# When does a Parve food remain Parve?

If you cooked a **Parve** food together with meat or dairy, or with any residue of meat or dairy, that Parve food becomes the same status as the food that it was cooked with.

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## 1. CONTAMINATION (NOTEN TAAM)

If a Parve food is cooked **together with meat or dairy**, or with **actual residues** of meat or dairy, it becomes that status. This applies when there is **direct contact with a forbidden element**.

**Examples:**

- If an egg was cooked in a pot together with a piece of meat or with meat residues, that egg is considered **"meat" (BESARI)**. If you eat that egg, you must wait 6 hours before eating dairy; and it cannot be eaten with cheese.
- Rice cooked with meat gravy → the rice is meat.
- Vegetables cooked in a pan with meat fat → the vegetables are meat.

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## 2. CROSS-CONTAMINATION (NOTEN TAAM BAR NOTEN TAAM)

If a Parve food (rice, vegetables, fruits, water, or egg) was cooked in a **completely clean** meat or dairy pot, and there are **no food residues**, the Parve food **remains Parve**.

There is no need to wait between eating that Parve food and eating the opposite category.

Moreover, according to the **Sephardic Minhag**, this Parve food may be eaten **with meat or with dairy**.

**Examples:**

- If you cook an egg in a completely clean pot that was previously used to cook a dairy food, you may eat this egg with meat because the egg is still considered Parve.
- Rice cooked in a clean dairy pot → may be eaten with meat.
- Vegetables cooked in a clean meat pot → may be eaten with dairy.

This is called **NOTEN TAAM BAR NOTEN TAAM**, which in the specific case of meat and milk (or Chametz before Pesach) is permitted.

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Ashkenazi Jews do not follow that rule of cross-contamination in the case of milk and meat. That is why the Orthodox Union (OU) or other kosher organizations will label this as **“Dairy equipment used”**, and they will consider it “dairy,” not “Parve.”