

Sourdough and Vanilla Extracts

Table of Contents

Summary.....	3
Halal and Haram:.....	5
A small amount of an intoxicant makes all of it Haram:.....	6
It's an alert rather than a verdict (or Fatwa):.....	6
The Halal Al-Nabeez (dates soaked in water overnight).....	7
When Al-Nabeez Becomes Haram:.....	8
Substance becomes Haram when its fermentation stains the container:	9
Using excessive Yeast in bread making is discouraged:.....	10
Yeast for dough making is from the essential of a household:	10
Appendix: Additional Examples of 'Food' Alert	10
Kefir – A milk-based Eastern European Drink	11
Stevia:.....	11
The Clarity and the Ambiguity:	11

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، وَ صَلَّى اللَّهُ عَلَى سَيِّدِنَا مُحَمَّدٍ وَ آلِهِ الطَّاهِرِينَ، وَسَلَّمْ تَسْلِيمًا.

In the Name of Allah^{—azwj} the Beneficent, the Merciful. The Praise is for Allah^{—azwj} Lord of the Worlds, and Blessing be upon our Chief Muhammad^{—saww} and his^{—saww} Purified Progeny^{—asws}, and greetings with abundant greetings.

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ وَعَجِّلْ فَرَجَهُمْ وَالْعَنُ أَعْدَاءَهُمْ أَجْمَعِينَ

Sourdough and Vanilla Extracts

Summary

Among diverse choices of eatables, one finds, in the converging world, an emerging trend of ‘sourdough bread’, which is consumed by the elite and the middle class alike due to its perceived stomach-friendly properties. Also, sourdough bread has a lower glycaemic index than regular white or yeast-leavened bread, resulting in a slightly less drastic rise in blood sugar (for diabetics) after consumption.¹ One tends to chew sourdough more due to its texture, so one finds it less bloating than other bread types; the same can be achieved by chewing other breads for longer. Sourdough pizzas are also gaining popularity, with a rich texture, delicious taste, and some easy-digestibility advantages over traditional pizza dough.

Vanilla extract is also increasingly used in many chocolates and desserts. Both of these, among many others, should be carefully assessed before eating. When in doubt, one should refrain, without being enticed by labels such as ‘suitable for vegetarians’.

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ بْنِ عَيْسَى عَنْ عَلِيِّ بْنِ التُّعْمَانِ عَنْ عَبْدِ اللَّهِ بْنِ مُسْنَكَانَ عَنْ دَاوُدَ بْنِ قَزْدَةَ عَنْ أَبِي سَعِيدِ الرَّهْرِيِّ عَنْ أَبِي جَعْفَرٍ (عَلَيْهِ السَّلَام) قَالَ الْوُقُوفُ عِنْدَ الشُّبُهَةِ خَيْرٌ مِنَ الْإِفْتِحَامِ فِي الْهَلَكَةِ وَ تَرْكُكَ حَدِيثًا لَمْ تُرَوْهُ خَيْرٌ مِنْ رَوَاتِكَ حَدِيثًا لَمْ تُخْصِهِ.

Muhammad Bin Yahya, from Ahmad Bin Muhammad Bin Isa, from Ali Bin Al Nu'man, from Abdullah Bin Muskan, from Dawood Bin Farqad, from Abu Saeed Al Zuhry, from;

Abu Ja'far^{—asws} says: The pausing at the doubtful (vagueness) is better than storming into the destruction; and refraining from reporting a Hadeeth which you have not verified, is better than reporting a Hadeeth'.²

عَنْهُ عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنِ ابْنِ فَضَّالٍ عَمَّنْ رَوَاهُ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ قَالَ رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) مَنْ عَمِلَ عَلَيَّ غَيْرَ عِلْمٍ كَانَ مَا يُفْسِدُ أَكْثَرَ مِمَّا يُصْلِحُ .

From him, from Ahmad Bin Muhammad, from Ibn Fazzal, from the one who reported it,

Imam Abu Abdullah^{—asws} narrates that Rasool-Allah^{—saww} said: ‘The one who acts upon without knowledge, it would be so that he would spoil more than what he would correct’.³

¹ <https://www.verywellhealth.com/sourdough-bread-blood-sugar-effects>

² Al Kafi V 1 – The Book Of Intellect and Ignorance CH 16 H 9

³ Al Kafi V 1 – The Book Of Intellect and Ignorance CH 12 H 3

مُحَمَّدٌ عَنْ أَحْمَدَ عَنِ ابْنِ فَضَّالٍ عَنِ ابْنِ بُكَيْرٍ عَنْ حَمْرَةَ بِنِ الطَّيَّارِ قَالَ أَبُو عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) لَا يَسْعُكُمْ فِيمَا يَنْزِلُ بِكُمْ بِمَا لَا تَعْلَمُونَ إِلَّا الْكَفُّ عَنْهُ وَ التَّنَبُّهُ وَ الرَّدُّ إِلَى أَيْمَةِ الْهُدَى حَتَّى يَجْمَلُوكُمْ فِيهِ عَلَى الْقَصْدِ وَ يَجْلُوا عَنْكُمْ فِيهِ الْعَمَى وَ يُعْرِفُوكُمْ فِيهِ الْحَقَّ قَالَ اللَّهُ تَعَالَى فَسْتَلُوا أَهْلَ الذِّكْرِ إِنْ كُنْتُمْ لَا تَعْلَمُونَ .

