

# BOREI MINEI MEZONOT: WHICH GRAINS

## FORE-BLESSING: WHICH GRAINS: NON-FIVE GRAINS: IN WHOLE OR IN PART

### Fore-Blessing: Which Grains: Non-Five Grains: In Whole or In Part

Say the fore-blessing *borei pri ha'adama* (not *borei minei mezonot*) on cooked or baked foods:

- If the *Five Grains* make up less than 20% of the food's flour volume, OR
- If made of non-*Five Grains*, such as corn, millet, or quinoa.

NOTE Rice is an exception; see next entry.

### Fore-Blessing: Which Grains: Non-Five Grains: Rice

Rice (including rice bread and rice pasta) gets the fore-blessing *borei minei mezonot*, but not the after-blessing of *al ha'michya* (after-blessing: *borei nefashot*), even if you ate an entire meal of rice.

### Fore-Blessing: Which Grains: Non-Five Grains: Tortillas

For corn tortillas (most tortillas are corn tortillas), say the fore-blessing *she'hakol* (after-blessing: *borei nefashot*).

For wheat tortillas, say the fore-blessing *borei minei mezonot* (after-blessing: *al ha'michya*).

## FORE-BLESSING: WHICH GRAINS: NON-FIVE GRAINS: MEZONOT/NON-MEZONOT COMBINATIONS

### Fore-Blessing: Which Grains: Mezonot/Non-Mezonot Combinations: Ice Cream Cone

The fore-blessing for ice cream cones depends on which part you prefer to eat:

SITUATION 1 You like the ice cream more than the cone and would eat it without the cone.

WHAT TO DO Say the fore-blessing of *she'hakol*.

NOTE *She'hakol* covers the cone.

After-blessing

- *Borei nefashot* if you eat at least 1.3 fl. oz. (39 ml, or 1/6 cup--including cone, if you eat the cone) within four minutes.
- No blessing if you eat less than 1.3 fl. oz. in four minutes.

SITUATION 2 You like the cone and the ice cream equally.

WHAT TO DO Say *borei minei mezonot* (this will cover the ice cream).

After-blessing

- *Al ha' michya* if you eat at least 1.3 fl. oz. (39 ml, or 1/6 cup of ice cream plus cone) within four minutes.
- No blessing if you eat less than 1.3 fl. oz. in four minutes.

SITUATION 3 The cone is sweet and you ALSO like the ice cream as much as the cone.

WHAT TO DO

- Say *she'hakol* on the ice cream.
- When you get to the cone, add *borei minei mezonot*.

After-blessing

- *Borei nefashot*.

- Also say al ha'michya if the cone totaled at least 1.3 fl. oz. (39 ml, or 1/6 cup) and you ate it within four minutes.

### Fore-Blessing: Which Grains: Mezonot/Non-Mezonot Combinations: Pie

Normally, for a pie say:

Fore-Blessing

Fore-blessing of borei minei mezonot, even if it contains less than 1.3 fl. oz. (39 ml, or 1/6 cup) of flour.

After-Blessing

To say the after-blessing, al ha'michya, you must eat a total volume of at least 1.3 fl. oz.--even if the flour was a minority of the ingredients.

However, if you prefer the filling to the crust (if you would not eat the crust by itself), say the appropriate fore-blessing over the filling, such as:

- *She'hakol* (after-blessing: borei nefashot), or
- Borei pri ha'eitz (after-blessing if on more than 1.3 fl. oz. of the Five Special Fruits--figs, dates, grapes, or pomegranates: al ha'eitz).

### Fore-Blessing: Which Grains: Mezonot/Non-Mezonot Combinations: Turkey with Bread Stuffing

**SITUATION** You will eat bread stuffing with turkey. The bread stuffing has at least one chunk of bread at least 1.3 fl. oz. in volume.

**WHAT TO DO** Wash and say ha'motzi. If you eat at least 1.3 fl oz of the stuffing, say birkat ha'mazon afterward.

**SITUATION** You will eat bread stuffing with turkey. There is NOT at least one chunk of bread at least 1.3 fl. oz. in volume.

**WHAT TO DO** Do not wash and say ha'motzi, and do not say birkat ha'mazon (unless you eat enough to constitute a full meal). However, if you enjoy the stuffing as much as the turkey or will eat some stuffing by itself, say borei minei mezonot.