Gefilte Fish

Eating *gefilte* fish, made of fish in which bones have been removed, avoids the necessity of doing the *melacha* of selecting (*boreir*) the bones from the fish. This allows a fish course to be eaten at a *Shabbat* meal (which, in addition to the meat, makes the *Shabbat* meal special because both fish and meat would not have been commonly served in poor areas during the week).

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