Muhammad, from Ahmad, from Ibn Fazzal, from Ibn Bukeyr, from Hamza Bin Al Tayyar that,

In a Hadith, Imam Abu Abdullah^{-asws} said: ‘There is no leeway for you regarding what comes to you from what you do not know except to pause at that, and affirming, and referring it back to the Imams^{-asws} of the Guidance, until they^{-asws} deliver to you the purpose (of it), and they^{-asws} isolate from you the blindness in (that where you are going), and they^{-asws} make you recognise the truth in it. Allah^{-azwj} the Exalted Said [16:43] **so ask the People of the (Zikr) (Reminder) if you do not know’** (an extract).⁴

A number of Muslim muftis (Fatwa givers) consider ‘sourdough bread’ *Halal* simply because its starting ingredients were *Halal*, which, to our surprise, is a very superficial and depthless opinion since all starting ingredients of wine are Halal. The case of ‘sourdough bread’ is very similar to that of Al-Nabeez, which is made from a mixture of dates and water and was a very popular drink during the time of the Holy Prophet^{-saww} of Islam, but the same (Al-Nabeez) becomes haram when water-soaked dates are left over to ferment (more than a day).

Briefly, sourdough bread is made from a ‘sourdough starter’, which, as a flour dough, is stored in a container to ferment over several days. During its lengthy fermentation, it produces ethanol (a staining, liquid-like substance on the top layer of the container) up to 15% concentration (most wines contain ethanol between 11 to 15% by volume). The sourdough starter is then (which becomes *haram* and *Najis* (impure) – due to the high content of alcohol) is added to the bread dough that is subsequently baked in an oven to make sourdough bread!

It is important to note that the regular bread also goes through the fermentation process, but for a short duration, like the case of Halal Al-Nabeez (dates are soaked in water at night and are consumed the next morning) – a classical Islamic drink.

However, if dates are soaked in water for an extended period or the mixture is left in a warm atmosphere (e.g., oven), it becomes haram due to excessive alcohol formation during fermentation. We will review some Ahadith on Al-Nabeez in the following section.

Most ‘sourdough starter’ preparation procedures acknowledge the formation of a high quantity of ethanol (Hooch). Hooch is a dark liquid in or on the sourdough starter, which is cheap (throwaway) and highly intoxicating.⁵⁶

⁴ Al Kafi V 1 – The Book Of Intellect and Ignorance CH 16 H 10

⁵ <https://www.sourdoughhome.com/what-is-hooch/>

⁶ <https://www.google.com/search?q=sourdough+alcohol+content&client>

As for the ‘Vanilla extracts’, the haram aspect comes from the extraction process itself, i.e., when vanilla beans are dissolved in ethanol.

According to FDA guidelines, pure vanilla extract must contain at least 35% alcohol. Since it’s an extract, very little alcohol is consumed; it eventually evaporates during baking similar to that of sourdough. One may, therefore, try to find alcohol-free vanilla, e.g., from ‘vanilla flavouring’ or “alcohol-free vanilla.”^{7 8 9}

For additional information, i.e., vinegar from wine, please read following articles related to alcohol in perfumes and Ahadith on Halal and Haram:

[Permissible\(s\) and Forbidden – Halal and Haram | Hubeali.com](http://www.hubeali.com/Permissible(s)-and-Forbidden-Halal-and-Haram)

[Alcohol in Perfumes and Skin-Care Products | Hubeali.com](http://www.hubeali.com/Alcohol-in-Perfumes-and-Skin-Care-Products)

Halal and Haram:

In Islam, Halal and Haram are not prone to change until Qiyamah.

وَعَنْ إِسْمَاعِيلَ بْنِ جَابِرٍ عَنْ أَبِي عَبْدِ اللَّهِ ع أَنَّ اللَّهَ بَعَثَ مُحَمَّدًا نَبِيًّا فَلَا نَبِيَّ بَعْدَهُ أَنْزَلَ عَلَيْهِ الْكِتَابَ فَخَتَمَ بِهِ الْكُتُبَ فَلَا كِتَابَ بَعْدَهُ

And from Ismail Bin Jabir,

‘From Abu Abdullah^{-asws}: ‘Allah^{-azwj} Sent Muhammad^{-saww} as a Prophet^{-saww}, and there will be no Prophet^{-saww} after him^{-saww}. Allah^{-azwj} Revealed the Book unto him^{-saww} and Ended the (previous) Books by it, so there is no Book after it.

