FORE-BLESSINGS: MIXTURES WITH RICE

Fore-Blessings: Stuffed Grape Leaves

If grape leaves are stuffed with rice, say *borei minei mezonot*.

Fore-Blessings: Sushi

Say the fore-blessing *borei minei mezonot* over sushi, since the rice is primary. If you are eating the sushi for the salmon (or other ingredient) in the middle, say *she'hakol*, too (or whatever blessing is correct for that important ingredient).

NOTE To say fore-blessings over sushi:

- Say *borei minei mezonot*, then take a bite of rice (which may have nori, etc., on it).
- Say *she'hakol*, then take a bite of fish (which may have rice, avocado, etc., stuck to it).

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