

# FORE-BLESSING: BREAD-LIKE FOODS

## Fore-Blessing: Bread or Mezonot

To be halachically considered “bread,” the item must have been baked and have air holes in it. To determine whether a food made of the Five Grains qualifies as bread (ha'motzi) or mezonot (borei minei mezonot), decide whether the food had been made to be eaten as a meal or as a snack. If it was made to be:

- Bread (that is, for a meal), say ha'motzi.
- Mezonot (but you will eat a full meal), say ha'motzi.
- A snack, say borei minei mezonot.

**NOTE** Some foods may qualify as either ha'motzi or mezonot (such as pizza).

**NOTE** If at least 20% of a bread's flour is from one of the Five Grains, say a fore-blessing of ha'motzi on the bread (and birkat ha'mazon afterward, if you ate at least 1.3 fl. oz. within four minutes).

**NOTE** Whether the bread/mezonot was made with fruit juice instead of water may not affect its blessing, since the blessing is determined by its intended use. Mezonot rolls on airline flights may still require the blessing of ha'motzi if you eat them as part of a meal.

**NOTE** Since it does not have air holes, wheat tortillas get the blessing of mezonot and not ha'motzi.

**NOTE** The fore-blessing on stuffing made of bread or a bread kugel is mezonot if none of the pieces are 1 fl. oz. or larger.

## Fore-Blessing: Small Amount of Pizza/Other Bread-Like Mezonot

**SITUATION** You will eat less than 1.9 fl. oz. (56 ml) of pizza or other bread-like mezonot within four minutes.

**WHAT TO DO** Wash your hands using the One-Time Method, but do not say al netilat yadayim. Then say borei minei mezonot.

## Fore-Blessing: Sprouted Wheat Bread

For the fore-blessing on sprouted wheat bread, say:

- Ha'motzi if the grains are more like wheat grains than sprouts.

**NOTE** If the sprout still has any part of the original grain, excluding the husk, it is still considered to be grain and the fore-blessing is ha'motzi.

- She'hakol if the grains were sprouted in water without soil.

## Fore-Blessing: Bread/Cakes of Only Rice Flour

Bread or cakes made of only rice flour may not be used for any meal requiring eating bread and saying birkat ha'mazon. The blessing is borei minei mezonot, not ha'motzi.

## Fore-Blessing: Bread/Cakes of Rice Flour and Mezonot Flour

In a bread containing rice flour, if at least 20% of the flour is from one of the Five Grains, say the fore-blessing of ha'motzi (after-blessing: birkat ha'mazon).

In a cake containing mostly rice flour, if at least 20% of the flour is from one of the Five Grains, say a fore-blessing of borei minei mezonot (after-blessing: al ha'michya).

## Fore-Blessing: Unbaked Dough

For the fore-blessing on cooked (but unbaked) dough, see [Fore-Blessing: Cooked Dough/Pasta](#).

## Fore-Blessing: Bulgur Wheat/Tabouli

The fore-blessing on bulgur wheat (such as tabouli) is borei minei mezonot.