



I was asked to prepare a Halal Thanksgiving dinner. What does this mean?

What is Halal?

Halal is an Arabic word that means "permissible." For a meat to be certified "halal," it cannot be a forbidden cut (such as meat from hindquarters) or animal (such as pork.)

Halal foods include fruits, vegetables, and grain products such as rice, pasta or bread, but they can't have been prepared with products such as alcohol, lard or vanilla extract.

There are some similarities between halal and kosher foods, but they are not the same. Generally speaking, people who are halal can eat kosher foods, but not necessarily vice versa, according to Muslim Musings.

How do I prepare a Halal turkey?

Some things will be different - you cannot use regular OXO Chicken Bouillon - you need to use Halal Chicken Bouillon. The blog, [Halal Foodie](#), provides many tips to preparing the meal.

Where can I buy a Halal turkey?

This year for thanksgiving, Sobeys in Clayton Park has brought in Halal turkey for Share Thanksgiving hosts. Just visit the meat counter and let them know you are with the program and are looking for a Halal turkey. In Sydney, contact Lebanese Flower. Alternatively, you can check with Oulton Farms in Martock.

How do I prepare Halal gravy?

You can use [Campbell's® No Salt Added Ready To Use Vegetable Broth](#) or Campbell's® Ready To Use Vegetable Broth to start your gravy. If you are looking for a tasty recipe, try this one.

What else should I know?

- No Gelatin (this includes Jello) unless it's labelled Halal Jelly (available at the [House of Halal in Halifax](#))
- No alcohol
- No vanilla extract (Halal Vanilla Essence is available at the House of Halal - it is prepared without the use of alcohol)
- No bacon/pork