



## 20518 - It is permissible to cook whilst fasting

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### the question

Is it permissible to cook while fasting?

### Detailed answer

Praise be to Allah.

It is permissible to cook whilst fasting.

“It is OK for a person to taste the food during the day whilst fasting, if necessary, and his fast is still valid so long as he does not deliberately swallow anything of it.”.