

LOCKDOWN – DON'T GET IN A STEW OVER HALAAL

The dreaded pandemic, Corona virus COVID-19 has infected about three million people and the death toll has now passed the two hundred thousand mark since January this year and put our nation in a lockdown.

Having never experienced such a phenomenon in our lifetime, the harsh realities of things taken for granted dawned on us with sudden alacrity. Things like socializing with family and friends, attending weddings and funerals, an early morning walk, children going to school, reporting to work, a meal at your favourite restaurant, a visit to the hairdresser, a session at the gym, prayer at your place of worship, shopping at a fully stocked supermarket and going about life as we know it ground to an abrupt halt.

What never changes is the principle of sustenance of life. Consumption of food is intrinsic to sustaining life. We have to eat to live. Hence it not surprising that the enforced lockdown has triggered a revival in home cooking. Old recipe books are retrieved, websites are scoured, and phone calls are made for that family recipes as forgotten skills are honed to feed the family

The art of ingredient substitution is a precious skill in the repertoire of the home cook. When in the midst of preparing your dish you realize you are out of a key ingredient or two, then your creative skills of substitution will be the proverbial life saver. This is a boon outside normal business hours and during this lockdown period when you cannot just step out for replenishment.

SUBSTITUTION OF HALAAL FOOD

Adherence to dietary laws are an inherent and inseparable part of the Islamic faith. The laws are Divine and encapsulated in the Quraan and the teachings of Prophet Muhammad (peace be upon him) where we are ordered, *“O you people eat of what is on earth, lawful and good....” [Chapter 2 Verse 168]*. To make lawful (Halaal) and unlawful (Haraam) is the right of Almighty alone. No human being can usurp this right as it would be akin to ascribing a partner to Allah which action places one outside the fold of Islam. This immutable imperative makes it crystal clear that Halaal foods cannot be substituted.

It is for this reason and the needs of the community during this difficult lockdown period that SANHA has taken steps to ensure availability of Halaal products. Its dedicated team continues upholding the Halaal programme with provision of auditing and supervision services to those traders, manufacturers and abattoirs that are operational as essential exempt entities. In the critical area of poultry and meat products extreme care has to be exercised not only on purchasing certified products but obtaining them from establishments that have met the criteria to stock and sell them.

The following butchery outlets are open to serve your needs during the lockdown and beyond. We have also indicated where information was available, outlets that undertake home deliveries: -

KWA-ZULU NATAL

NAME OF OUTLET	TELEPHONE	DELIVERY (YES/NO)
Chicken World – Tongaat (278 Gopalall Hurbans Rd)	031-500-4084	No
<u>Continental Butcher, Baker & Deli – Morningside (171 Sandile Thusi Rd)</u>	031 208 0951	Yes
<u>Chicken World – Overport (168 Kenilworth Rd)</u>	081-557-9808	Yes
<u>Desai's Gourmet Deli – 157 Albert St, Estcourt</u>	036-352-4040	No
<u>Durban Halaal Meats – Overport (84–88 Felix Dlamini Rd)</u>	031 207 7869	Yes
Howick Meat Centre – 10 Harvard Street, Howick	033-330-2807	Yes
<u>Medina Meats – Bayview (Shop 1, 310 Lenny Naidu Dr)</u>	031-400-1673	No
<u>Medina Meats – Bluff (Shop 1, 605 Bluff Rd)</u>	031- 467-2784	No

NAME OF OUTLET	TELEPHONE	DELIVERY (YES/NO)
<u>Medina Meats – Westcliff Shopping Centre (171 Florence Nightingale Dr, Unit 3, Chatsworth)</u>	031-403-4427	Yes
SAVE Hyper – Butchery – Pietermaritzburg (362 Victoria Road)	033 394 9099	No
<u>SAVE Newholmes – Butchery (100 Balhambra Way, Newholmes, PMB)</u>	087 354 5399	No
Star Meat Products – Phoenix	031 500 4084	Yes
Star Meats – Overport (241 Sparks Rd)	031 208 7193	Yes
<u>The Central Kitchen – Clare Estate (21 Freesia Place)</u>	031 269 1028	Closed
<u>Willowton Meats – Overport (202 Brickfield Rd)</u>	031 207 9437	No
<u>Willowton Meats – PMB (519 Langalibalele St)</u>	033 342 3828	No
<u>Yakoobs Meats – Newcastle (22 Murchison St)</u>	034-326-4650	Yes

