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*.

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