Why Dip Challa in Salt?

Before eating bread (at any time, not just on *Shabbat* or *Jewish festivals*), dip the bread in some salt.

REASON #1	Salt makes the bread taste better and it is more prestigious for blessing.
REASON #2	Salting the bread makes it like a sacrifice (which had salt added to it).
NOTE	You may sprinkle salt on the bread, but *kabbala* recommends dipping.

© Copyright 2026 Richard B. Aiken | www.practicalhalacha.com