# GENERAL RULES OF FORE-BLESSINGS (BRACHA RISHONA): FOOD MIXTURES

## Fore-Blessings (Bracha Rishona): Food Mixtures: Main Ingredient

1. Say the fore-blessing (*bracha rishona*) over the main or most important ingredient in a mixture of foods from various food-blessing categories.
2. The blessing on the main food covers all other ingredients in the mixture.

EXAMPLES Fore-Blessing over Turkey with Cranberry Sauce

To eat turkey with cranberry sauce, saying the fore-blessing *she'hakol* on the more-important food (turkey) covers the less-important food (cranberry sauce). Even if you eat some of the sauce after the turkey is finished, you do not say a new blessing on the sauce.

NOTE If you eat cranberry sauce by itself and not with turkey, say:

- *Borei pri ha'eitz* if it contains identifiable pieces of (or entire) cranberries.
- *She'hakol* if the cranberry sauce has no identifiable pieces.

## Fore-Blessing (Bracha Rishona) over Cholent

*Cholent* blessing (if the *cholent* is not eaten as part of a meal) follows the most important ingredient and is somewhat subjective to the eater.

- German *cholent* —A variety of wheat is primary; say *borei minei mezonot*.
- Hungarian *cholent*—Barley is primary; say *borei minei mezonot*.
- Polish *cholent* —Beans are primary; say *borei pri ha'adama*.
- Russian *cholent* —Potatoes are primary; say *borei pri ha'adama*.
- If meat is most important, say *she'hakol*.

NOTE You may need to say more than one blessing (*bracha rishona*) if there is no one preeminently important ingredient in a mixture of food types in one utensil, such as a casserole or *cholent*, but only if:

- You especially like more than one ingredient, and
- Both (or more than two) of the ingredients can be eaten distinctly.

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