GAUTENG

NAME OF OUTLET	TELEPHONE	DELIVERY (YES/NO)
A & F Poultry – Azaadville	0765 518 010	Yes
Al Taqwa Chickens – Crown Mines	011 839 6926/ 082 452 4440	Yes
Amina's Butchery & Mega Store – Lenasia (Meat Processor)	061 483 8951	Yes
Faheem's Meat & Deli – Lenasia (Meat/Poultry)	011 057 0000	Yes
Fomiss Butchery t/a Oriental – Lenasia (47 Quail St)	011 8527500	Yes
Forsmay Muslim Butchery – Fordsburg	011 838 5720	Yes
Grand Butcher Shoppe – Robertsham (33 Giles St)	078 010 3184	Yes
Hajeess Halaal Butchery – Ennerdale, Extension 1 (Only Butcher certified, not supermarket)	011 855 2565	Yes
Khan's Meat Centre – Lenasia (162 Grand Place)	011 8523 601	Yes
Khan's Ultra Meat – Lenasia (395 Nirvana Dr)	011 8527 276	Yes
Meat Us Butchery – Mount Dev Centre (225 Beyers Naude Dr, Northcliff)	071 362 5528	Yes
Mia's Meat Centre – Lenasia	011 854 1798	Yes
Moola's Meat Zone – Melville (11 Main Rd)	011 482 2432	Yes
Pandors Halaal Products – Elsburg	083 675 1162	Yes
Park Muslim Butchery – Lenasia	011 852 1239	Yes
Rafiqs Poultry – Winchester Hills	084 736 1736	Yes
Royal Butcher – Lenasia (Cnr. Protea & Garrick Ave, Ext 8, Lenasia)	061 547 8820	Yes
Shoaib Chicken – Azaadville	084 414 6842	Yes
Taahir Halaal Foods – Crown Mines (85 Planet Ave)	011 830 1184	Yes
Taibah Meat – Lenasia (27 Northern Place, Ext 1, Lenasia)	084 552 1111	Yes
Tas Mi Yah Halaal Meats – Robertsham (Frimley Rd)	011 433 9392	Yes
The Butchers Knife – Norwood (48 Grant Ave)	083 437 8645	Yes
Westbury Butchery – (30 Polack Ave, Newclare)	011 474 8500	Yes
Azaadville Meat Palace – Azaadville (Azaad Ave)	066 376 3775/ 011 413 3313	No

Chickenport – Booyens Reserve (Frozen Crumbed Chicken Products)	010 023 0744	No
Dela Rosa Muslim Butchery – Riverlea	011 474 2894	No
Khan’s Meat 2001 Butcher – Mayfair (Cnr 3rd Ave & College St)	011 837 4742	No
Klucky's Fresh – Lenasia (27 Grand Place)	074 284 6873/ 078 827 9504	No
Mayfair Halaal Butchery – Mayfair (103 Church St)	011 830 0238	No
Metro Hyperland – Devland	011 989 8800	No
Turkish Kebab House – Mayfair (79 Church St)	011 025 1123	No
United Muslim Meat Supply – Mayfair (19 Central Ave)	011 839 1718	No
Zulfair Halaal Meats – Newlands	083 589 6829	No

EASTERN CAPE

NAME OF OUTLET	TELEPHONE	DELIVERY (YES/NO)
Altaqwa Chicken & Spice – Malabar	041 457 5559	Yes

MPUMALANGA

NAME OF OUTLET	TELEPHONE	DELIVERY (YES/NO)
Eastdene Saverite Supermarket – Middelburg (Only Bakery & Butchery certified)	013 282 8106	Yes
Lunga Foods – President Place (Shop 2, Amaryllis St, Ext 10, Witbank)	076 114 1951/ 083 306 9570	Yes
Lunga Foods – Prestige Building (Corner Pringle & Watermeyer Streets, Ext 8, Emalahleni)	076 114 1951/ 083 306 9570	Yes
Medina Meats – Eastdene Complex, Middelburg	013 282 5262	Yes
Sajeeda's Fresh Chickens – Middelburg	013 243 0369	No

NORTH WEST

NAME OF OUTLET	TELEPHONE	DELIVERY (YES/NO)
Choppies Rustenburg – (72 Kerk St)	014 592 1082	No

INGREDIENT SUBSTITUTION

Only Halaal goes into Halaal, and that’s the only rule to follow in food preparation substitution.

Over time scientists, nutritionists, chefs, culinary experts and home cooks have developed, shared, demonstrated and published myriad listings of their substitutions. We provide one such list to assist you. Click here to view:

<http://sanha.org.za/flashnews/2020/FoodSubstituteList.pdf>

Another added advantage on working with a substitution list when planning recipes is the cutting down of unnecessary ingredients in your pantry. How often did you purchase a special ingredient called for in a recipe and never got past the first use? You do not have to when you already have a substitute in stock.

Our Helpline service is here to help and is operational during the lockdown period. It can be accessed as follows:-

Cell **081 512 2936**
E-mail helpline@sanha.org.za

BE A SMART COOKIE AND GO HALAAL

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

Halaal Helpline 0861 786 111