أَخْلَفَ فِيهِ خَلَالَهُ وَحَرَّمَ فِيهِ حَرَامَهُ فَخَلَالَهُ خَلَالٌ إِلَى يَوْمِ الْقِيَامَةِ وَحَرَامُهُ حَرَامٌ إِلَى يَوْمِ الْقِيَامَةِ فِيهِ نَبَأٌ مَا قَبْلَكُمْ وَخَبْرٌ مَا بَعْدَكُمْ وَفَضْلٌ مَا بَيْنَكُمْ

He^{-azwj} Permitted His^{-azwj} Permissible(s) in it and Prohibited His^{-azwj} Prohibitions in it. So, His^{-azwj} Permissible(s) are Permissible up to the Day of Qiyamah, and His^{-azwj} Prohibitions are Prohibited up to the Day of Qiyamah. In it are news of what was before you, and news of what is to be after you, and Decisions of what is between you all.

ثُمَّ أَوْمَأَ يَدِهِ إِلَى صَدْرِهِ وَقَالَ نَحْنُ نَعْلَمُهُ.

Then he^{-asws} gestured by his^{-asws} hand to his^{-asws} own chest and said: ‘We^{-asws} know it!’¹⁰

⁷ <https://www.eatingwell.com/why-alcohol-is-in-vanilla-extract>

⁸ [Vanilla extract - Wikipedia](https://en.wikipedia.org/wiki/Vanilla_extract)

⁹ Purity Kitchen Madagascar Vanilla Beans, Grade A Gourmet, 5 Whole Pods, Halal & Kosher Certified & Vegan. 100% Pure.

<https://amzn.eu/d/02wy7V9w>

¹⁰ Bihar Al Awaar – V 46, The book of History – Ja’far Al Sadiq^{asws}, Ch 4 H 33 b

A small amount of an intoxicant makes all of it Haram:

الْحُسَيْنُ بْنُ مُحَمَّدٍ عَنْ مُعَلَّى بْنِ مُحَمَّدٍ وَعِدَّةٍ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ جَمِيعاً عَنْ مُحَمَّدِ بْنِ عَلِيٍّ الْهَمْدَانِيِّ عَنْ عَلِيِّ بْنِ عَبْدِ اللَّهِ الْحَنَاطِيِّ عَنْ سَمَاعَةَ بْنِ مِهْرَانَ عَنِ الْكَلْبِيِّ النَّسَابَةِ قَالَ سَأَلْتُ أَبَا عَبْدِ اللَّهِ (عليه السلام) عَنِ النَّبِيذِ فَقَالَ حَلَالٌ قُلْتُ إِنَّا نَنْبِذُهُ فَتَطْرُحُ فِيهِ الْعَكَرُ وَمَا سِوَى ذَلِكَ فَقَالَ (عليه السلام) شَهْ شَهْ تِلْكَ الْخُمْرَةُ الْمُنْتَنَةُ

Al Husayn Bin Muhammad, from Moala Bin Muhammad and a number of our companions, from Sahl Bin Ziyad, altogether from Muhammad Bin Ali Al Hamdany, from Ali Bin Abdullah Al Hannat, from Sama'at Bin Mihran, from Al Kalby Al Nasaba who said,

‘I asked Abu Abdullah^{-asws} about *Al-Nabeez*, so he^{-asws} said: ‘Permissible’. I said, ‘I soak it, so I place the residue (of an intoxicant) in it, and what is besides that’. At that, he^{-asws} said: ‘Shh! Shh! That is the rotten wine’ (an extract).¹¹

It's an alert rather than a verdict (or Fatwa):

The scientific technique and procedures are prone to change with technological developments. Hence, the reader should take his/her own research and act in accordance with Islamic principles. From the above Ahadith and open literature references, it appears that one must be careful and try to refrain from eating sourdough and vanilla extracts and substances of a similar nature (e.g., Kefir, Stevia-E960), unless one is convinced about the permissibility of these eatables/additives in the food, see Appendix.

Finally, we cite a Hadith, which essentially conveys that Allah^{-azwj} has Clarified the permissible(s) as well as the prohibitions but between these, there are the uncertainties from Satan^{-la}, which should be avoided.

وَ حَدَّثَنِي مُحَمَّدُ بْنُ عَلِيٍّ بْنِ طَالِبِ الْبَلَدِيِّ عَنْ مُحَمَّدِ بْنِ إِبْرَاهِيمَ النُّعْمَانِيِّ عَنِ ابْنِ عُقْدَةَ عَنْ شُبُوخِهِ الْأَرْبَعَةِ عَنِ الْحَسَنِ بْنِ مُحَمَّدِ بْنِ الْحُسَيْنِ بْنِ مُحَمَّدِ بْنِ عَلِيٍّ بْنِ عَبْدِ اللَّهِ الْحَنَاطِيِّ عَنْ سَمَاعَةَ بْنِ مِهْرَانَ عَنِ الْكَلْبِيِّ النَّسَابَةِ قَالَ سَأَلْتُ أَبَا عَبْدِ اللَّهِ (عليه السلام) عَنِ النَّبِيذِ فَقَالَ حَلَالٌ قُلْتُ إِنَّا نَنْبِذُهُ فَتَطْرُحُ فِيهِ الْعَكَرُ وَمَا سِوَى ذَلِكَ فَقَالَ (عليه السلام) شَهْ شَهْ تِلْكَ الْخُمْرَةُ الْمُنْتَنَةُ

