How To Do Shabbat Evening Kiddush

To fulfill the two requirements for *Shabbat* evening *kiddush*:

1. Say, or hear, the *Shabbat* evening *kiddush* blessings/segments:
    - *Borei pri ha'gafen* (on wine or grape juice only), OR
      Ha'motzi (on two *challot* if you have no wine or grape juice, as *chamar medina* is not permitted for *Shabbat* evening *kiddush*. See *Challot* for Evening *Kiddush*) AND
    - *Mekadeish HaShabbat*.

2. Establish a *halachic* "meal" (*kovei'a se'uda*) by either:
    - Drinking 4 fl. oz. (119 ml) of wine (or grape juice) within 30 seconds, OR
    - Eating at least 1.9 fl. oz. (56 ml) of bread or *mezonot* of any type (within 4 minutes) shortly after saying or hearing *kiddush*.

NOTE For evening *kiddush*, the custom is to go straight to the meal without delay (with no *mezonot* or snacking first). *B'di'avad* if you snacked, it is still OK.

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