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*).

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