And it was narrated to me by Muhammad Bin Ali Bin Talib Al Baldy, from Muhammad Bin Ibrahim Al Numany, from Ibn Uqada, from his four sheykh, from Al Hassan Bin Mahboub, from Muhammad Bin Al Numan Al Ahowl, from Salam Bin Al Mustaneer,

‘From Abu Ja’far Al-Baqir^{-asws} having said: ‘My^{-asws} grandfather^{-asws} Rasool-Allah^{-saww} said: ‘O you people! My^{-saww} permissible is permissible up to the Day of Judgment, and my^{-saww} prohibition is a prohibition up to the Day of Judgment. Indeed! And Allah^{-azwj} has Explained these two in the Book, and I^{-saww} have explained these two in my^{-saww} ways, and my^{-saww} Sunnah; and between these two are the uncertainties from Satan^{-la} and innovations after me-

¹¹ Al Kafi – V 6 – The Book of Drinks Ch 23 H 3

saww. One who leaves these (uncertain matters) the matter of his Religion would be correct for him, and it would correct for him his magnanimity and his honour.

And one who wears these (uncertainties), and falls into these and pursues these would be like the one who pastures his sheep near the sanctuary, and one who pastures his cattle near the sanctuary, his self would snatch him to that he should be pasturing these inside the (gates of the) sanctuary. Certainly! For every king, there is a sanctuary. Indeed! And that the sanctuary of Allah^{-azwj} Mighty and Majestic is His^{-azwj} Prohibitions, therefore stop at the sanctuary of Allah^{-azwj} and His^{-azwj} Prohibitions’.¹²

The Halal Al-Nabeez (dates soaked in water overnight)

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ إِسْمَاعِيلَ بْنِ إِسْمَاعِيلَ عَنْ حَنَانِ بْنِ سَدِيرٍ قَالَ سَمِعْتُ رَجُلًا وَهُوَ يَقُولُ لِأَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) مَا تَقُولُ فِي النَّبِيدِ فَإِنَّ أَبَا مَرْيَمَ يَشْرِبُهُ وَبِزُعْمِ أَنْكَ أَمَرْتَهُ بِشْرِبِهِ فَقَالَ صَدَقَ أَبُو مَرْيَمَ سَأَلَنِي عَنِ النَّبِيدِ فَأَخْبَرْتُهُ أَنَّهُ حَلَالٌ وَ لَمْ يَسْأَلْنِي عَنِ الْمُسْكِرِ

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Muhammad Bin Ismail, from Hanaan Bin Sudeyr who said,

‘I heard a man and he was saying to Abu Abdullah^{-asws}, ‘What are you^{-asws} saying regarding Al-Nabeez, for Abu Maryam is drinking it and he is claiming that you^{-asws} ordered him with drinking it?’ So he^{-asws} said: ‘Abu Maryam spoke the truth. He asked me^{-asws} about Al-Nabeez, so I^{-asws} informed him that it is Permissible, and he did not ask me about the intoxicant’.

قَالَ ثُمَّ قَالَ (عَلَيْهِ السَّلَامُ) إِنَّ الْمُسْكِرَ مَا اتَّقَيْتُ فِيهِ أَحَدًا سُلْطَانًا وَلَا غَيْرَهُ قَالَ رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) كُلُّ مُسْكِرٍ حَرَامٌ وَمَا أَشْكُرُ كَثِيرُهُ فَقَلِيلُهُ حَرَامٌ

He (the narrator) said, ‘Then he^{-asws} said: ‘For the intoxicants, there is no dissimulation in it for anyone, neither from the authorities nor someone else. Rasool-Allah^{-saww} said: ‘Every intoxicant is Prohibited, and whatever a lot of it intoxicates so a little of it is Prohibited’.

فَقَالَ لَهُ الرَّجُلُ جُعِلْتُ فِدَاكَ هَذَا النَّبِيدُ الَّذِي أَدْنَتْ لِأَبِي مَرْيَمَ فِي شْرِبِهِ أَيُّ شَيْءٍ هُوَ فَقَالَ أَمَا أَبِي (عَلَيْهِ السَّلَامُ) فَإِنَّهُ كَانَ يَأْمُرُ الْخَادِمَ فَيَجِيءُ بِقَدَحٍ وَيَجْعَلُ فِيهِ زَبِيبًا وَيَغْسِلُهُ غَسْلًا نَقِيًّا ثُمَّ يَجْعَلُهُ فِي إِنَاءٍ ثُمَّ يَصُبُّ عَلَيْهِ ثَلَاثَةَ مِثْلَةٍ أَوْ أَرْبَعَةَ مَاءً ثُمَّ يَجْعَلُهُ بِاللَّيْلِ وَيَشْرِبُهُ بِالنَّهَارِ وَيَجْعَلُهُ بِالْعِدَاةِ وَيَشْرِبُهُ بِالْعَشِيِّ وَكَانَ يَأْمُرُ الْخَادِمَ بِغَسْلِ الْإِنَاءِ فِي كُلِّ ثَلَاثَةِ أَيَّامٍ كَيْلًا يَعْتَمِلَ فَإِنْ كُنْتُمْ تُرِيدُونَ النَّبِيدَ فَهَذَا النَّبِيدُ

