visual inspection, not formally certified

Some products are kosher certified by Rabbis in Croatia, Serbia or Italy

ALBANIA KOSHER / KOSHER COMPLIANT FOODS, PROCESSED FOODS

BEVERAGES

ALL unflavored beer

Bottled water (of course)

Rausch brand juices

Pepsi, 7-UP, Shwepps, sodas

Nestea

Coke, Sprite, Fanta sodas

Red Bull

Fruit juices - 100% fruit are generally permitted, recommended among non-certified - (other than grape juice that is not kosher) As per Italy Kosher Union

All plain unflavored Teas

All plain unflavored coffee, ground or instant

DAIRY

All dairy sold in supermarkets and grocery stores are processed in modern dairy factories

All milk made in Albania

All yogurt made in Albania (500 ltr plastic containers and 1 ltr plastic bottles)

Italian yogurt has non-kosher gelatin!

BREAKFAST CEREAL

All Vitali brand cereal

All Muesli

Kellogs:

ALL-BRAN Classic

All Bran Flakes

CORN FLAKES Chocolate

CHOCOS

CHOMBOS

COCO POPS / CHOCO KRISPIES

COCO POPS Mini Balls

CORN FLAKES

MIEL POPS

FROSTIES

All Bran flakes and fruit

RICE KRISPIES

All Corn Flakes

FISH

Mirela canned sardines (packed in Albania)

Tratta and Rio brands from Greece, Tuna, Salmon, Sardines, Anchovies, Mackerel EXCEPT if it has vinegar or mustard

Eros brand canned sardines

Sardines from Morocco or Tunisia

Fresh eggs are always kosher, always from chickens

PROCESSED FRUITS AND VEGETABLES

Sejega Brand vegetables, tomato sauce and fruit jams (except fergese)

All olives (canned in Albania or sold loose in markets)

OILS & FATS

All extra virgin olive oil

All butter made in Albania

All sunflower oil made in Balkan countries and Ukraine

PASTA

Barilla brand (has no siman kashrut on package)

All pasta made from flour and water

Frozen Vegetables, If plain or has sugar added are kosher

Frozen Fruit, If plain or has sugar added are kosher

BREAD

All small bakeries that are only baking bread are kosher.

NY-Tirana Bagels has good bagels. (not mehadrin) ONLY the bagels are kosher compliant

Mullixhiu—a restaurant in building at entrance to Artificial Lake. ONLY the Bakery and the ground flours are kosher. Their breads are very natural. Flours are ground daily.

All frozen or fresh dough that has only flour, water, and with or without salt is kosher. Avoid those with margarine or fats.

Select brand Pita, found in some supermarket freezers

SNACKS

Insifa brand cake and candies (kosher compliant)

Vitalia brand granola bars

Ice Cream—Vanilla or chocolate, cone or container, made by Scandal or Algida

DAIRY-- CHALAV NACHRI CHOCOLATE

Nocella: Hazelnut Cream

Lindt: All Lindt dairy chocolates

Perugina - all types "BACI"

Mars—Snickers

Ferrero—All chocolates

NUTELLA" Ferrero

Corny cereal bars (made in Germany)

Lindt Dark Chocolate 75%--90%, parve

Ricola: all types from Swiss production

CONDIMENTS

Mayonnaise

Mayonnaise Thomy

Hellman's Real Mayonnaise (Must say REAL on label. All others are not kosher)

Ketchup

Heinz produced in Holland

Thomy

Hot Sauce

Franks from USA has k on pkg

All dried herbs and spices

JAM

Bonnie Marre, except grape

Sejega, all flavors

HOW TO EAT OUT IN ALBANIA

Tirana

Cafes---plain coffee and tea. (if ordering cappuccino ask if they use real milk or powder

If powder do not use)

Mulliri Vjeter—a local chain. Has the best coffee. (like being in New York)

NY-Tirana Bagels---all bagels, smoked salmon

Veggies restaurant is in process of becoming kosher. Target date for a kosher menu is September 2018

ANY RESTAURANT. Anywhere

Vegetable salad, no onions or garlic. No vinegar. Use olive oil and fresh lemon

Fish in Foil—choose a kosher fish (has scales). Have them dress with olive oil, salt, herbs, lemon. Wrap in foil. Can now be baked, grilled or in fry pans

Vegies in Foil—(same procedure as for fish)