

# 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).