

THE FIQH OF FOOD

LESSON 2:
LAWFUL &
UNLAWFUL FOOD





4 Fundamental Questions

- There are a number of fundamental questions that must be answered regarding meat consumption:
- 1. Which animals' meat is permissible (halal) to consume?
- 2. How can I make a halal animal mudhakka مُذَكِّي (slaughtered, killed or captured in a way that makes it halal to eat)?
- 3. Are any parts of a mudhakka animal haram?
- 4. How can I be certain that the meat I am eating is halal and mudhakka?





Classification of Animals

- All animals are classified into one of three groups:
 - 1. Seafood
 - 2. Land animals:
 - Domesticated land animal
 - Wild land animal
 - 3. Birds and other flying animals





Seafood

- **1. Which seafood is halal to consume?**
- Only fish with scales are halal.
- The only exception to this rule is shrimp/prawns because of narrations that specify its permissibility.





Seafood

- **2. How can I make a fish mudhakka?**
- A halal fish becomes mudhakka if any of the following conditions are fulfilled:
 - It is caught alive and taken out of the water
 - It comes out of the water by some means and is caught alive
 - It is caught in a net, even if it is dead by the time it is retrieved





Seafood

- **Important points:**
- It does not matter how you catch the live fish: by fishing rod, net, trap, hand, etc.
- the one who catches the fish need not be Muslim
- the one who catches the fish need not say "*bismillah*" while catching it
- some fishermen string their fish and leave them in the water or put them in a bucket to keep them alive. If the fish dies while in water, it is not *mudhakka*





Seafood

- there are no requirements as to how the fish should be killed once it is caught; in fact, it need not be killed for it to be *mudhakka*.





Seafood

- **3. Are any parts of a mudhakka fish haram?**
- The following parts must be avoided as a precaution:
 - Blood except for what is still inside the fish's body
 - Feces except for what is still inside the fish's gut
- Fish eggs of haram fish are forbidden. When in doubt if the eggs are from a halal or haram fish, you must not eat it.





Seafood

- **4. How can I be confident that a fish I am eating is *halal* and *mudhakka*?**
- Catch it yourself
- Procure it from a Muslim
- Procure it from a Muslim market even if the owner or seller is not Muslim
- procure it from a Muslim country





Seafood

- Procure it from a kafir as long as you know that it is a fish with scales and has been caught in a way that makes it *mudhakka*.





Land Animals

- **1. Which Land animals are halal to consume?**
- Domesticated land animals:
- Only the following are halal:
 - Sheep
 - Goats
 - Cows (including buffalo, yaks and other bovines)
 - Camels
 - Horses, donkeys and mules (makruh)





Land Animals

- The following are haram:
 - Dogs
 - Cats
 - Pigs
 - Rodents
 - Reptiles
 - Amphibians





Land Animals

- Wild animals:
- Only the following are halal:
 - Deer
 - Antelope
 - Buffalo
 - Mountain sheep and mountain goats
 - Wild donkeys
 - Zebras





Land Animals

- The following wild animals are haram:
 - All predators
 - Rodents including rabbits
 - Reptiles
 - Amphibians
 - Boars
 - Bears
 - Apes and monkeys
 - Pachyderms including elephants





Land Animals

- burrowing animals including rodents, worms, and insects (except locusts, which are halal).





Land Animals

- **2. How can I make a halal domesticated land animal mudhakka?**
- For domesticated land animals:
 - must be slaughtered by a Muslim
 - must be slaughtered in the following manner:
 - the animal must be made to face the *qiblah* such that its face and chest are toward it if it is standing and its throat and belly are toward it if it is lying on its side
 - the slaughterer must intend to slaughter the animal by slitting its throat
 - the slaughterer must take God's name, as he kills the animal
 - the blade must be of iron if available; if not, then any sharp blade will do





Land Animals

- Important points:
- **for an animal other than a camel:** he must completely cut the esophagus, the trachea, and the two carotid arteries from below the “Adam’s apple”
- **for a camel:** he must insert the blade into the depression between the camel’s throat and chest





Land Animals

- blood should exit the animal's slit or stabbed throat in a normal way
- the animal should move or shudder or blink as it is being slaughtered





Land Animals

- The following are mustahab:
 - to give the animal a drink of water
 - to prevent any unnecessary pain to the animal, by ensuring the blade is sharp and by cutting fast





Land Animals

- The following are makruh:
 - to slaughter with your own hand an animal you have raised
 - to slaughter an animal in front of other animals of the same species





Land Animals

- **How can I make a halal wild land animal mudhakka?**
- the hunter must be a Muslim
- the hunter must intend to kill the animal
- the hunter must take God's name before he releases his weapon or at least before the weapon hits the animal





Land Animals

- the hunter must use a hunting dog¹ or one of the following weapons:
 - **something sharp**: it must either have a cutting edge like a machete or a point for stabbing like a spear or arrow
 - **something blunt**: like a bullet, but it must at least break the animals skin (i.e. killing with blunt force is not allowed)





Land Animals

- the animal must be dead from the wound inflicted by the hunter by the time the hunter reaches it (if, it is still alive, he must slaughter it with a blade)





Land Animals

- **3. Are any parts of a mudhakka land animal *haram*?**
- the following parts are haram:
 - Blood that exits the body when the animal is killed
 - Feces
 - Urine
 - Genitals
 - Placenta
 - Glands (including pituitary, pancreas, adrenal, thyroid, lymph nodes, etc.)