So the man said to him^{-asws}, ‘May I be sacrificed for you^{-asws}! This Al-Nabeez which you^{-asws} are permitting for Abu Maryam with regards to drinking it, which thing is it?’ So he^{-asws} said: ‘As for my^{-asws} father^{-asws}, he^{-asws} had ordered the servant, so he came with a cup, and he^{-asws} made raisins to be in it, and washed it with a washing, clean. Then he^{-asws} made it to be in a vessel, then poured water over it the like of three or four times of it. Then he^{-asws} made it at night and he^{-asws} would drink it at daytime, and he^{-asws} made it at daytime and he^{-asws} would drink it

¹² Bihar Al-Anwaar – V 2, The book of intellect, and the knowledge, and the ignorance, S 2 Ch 31 H 17

in the evening. And he^{-asws} used to order the servant with washing the vessel every three days, perhaps it would have stained. Thus, if you all are wanting *Al-Nabeez*, so this is *Al-Nabeez*’.¹³

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ عَلِيِّ بْنِ الْحَكَمِ وَ مُحَمَّدُ بْنُ إِسْمَاعِيلَ وَ مُحَمَّدُ بْنُ جَعْفَرٍ أَبُو الْعَبَّاسِ الْكُوفِيُّ عَنْ مُحَمَّدِ بْنِ خَالِدٍ جَمِيعاً عَنْ سَيْفِ بْنِ عَمِيرَةَ عَنْ مَنْصُورٍ قَالَ حَدَّثَنِي أَيُّوبُ بْنُ رَاشِدٍ قَالَ سَمِعْتُ أَبَا الْبَلَاءِ يَسْأَلُ أَبَا عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) عَنِ التَّبِيدِ فَقَالَ لَا بَأْسَ بِهِ فَقَالَ إِنَّهُ يُوضَعُ فِيهِ الْعُكْرُ فَقَالَ أَبُو عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) بِمَسِّ الشَّرَابِ وَ لَكِنَّ ابْنُدُوهُ عُذْوَةٌ وَ اشْرَبُوهُ بِالْعَثِيَةِ قَالَ فَقَالَ جُعِلَتْ فِدَاكَ هَذَا يُفْسِدُ بَطُونَنَا قَالَ فَقَالَ أَبُو عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) أَفَسَدَ لِيَطْنِكَ أَنْ تَشْرَبَ مَا لَا يَحِلُّ لَكَ

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Ali Bin Al Hakam and Muhammad Bin Ismail and Muhammad Bin Ja’far Abu Al Abbas Al Kufy, from Muhammad Bin Khalid, altogether from Sayf Bin Umeyra, from Mansour who said that it was narrated to him from Ayoub Bin Rashid who said,

‘I heard Abu Al-Balaad asking Abu Abdullah^{-asws} about *Al-Nabeez*, so he^{-asws} said: ‘There is no problem with it’. So he said, ‘A residue (of an intoxicant) is placed in it’. So Abu Abdullah^{-asws} said: ‘Evil is the drink, but soak (raisins) in the morning and drink it in the evening’. So he said, ‘May I be sacrificed for you^{-asws}! This tends to spoil our bellies’. So Abu Abdullah^{-asws} said: ‘The spoiling for your belly is that you drink what is not Permissible for you’.¹⁴

When *Al-Nabeez* Becomes Haram:

الْحُسَيْنُ بْنُ مُحَمَّدٍ عَنْ مُعَلَّى بْنِ مُحَمَّدٍ وَ عِدَّةٍ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ جَمِيعاً عَنْ مُحَمَّدِ بْنِ عَلِيٍّ الْأَمْدَنِيِّ عَنْ عَلِيِّ بْنِ عَبْدِ اللَّهِ الْحَنَاطِيِّ عَنْ سَمَاعَةَ بْنِ مِهْرَانَ عَنِ الْكَلْبِيِّ النَّسَائِيِّ قَالَ سَأَلْتُ أَبَا عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) عَنِ التَّبِيدِ فَقَالَ خَلَالَ قُلْتُ إِنَّا نَبْنُدُهُ فَتَطْرُحُ فِيهِ الْعُكْرُ وَ مَا سِوَى ذَلِكَ فَقَالَ (عَلَيْهِ السَّلَام) شَهْ شَهْ تِلْكَ الْحَمْرَةُ الْمُتَبَيَّنَةُ

Al Husayn Bin Muhammad, from Moala Bin Muhammad and a number of our companions, from Sahl Bin Ziyad, altogether from Muhammad Bin Ali Al Hamdany, from Ali Bin Abdullah Al Hannat, from Sama’at Bin Mihran, from Al Kalby Al Nasaba who said,

‘I asked Abu Abdullah^{-asws} about *Al-Nabeez*, so he^{-asws} said: ‘Permissible’. I said, ‘I soak it, so I place the residue (of an intoxicant) in it, and what is besides that’. So he^{-asws} said: ‘Shh! Shh! That is the rotten wine’.

