

# Kashrut: Dairy/Meat: Waiting between Eating: Parmesan Cheese

- SITUATION** You eat Parmesan cheese.
- STATUS** Before eating meat, you must wait six hours (or whatever is your custom to wait between eating meat and dairy).
- NOTE** Parmesan cheese is the only commonly available cheese that is considered hard enough to require waiting six hours after eating it before you eat meat-containing foods.
- NOTE** Parmesan cheese requires this waiting period even when the cheese is finely ground or is melted on pizza, mushrooms, or other foods.