SHABBAT: TWO LOAVES (LECHEM MISHNEH)

SHABBAT: TWO LOAVES (LECHEM MISHNEH): WHY TWO LOAVES

Shabbat: Two Loaves: Double Portion

The two loaves of bread on *Shabbat* reminds us of the double portion of *mun* we received in the desert. Even though one portion would have been eaten by *Shabbat* morning, we still use two loaves in the morning and two for *se'uda shlishit* as a reminder of the miracle.

SHABBAT: TWO LOAVES (LECHEM MISHNEH): WHAT TO USE

HaMotzi: Bagels

You may use two bagels for the two *Shabbat* loaves (*lechem mishneh*) even though they are already sliced most of the way through.

HaMotzi: Crackers

The minimum volume of a cracker or crispbread (such as Ryvita or Wasa) that may be used for *lechem mishneh* is 1 oz. (30 ml).

HaMotzi: Other Foods

You may not substitute other foods for the two loaves (*lechem mishneh).*

EXAMPLE You may not use two apples or two cans of fish.

SHABBAT: TWO LOAVES (LECHEM MISHNEH): WHOLE LOAVES

How Much Challa May Be Missing

Less than 1/48th missing is still considered a whole loaf. So if you only have two *challot* (or other loaves of bread) for *Shabbat*, you might be able to use one loaf twice, as follows:

- Wash your hands,
- Say *ha'motzi*,
- Cut off a piece that is less than 1/48th of the loaf, and
- Eat it.

REASON You may consider the remainder of that loaf as still being a full loaf and you may re-use it for your *Shabbat* morning meal.

NOTE If you have pieces of bread or other *mezonot*, you may:

- Cut off less than 1/48th of the loaf,
- Eat the additional pieces of bread to make a total of at least 1.9 fl. oz. (56ml), and then
- Re-use the same loaf for *Shabbat* morning.

SHABBAT: TWO LOAVES (LECHEM MISHNEH): HOW TO COVER

How To Cover the Challot

See How To Cover the *Challot*.

SHABBAT: TWO LOAVES (LECHEM MISHNEH): HOW TO WASH FOR

How To Wash for HaMotzi

See HaMotzi: Washing Hands.

Shabbat: Two Loaves: What HaMotzi Covers

See HaMotzi: Which Foods HaMotzi Covers.

SHABBAT: TWO LOAVES (LECHEM MISHNEH): WHICH TO CUT

Friday Night: Cut Lower Challa

On Friday night, hold the two *challot* together, one on top of the other, but cut the lower one (for *kabbalistic* reasons).

Saturday Morning: Cut Upper Challa

On Saturday morning, cut the upper *challa* of the two *challot*. (For *Jewish festivals*, cut the upper loaf at night and day.)

SHABBAT: TWO LOAVES (LECHEM MISHNEH): HOW TO CUT

Mark the Challa

Mark the bread with a light cut before saying *ha'motzi*. Then make the real cut in the same place.

NOTE It is customary to just make a mark on the *challa*. You may cut almost all of the way through, but you must be able to pick up the bread by the small end and have it hold up the big end.

SHABBAT: TWO LOAVES (LECHEM MISHNEH): SALT

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.

SHABBAT: TWO LOAVES (LECHEM MISHNEH): WHEN TO EAT OR SPEAK AFTER HAMOTZI

Eating or Speaking after HaMotzi

If someone said *ha'motzi* for you, you should wait until he or she eats some of the *challa* before you eat.

NOTE This is an issue of respect and courtesy (*derech eretz*) and not a *halachic* issue. However, you may not speak until after you have eaten some of the bread--any amount is sufficient.

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