# SHEHAKOL: WHICH FOODS

## **SheHakol: Which Foods: General Rule**

Say *she'hakol*, the most general blessing, over any food or drink that does not fall into a higher category ( *HaMotzi*, *Borei Minei Mezonot*, *Borei Pri Ha'Eitz*, *Borei Pri HaGafen*, and *Borei Pri HaAdama*).

NOTE One blessing of *she'hakol* covers both liquids and solids that will be eaten/drunk at the same snack or meal.

#### SheHakol: Which Foods: Mistaken SheHakol

She'hakol may theoretically apply to many foods, *b'diavad*,--even bread, wine, the <u>Five Special Fruits</u>, and <u>mezonot</u>. However, we have a principle to say the highest-level food blessing possible. If you said *she'hakol*, mistakenly believing it was the correct blessing for a higher-level food, *she'hakol* does cover the food after the fact and, *b'di'avad*, you may eat the bread, wine, or other higher-level food.

# **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 <u>borei pri ha'adama</u> or <u>borei pri ha'eitz</u>. If not, say <u>she'hakol</u>. So say <u>she'hakol</u> 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.