



Flash News

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ICE CREAM - LICENCE TO CHILL

Ice cream is the world's favourite "**comfort food indulgence**". Synonymous with happy days of childhood, never-ending summers and delicious desserts, ice cream is the feel-good quintessential happiness in a scoop.

The manufacturing process of ice cream seems straight forward with blending, pasteurising, homogenising, ageing and freezing of a composition of ingredients, usually milk solids, sweeteners, stabilisers and flavourings. However, many a complication has arisen that infringe religious dietary laws of various groups viz. Hindus, Jews, Muslims and Vegetarians

The use of an animal by-product, known as gelatine, which is commonly derived from pig skin, cattle hides, bones, tendons, ligaments and hooves and less frequently from poultry and fish can be problematic. This is the "**magic binder**" to give smoothness and sheen. Although there are some certifying organisations that accept gelatine from non-Halaal slaughtered animals, **SANHA** is the only South African organisation that strictly abides by the World Halaal Council's ruling that only gelatine from Halaal slaughtered animals may be used.

SANHA has over the years uncovered many instances of Haraam such as use of alcohol, pig gelatine and red colouring known as Cochineal or Carmine which is made from the dried and pulverized bodies of female cochineal insects.

SOFT SERVE

The crème de la crème of the ice cream category, the soft creamy-smooth is an international favourite. Apart from some of the normal base ingredients like milk, sugar and sweeteners, the Huffington Post reported on the use of other ingredients that give it the unique texture. They looked at the ingredients found in McDonald's and Dairy Queen soft serve and here's what they found on the list:

POLYSORBATE 80: Used as an emulsifier in foods and cosmetics. This allows the soft serve to bind and locks air into the mixture. (McDonald's, DQ)

MONO AND DIGLYCERIDES: From fatty acids, it helps combine ingredients containing fat with ingredients containing water (McDonald's, DQ)

CARRAGEENAN: A carbohydrate extracted from red seaweed. (McDonald's, DQ)

GUAR GUM: Used as a thickening agent. The use of it in diet pills was banned in the 1980s because it was dangerous, but small amounts of it - like what's found in soft serve - have been established as safe. (McDonald's, DQ)

CELLULOSE GUM: Comes from the cell walls of plants such as wood pulp and cottonseeds. It is commonly used in the food industry and adds to the mouthfeel and texture of a product. (McDonald's)

SODIUM PHOSPHATE: Used in many foods and serves many purposes. It can be used as a texturiser, an emulsifier or a leavening agent. (McDonald's)

What you can do for your peace of mind:-

1. Be warned on the dangers of contamination of Halaal with Haraam ingredients - dont be complacent. click here to view a recent case.
<http://www.sanha.org.za/flashnews/2017/lce-cream-containing.pork.pdf>
2. Rely on the **SANHA** independent third party quality Halaal assurance by patronising outlets and purchasing products with our Halaal mark.

Click here

<http://www.sanha.org.za/flashnews/2017/ice-cream.manufaturers.2020>

for a listing of manufacturers of ice cream products who have met and surpassed all the conditions for Halaal certification.

3. You can prepare your own delicious ice cream in the confines of your blessed homes with the best of simple ingredients and serve it in an atmosphere of peace and harmony.

It's easier than you think. With or without the use of an ice cream machine, the process is simple and recipes abound on the web.

GUARD AGAINST HARAAM WITH THE COLD FACTS

Any queries pertaining to the above or any other aspect of Halaal may be referred to our offices

Halaal Helpline 0861 786 111