

Islam Question & Answer

General Supervisor:
Shaykh Muhammad Saalih al-Munajjid

20518 - It is permissible to cook whilst fasting

the question

Is it permissible to cook while fasting?

Detailed answer

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.”.