Land Animals

- Spinal cord
- Chain of sympathetic ganglia (nerves on either side of the spinal column)
- Gall bladder
- Spleen
- Urinary bladder
- Lens of the eye





Land Animals

- The following parts are makruh:
 - Kidneys
 - Auricles (attached to the 2 atria of the heart)
 - Blood vessels, especially the carotids





Land Animals

- **4. How can I be confident that a land animal I am eating is halal and *mudhakka*?**
- assume it is not halal and mudhakka unless one of the following is true:





Land Animals

- you know it is halal and mudhakka (this could be because you slaughtered it yourself, witnessed its slaughter, or have complete confidence in the person who is informing you.)
- you have procured it from a Muslim
- you have procured it from a Muslim market (a "Muslim market" is defined as a market or shopping district where the stores are predominantly owned and frequented by Muslims such that the non-Muslim store is the exception)





Land Animals

- you have procured it from a Muslim land (a Muslim land is defined as a place that is overwhelmingly Muslim. The rule of thumb for identifying such a place is that people call it a “Muslim country” or “Muslim region” etc.)





Birds and other Flying Animals

- **1. Which birds and flying animals are permissible to consume?**
- All birds are *halal* except:
 - Raptors (birds of prey)
 - Scavengers (e.g. vultures, crows, buzzards)
 - **rule of thumb:** when a bird flies, if it flaps more than it glides/soars, it is halal, and if it glides/soars more than it flaps, it is haram





Birds and other Flying Animals

- **backup rule of thumb:** if you cannot discern whether its flaps are more or its gliding, it is halal if it contains at least one of the following three body parts:
 - **crop**-structure in esophagus where it stores food temporarily
 - **gizzard**-structure where it stores stones to grind food
 - **spur**-long talon on its leg (like a rooster's spur)





Birds and other Flying Animals

- All flying animals that lack feathers are haram.
 - e.g. bats and insects (except locusts)





Birds and other Flying Animals

- **2. How can I make a halal bird *mudhakka*?**
- a domesticated bird
 - slaughter it according to the rules for slaughtering land animals
- a wild bird
 - must be hunted according to the rules of hunting





Birds and other Flying Animals

- **3. Are any parts of a mudhakká bird haram?**
- Blood that exits the body when the bird is killed
- Excrement
- All other parts that are haram in land animals must also be avoided as a precaution





Birds and other Flying Animals

- **4. How can I be confident that a bird I am eating is *halal* and *mudhakka*?**
- Follow all the rules for land animals





Other Food and Drink

- **The following classes of food and drink are haram:**
- 1. Anything that is impure (*najis*) or has had wet contact with an impurity (*mutanajjis*)
- 2. Anything that is gross, disgusting (e.g. puss and scabs)
- 3. Anything that is significantly harmful





Other Food and Drink

- 4. Clay is haram to eat, whether wet or dry
 - **note:** the negligible amount of dust or dirt that settles on fruits, or is mixed with grains, or is mixed with water is allowed
 - **note:** it is permissible to consume a small amount (no more than the size of a chick pea) of clay from Imam Husayn's grave for its curing affects.
- Sand is also haram as a precaution
- Stone, metals, and wood are not haram barring any significant harm in eating them.





Other Food and Drink

- **5. wine, beer, and any other intoxicant**

- They are haram in any amount
- Vinegar is halal even though it is made from wine
- it is haram to eat at a table or spread where wine, beer, or any other intoxicant is being consumed; as a precaution, one must not even sit at such a table or spread





Other Food and Drink

- 6. **Grape juice** becomes haram as soon as it bubbles (whether from fermentation or from boiling)
 - thus, grape jam and jelly are haram
 - pasteurized grape juice is not necessarily haram, since it is usually only heated to 145 or 163 degrees F
 - boiled grape juice becomes halal again when 2/3 of its volume evaporate or are boiled away
 - cooked or boiled raisins are not haram





Other Food and Drink

- **7. Products closely associated with oppression**

- if buying food or drink from a particular company or country constitutes aiding an oppressor, it is haram to buy it or consume it
 - e.g. it is not permissible to buy or eat food or drink that you know for certain is made in Israel
 - e.g. it is not permissible to buy or eat food or drink from a company that you know for certain supports Israel





Miscellaneous Issues

- **1. Gelatin**

- gelatin is halal if any of the following are true:
 - you do not know whether the gelatin is from a plant or animal source
 - you know that it is from an animal that is *halal* and *mudhakka*
 - you know that it is from an animal, and you procure the gelatin-containing product from a Muslim, a Muslim market, or a Muslim land
 - you determine that the gelatin used in food is a different substance than that which is extracted from animals (through *istihala*)





Miscellaneous Issues

- **2. Cheese**

- cheese is halal unless you know the enzymes used to make it are from a *najis* or *mutanajjis* source like a pig.

- **3. Chocolate Liquor**

- chocolate liquor is pure chocolate in its liquid form; it is *not* alcoholic at all and is halal





Miscellaneous Issues

- **4. Vanilla extract**

- many extracts contain alcohol

- **5. Informing others of haram food and drink**

- if a person is consuming haram food or drink out of ignorance of the law, you must inform them of the law
- if a person is consuming haram food or drink, not because they are ignorant of the law, but because they do not realize that the food or drink they are consuming is haram, you need not inform them





Extenuating Circumstances

- it is permissible to eat or drink haram things in the following circumstances:
 - if necessity dictates it
 - e.g. if your life depends on it
 - e.g. if it is the only way to save yourself from a severe weakness or illness
 - e.g. if a pregnant or nursing mother's child's life depends on it
 - if you are compelled by another (*ikrah*) or by fear (*taqiyyah*)
 - e.g. someone threatens to kill you or hurt you if you do not





Extenuating Circumstances

- Under extenuating circumstances, you may consume only what you must to relieve yourself of the circumstances