قَالَ قُلْتُ جُعِلَتْ فِدَاكَ فَأَيُّ نَبِيدٍ تَغْنِي فَقَالَ إِنَّ أَهْلَ الْمَدِينَةِ شَكَوُوا إِلَى النَّبِيِّ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) تَغْيِيرَ الْمَاءِ وَ فَسَادَ طَبَائِعِهِمْ فَأَمَرَهُمْ أَنْ يَبْنُدُوا فَكَانَ الرَّجُلُ مِنْهُمْ يَأْمُرُ خَادِمَهُ أَنْ يَبْنُدَ لَهُ فَيَعْمِدُ إِلَى كَفِّ مِنْ تَمْرٍ فَيُلْقِيهِ فِي الشَّنِّ فَمِنْهُ شُرْبُهُ وَ مِنْهُ طَهُورُهُ

He (the narrator) said, ‘I said, ‘May I be sacrificed for you^{-asws}, so which *Al-Nabeez* do you^{-asws} mean’. So he^{-asws} said: ‘The people of Al-Medina complained to the Prophet^{-saww} of the changed water and spoiling of their health. So he^{-saww} ordered them that they should be drinking *Al-Nabeez*. So the man from them was instructing his servant that he should make

¹³ Al Kafi – V 6 – The Book of Drinks Ch 23 H 1

¹⁴ Al Kafi – V 6 – The Book of Drinks Ch 23 H 2

Al-Nabeez for him, so he would extend his handful of dates, so he would cast these in the container. So from it, he would be drinking, and from it he would be purifying’.

فَقُلْتُ وَ كَمْ كَانَ عَدَدُ التَّمْرَاتِ الَّتِي كَانَتْ تُلْفَى قَالَ مَا يَجْمَلُ الْكَفِّ قُلْتُ وَاحِدَةً وَ اثْنَتَيْنِ فَقَالَ (عَلَيْهِ السَّلَامُ) رُبَّمَا كَانَتْ وَاحِدَةً وَ رُبَّمَا كَانَتْ اثْنَتَيْنِ
فَقُلْتُ وَ كَمْ كَانَ يَسْعُ الشَّرُّ مَاءً مَا بَيْنَ الْأَرْبَعِينَ إِلَى الثَّمَانِينَ إِلَى مَا فَوْقَ ذَلِكَ قَالَ فَقُلْتُ بِالْأَرْطَالِ فَقَالَ أَرْطَالٍ يَكْتَبِلُ الْعِرَاقُ

So I said, ‘And how much was the number of the dates which was cast?’ He^{-asws} said: ‘Whatever a palm could gather’. I said, ‘One and two?’ So he^{-asws} said: ‘Sometimes it was one, and sometimes it was two’. So I said, ‘And how much was the capacity of the container of water?’ (He^{-asws} said): ‘What is between forty to eighty, to what is above that?’ So I said, ‘By the *Ratls* (A unit of measurement)?’ So he^{-asws} said: ‘*Ratls* by the measurement of Al-Iraq.’¹⁵

Substance becomes Haram when its fermentation stains the container:

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنِ الْحُسَيْنِ بْنِ سَعِيدٍ عَنْ إِبْرَاهِيمَ بْنِ أَبِي الْبَلَاءِ عَنْ أَبِيهِ عَنْ عَمْرِو بْنِ وَاحِدٍ حَضَرَ مَعَهُ قَالَ كُنْتُ عِنْدَ أَبِي جَعْفَرٍ (عَلَيْهِ السَّلَامُ) فَقُلْتُ يَا جَارِيَةَ اسْقِينِي مَاءً فَقَالَ لَهَا اسْقِيهِ مِنْ نَبِيذِي فَجَاءَتْنِي بِنَبِيذٍ مِنْ بُسْرِ فِي قَدَحٍ مِنْ صُفْرِ قَالَ فَقُلْتُ إِنَّ أَهْلَ الْكُوفَةِ لَا يَرْضَوْنَ بِهَذَا قَالَ فَمَا نَبِيذُهُمْ قُلْتُ لَهُ يَجْعَلُونَ فِيهِ الْقَعُودَ قَالَ وَ مَا الْقَعُودُ قُلْتُ الدَّادِي قَالَ وَ مَا الدَّادِي قُلْتُ تُغْلَى التَّمْرُ قَالَ يَضْرَى بِهِ الْإِنَاءُ حَتَّى يَهْدِرَ النَّبِيذُ فَيُعْلَى ثُمَّ يُشْرَبُ فَيُشْرَبُ فَقَالَ هَذَا حَرَامٌ

