

# 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.