I. HAMOTZI

HAMOTZI: WHICH FOODS GET HAMOTZI

HaMotzi on Bread Made of the Five Grains

Wash the *One-Time Method* and say *ha'motzi* on bread made of the Five Grains (wheat, rye, oats, barley, or spelt), even if you will not eat at least 1.3 fl. oz. (39 ml, or 1/6 cup) within four minutes.

NOTE Say the blessing al netilat yadayim on washing hands ONLY if you will eat at least 1.9. fl. oz. (56 ml) of bread within four minutes.

NOTE If you eat less than 1.3 fl. oz. of bread of the Five Grains, do not say birkat ha'mazon or any other after-blessing.

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*.

HAMOTZI: WHICH FOODS HAMOTZI COVERS

Which Foods HaMotzi Covers

Ha'motzi always covers all food eaten as part of a meal, except wine and any non-*mezonot* desserts such as fruit, on all days (not just on *Shabbat* or *Jewish festivals)*.

Desserts that HaMotzi Does Not Cover

Non-*mezonot* dessert foods (which often have a sweet taste) are not normally eaten with bread. Say fore-blessings on desserts at a meal (for which you have already said *ha'motzi* and eaten bread) only on:

- Fruit from “trees”(*borei pri ha'eitz*),
- Fruit from the ground (*borei pri ha'adama*), such as melons and strawberries, and
- Specialty items (*she'hakol*), such as ice cream.

HAMOTZI: WASHING HANDS

HaMotzi: Washing Hands: When To Wash

Before eating bread, you must always wash your hands.

NOTE If you do not plan to eat at least 1.9 fl. oz. (56 ml) of bread within four minutes, wash but do not say the blessing *al netilat yadayim.*

HaMotzi: Washing Hands: Finding Water

To find water for washing hands before eating bread:

- You must travel or walk up to 18 minutes away to find water.
- If you are already traveling, you must continue up to 72 minutes (in the direction in which you are going anyway) to find water.
- If you still cannot find water, cover your hands with any type of separation (gloves, sheet of plastic, bag, foil, or some other object) to keep your hands from directly contacting the bread.

HaMotzi: Washing Hands: Finding 4 fl. oz. Container

SITUATION You do not have a washing cup of at least 4 fl. oz. (119 ml) and you need to wash hands after sleeping or before eating bread.
STATUS You may not substitute a smaller washing container (such as a 2 fl. oz./59 ml cup) and use it twice.
WHAT TO DO You must travel up to 18 minutes away to get such a container when needed.
NOTE If you have a spigot that is less than 12 inches above the ground, you may open the spigot and let at least 4 fl. oz. (119 ml) flow out, close the tap, reopen it, and repeat.

HaMotzi: Washing Hands: Procedure

To wash for *ha'motzi*, use the *One-Time Method*, *see* How To Wash Hands the *One-Time Method*.

HaMotzi: Being Touched by Unwashed Hands

SITUATION Someone who has not yet washed touches your hand after you have washed your hands, said *al netilat yadayim*, and dried your hands.

STATUS
- If his/her hand is dry, there is no problem of transferring impurity.
- If his/her hand is wet, this may have transferred ritual impurity to your hand.

WHAT TO DO
- If his/her hand is wet, touch a normally covered part of your body and then rewash your hands and say the blessing on washing hands.

  NOTE If you have already said *ha'motzi*, don't repeat the *ha'motzi* blessing.

HaMotzi: Speaking after Washing

SITUATION You washed your hands in order to eat bread. You spoke before saying *hamotzi*.

WHAT TO DO You do not need to wash your hands again.
You do not need to say the blessing on washing hands again.

HaMotzi: Forgot To Wash

SITUATION **Y**ou said *ha'motzi* without having washed your hands first.

WHAT TO DO Up until the time you say *birkat ha'mazon,* you must interrupt your meal and wash your hands.

NOTE Say *al netilat yadayim* ONLY if you will still eat at least 1.9 fl. oz. (56 ml) of bread afterward; if you will eat less than 1.9 fl. oz., wash without a blessing.

HAMOTZI: LIFTING THE BREAD

HaMotzi: When To Lift the Bread

When saying *ha'motzi*, lift the bread when saying God's name. This is a non-binding custom, not a *halacha*.

HAMOTZI: INTERRUPTED MEAL/HESECH DA'AT

Washing Your Hands for Interrupted Meal

SITUATION You said *ha'motzi*, ate any amount of bread, interrupted your meal and forgot about it, and now wish to resume your meal and eat more bread.

WHAT TO DO Wash your hands again and say the blessing on washing hands.

NOTE There is no time limit for this; whenever you forget about the meal, you must rewash before eating more bread. However, you do not say *ha'motzi* if it is within the allowed time to say *birkat ha'mazon.*

HAMOTZI: SHABBAT

HaMotzi: Shabbat

For *HaMotzi* on *Shabbat*, see *Shabbat*: Two Loaves (*Lechem Mishneh*).

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