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Al Husayn Bin Saeed, from Ibrahim Bin Abu Al Balaad, from his father, from someone else who was present with him who said,

‘I was in the presence of Abu Ja’far^{-asws}, so I said, ‘O maid, get me a drink of water’. So he^{-asws} said to her: ‘Give him a drink of my^{-asws} *Al-Nabeez*. So she came to me with *Al-Nabeez* of partially-ripened dates in a brass cup. So I said, ‘The people of Al-Kufa are not happy with this’. He^{-asws} said: ‘So what is their *Al-Nabeez*?’ I said to him^{-asws}, ‘They are making Al-Qa’wa to be in it’. He^{-asws} said: ‘And what is Al-Qa’wa?’ I said, ‘Al-Daazy’. He^{-asws} said: ‘And what is Al-Daazy?’ So I said, ‘Pressed dates. The vessel is stained by it until *Al-Nabeez* ferments, then it intoxicates, so he drinks it’. So, Imam^{-asws} said: ‘This is Prohibited’.¹⁶

الْحُسَيْنُ بْنُ مُحَمَّدٍ عَنْ أَحْمَدَ بْنِ إِسْحَاقَ عَنْ بَكْرِ بْنِ مُحَمَّدٍ عَنِ ابْنِ أَبِي يَعْقُوبَ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ إِذَا شَرِبَ الرَّجُلُ النَّبِيذَ الْمَحْمُورَ فَلَا يَجُوزُ شَهَادَتُهُ فِي شَيْءٍ مِنَ الْأَشْرِيَةِ وَ لَوْ كَانَ يَصِفُ مَا تَصِفُونَ

Al Husayn Bin Muhammad, from Ahmad Bin Is’haq, from Bakr Bin Muhammad, from Ibn Abu Yafour,

(It has been narrated) from Abu Abdullah^{-asws} having said: ‘When the man drinks *Al-Nabeez*, the fermented, so his testimony is not allowed in anything (when he consumes from the

¹⁵ Al Kafi – V 6 – The Book of Drinks Ch 23 H 3

¹⁶ Al Kafi – V 6 – The Book of Drinks Ch 23 H 4

drinks of intoxicants), even if he were to be described to be upon (the belief) that you are upon’.¹⁷

Using excessive Yeast in bread making is discouraged:

قُرْبُ الْإِسْنَادِ، عَنْ هَارُونَ بْنِ مُسْلِمٍ عَنْ مَسْعَدَةَ بْنِ صَدَقَةَ عَنْ جَعْفَرٍ عَنْ أَبِيهِ ع أَنَّ عَلِيًّا ع كَانَ يُعَاتِبُ خَدَمَهُ فِي تَحْمِيرِ الْحَمِيرِ فَيَقُولُ هُوَ أَكْثَرُ لِلْخُبْزِ.

(The book) ‘Qurb Al Asnaad’ – from Haroun Bin Muslim, from Mas’ada Bin Sadaqa,

From Ja’far^{-asws}, from his^{-asws} father^{-asws}: (Imam) Ali^{-asws} used to admonish his^{-asws} servant regarding fermentation of the yeast, saying: ‘It is more for the bread’.¹⁸

Yeast for dough making is from the essential of a household:

عَنْهُ عَنِ ابْنِ مَحْبُوبٍ عَنْ سَعْدَانَ عَنْ مُعَاوِيَةَ بْنِ عَمَّارٍ قَالَ قَالَ أَبُو عَبْدِ اللَّهِ (عليه السلام) لَا تَمَانِعُوا قَرْضَ الْحَمِيرِ وَالْخُبْزِ وَافْتِنَاسَ النَّارِ فَإِنَّهُ يَجْلِبُ الرِّزْقَ عَلَى أَهْلِ الْبَيْتِ مَعَ مَا فِيهِ مِنْ مَكَارِمِ الْأَخْلَاقِ

From him, from Ibn Mahboub, from Saa’dan, from Muawiya Bin Ammar who said,

‘Abu Abdullah^{-asws} said: ‘Do not prevent lending of the yeast and the bread and the igniter of the fire, for it brings the sustenance upon the family along with whatever is therein from the prestigious manners’.¹⁹

مُحَمَّدُ بْنُ الْحَسَنِ بِإِسْنَادِهِ عَنْ مُحَمَّدِ بْنِ أَحْمَدَ بْنِ يَحْيَى عَنْ بُنَانِ بْنِ مُحَمَّدٍ عَنْ أَبِيهِ عَنِ ابْنِ الْمُغِيرَةِ عَنِ السَّكُونِيِّ عَنْ جَعْفَرٍ عَنْ أَبِيهِ ع قَالَ: لَا تَمَانِعُوا قَرْضَ الْحَمِيرِ وَالْخُبْزِ فَإِنَّ مَنَعَهُ يُورِثُ الْفَقْرَ.

