SheHakol: Which Foods: Unrecognizable Foods

You must be able to recognize, from at least one piece, that an ingredient is from the ground or from a tree in order to say *borei pri ha'adama* or *borei pri ha'eitz*. If not, say *she'hakol*.
So say *she'hakol* on:

- All foods that did not grow in the ground or on a tree, but also
- Foods that you cannot personally identify as having grown in the ground or on a tree—either because it has been finely ground or processed or because you personally do not know what it is.

EXAMPLE Even if you know that a *kugel* is made with potatoes, unless you can see recognizable pieces of potato, do not say *borei pri ha'adama*, but rather *she'hakol*.

EXAMPLES (Foods that Get *SheHakol*)

- Apple Sauce.
- Beer, Cognac, Grape Brandy, and other alcoholic beverages other than wine and grape juice and their derivatives.
- Cheese and other *Dairy* Products (unless they contain grain).
- Eggs (plain).
- Fish.
- Fruits or vegetables whose identity is not recognizable.
- Honey.
- Ice Cream.
- Juice.
- Meat.
- Mushrooms.
- Poultry.
- Seaweed.
- Soda.
- Soup (clear).
- Sprouts.
- Water.

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