# FORE-BLESSING: BREAD-LIKE FOODS

### **Fore-Blessing: Bread or Mezonot**

To be halachically considered "bread," the item must have been baked and have air holes in it. To determine whether a food made of the *Five Grains* qualifies as bread (*ha'motzi*) or *mezonot* (*borei minei mezonot*), decide whether the food had been made to be eaten as a meal or as a snack. If it was made to be:

- Bread (that is, for a meal), say ha'motzi.
- Mezonot (but you will eat a full meal), say ha'motzi.
- A snack, say borei minei mezonot.
- NOTE Some foods may qualify as either *ha'motzi* or *mezonot* (such as pizza).
- NOTE If at least 20% of a bread's flour is from one of the <u>Five Grains</u>, say a fore-blessing of ha'<u>motzi</u> on the bread (and birkat ha'mazon afterward, if you ate at least 1.3 fl. oz. within four minutes).
- NOTE Whether the bread/<u>mezonot</u> was made with fruit juice instead of water may not affect its blessing, since the blessing is determined by its intended use. <u>Mezonot</u> rolls on airline flights may still require the blessing of <u>ha'motzi</u> if you eat them as part of a meal.
- NOTE Since it does not have air holes, wheat tortillas get the blessing of *mezonot* and not *ha'motzi*.
- NOTE The fore-blessing on stuffing made of bread or a bread <u>kugel</u> is <u>mezonot</u> if none of the pieces are 1 fl. oz. or larger.

#### Fore-Blessing: Small Amount of Pizza/Other Bread-Like Mezonot

- SITUATION You will eat less than 1.9 fl. oz. (56 ml) of pizza or other bread-like *mezonot*) within four minutes.
- WHAT TO DO Wash your hands using the <u>One-Time Method</u>, but do not say <u>al netilat yadayim</u>. Then say borei minei *mezonot*.

## **Fore-Blessing: Sprouted Wheat Bread**

For the fore-blessing on sprouted wheat bread, say:

- *Ḥa'motzi* if the grains are more like wheat grains than sprouts.
  - NOTE If the sprout still has any part of the original grain, excluding the husk, it is still considered to be grain and the fore-blessing is <u>ha'motzi</u>.
- She'hakol if the grains were sprouted in water without soil.

# Fore-Blessing: Bread/Cakes of Only Rice Flour

Bread or cakes made of only rice flour may not be used for any meal requiring eating bread and saying <u>birkat</u> <u>ha'mazon</u>. The blessing is <u>borei minei mezonot</u>, not <u>ha'motzi</u>.

## Fore-Blessing: Bread/Cakes of Rice Flour and Mezonot Flour

In a bread containing rice flour, if at least 20% of the flour is from one of the *Five Grains*, say the foreblessing of *ha'motzi* (after-blessing: *birkat ha'mazon*).

In a cake containing mostly rice flour, if at least 20% of the flour is from one of the <u>Five Grains</u>, say a fore-blessing of *borei minei mezonot* (after-blessing: *al ha'michya*).

### Fore-Blessing: Unbaked Dough

For the fore-blessing on cooked (but unbaked) dough, see Fore-Blessing: Cooked Dough/Pasta.

## Fore-Blessing: Bulgur Wheat/Tabouli

The fore-blessing on bulgur wheat (such as tabouli) is borei minei mezonot.