Muhammad ibn al-Hasan, through his chain of transmission, from Muhammad ibn Ahmad ibn Yahya, from Bunan ibn Muhammad, from his father, from Ibn al-Mughira, from Al-Sakuni, from;

Imam Al-Ja'far^{-asws}, from his^{-asws} father^{-asws}, has reported: Do not withhold loans of yeast and bread, for withholding them causes poverty.²⁰

Appendix: Additional Examples of ‘Food’ Alert

Some food varieties or ingredients may also need to be carefully considered before consumption to ensure their suitability under Islamic laws, e.g.,

¹⁷ Al Kafi – V 6 – The Book of Drinks Ch 27 H 8

¹⁸ Bihar Al-Anwaar – V 63 The book of plants - Ch 1 H 1 (Chapters on what is made from the cereals)

¹⁹ Al Kafi – V 5 – The Book of Subsistence Ch 156 H 46

²⁰ 446، وسائل الشيعة، ج17، ص: 446

Kefir – A milk-based Eastern European Drink

Kefir is a fermented milk, a bit like yogurt, that contains up to 30 different species of probiotic (health-benefitting) bacteria and yeasts. It's been an essential part of the diet in Eastern Europe for the last 2000 years, and gradually it has made its way to the UK.²¹

Like sourdough 'starter', one cannot make kefir without kefir grains, which are bacteria and yeast-based tiny cauliflower florets, bound together in a kefir polysaccharide matrix.

The Kefir grains are the result of centuries of microbial evolution and environmental interaction. One, however, can use freeze-dried kefir starter cultures to ferment milk, these do not produce true kefir grains and will not self-propagate like authentic grains.²²

The alcohol concentrations in Kefir vary during the 16 hours from the beginning of the fermentation process, between 0.1 and 0.5% of the volume, and may reach as much as 3%.²³

Stevia:

Stevia originates from a naturally occurring plant, in South America.²⁴



Like vanilla extracts, Stevia is also extracted using ethanol, i.e., the various glycosides are separated and purified via crystallisation techniques, typically using ethanol or methanol as solvent.²⁵ The dried extract contains at least 95% steviol glycosides and is commercially known as E960 and commonly known as Stevia, and is widely used in chewing gum, zero-calorie beverages, and sweeteners.²⁶

The Clarity and the Ambiguity:

Almost all fatwas, from general Muslims, allow for consumption of many foods and drinks, including Kefir and E960, see for example a reference below.²⁷ The basis of these fatawas is that, if consuming a large amount of an alcoholic food/drink does not make one drunk

²¹ <https://www.bbcgoodfood.com/howto/guide/how-make-kefir>

²² www.pragmaticnutritionist.com.

²³ <https://islamqa.info/en/answers/184243/ruling-on-drinking-kefir>

²⁴ <https://en.wikipedia.org/wiki/Stevia>

²⁵ Purkayastha, S. "A Guide to Reb-A". Food Product Design. Archived from the original on 26 March 2009. Retrieved 28 March 2009.

²⁶ <https://www.legislation.gov.uk/ukxi/2023/334/made/data.html>

²⁷ <https://islamqa.info/en/answers/184243/ruling-on-drinking-kefir>

(intoxicated), then a small amount of it is also permissible²⁸; with this criterion alone, all low-alcoholic beverages become halal, i.e., beer (which has between 1 to 5% vol. alcohol content).

However, in accordance with the above Hadith, Allah^{-azwj} has Clarified the permissible(s) as well as the prohibitions, but between these, there are the uncertainties from Satan^{-la}, which should be avoided.²⁹

28 عَنْهُ عَنْ مُحَمَّدِ بْنِ عَبْدِ الْجُبَّارِ عَنْ صَفْوَانَ بْنِ يَحْيَى عَنْ كَلَيْبِ الْأَسَدِيِّ قَالَ سَأَلْتُ أَبَا عَبْدِ اللَّهِ عَنِ النَّبِيذِ فَقَالَ إِنَّ رَسُولَ اللَّهِ ص حَطَبَ النَّاسَ فَقَالَ فِي حُطْبَتِهِ أَيُّهَا النَّاسُ أَلَا إِنَّ كُلَّ مُسْكِرٍ حَرَامٌ أَلَا وَ مَا أَسْكَرَ كَثِيرُهُ فَحَلِيلُهُ حَرَامٌ

It is narrated from the narrator of the previous Hadith from Muhammad ibn ‘Abd Jabbar from Safwan ibn Yahya from Kulayb al-Asadiy who has said:

‘I once asked Abu Abd Allah^{-asws} about Al- Nabidh (liquor). The Imam^{-asws} said that once the Messenger of Allah^{-saww} addressed the people and said, ‘O people, all intoxicating liquor is unlawful. You must take notice that whatever in large quantity is intoxicating liquor, its intake in small quantity is also unlawful (الكافي ج : 6 ص : 408 , h.6).

²⁹ Bihar Al-Anwaar – V 2, The book of intellect, and the knowledge, and the ignorance, S 2 Ch 31 H 17