

# 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 man 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 erez) and not a halachic issue. However, you may not speak until after you have eaten some of the bread--any amount is sufficient.