II. BOREI MINEI MEZONOT

BOREI MINEI MEZONOT: GENERAL RULES

Introduction to Borei Minei Mezonot

Say the fore-blessing *borei minei mezonot* on non-bread foods if:

- Grain
  The *Five Grains* (wheat, rye, oats, barley, or spelt) make up at least 20% of the food's flour volume, AND
- Cooking Method
  Food is cooked or baked, AND
- Meal or Snack
  You intend to eat the food as a snack and not a meal.

NOTE If you intend to eat a full meal that includes *mezonot* of a cake-like or bread-like texture, say *ha'motzi*.
For basing the fore-blessing on the main or preferential ingredient in a food mixture and/or saying two fore-blessings, see Fore-Blessings (*Bracha Rishona*): Food Mixtures: Main Ingredient and Introduction to Food Fore-Blessings (*Bracha Rishona*): The Five Grains.

BOREI MINEI MEZONOT: WHICH GRAINS

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*).

FORE-BLESSING: WHICH GRAINS: NON-FIVE GRAINS: MEZONOT/NON-MEZONOT COMBINATIONS

Fore-Blessing: Which Grains: Mezonot/Non-Mezonot Combinations: Ice Cream Cone

The fore-blessing for ice cream cones depends on which part you prefer to eat:

SITUATION 1 You like the ice cream more than the cone and would eat it without the cone.
WHAT TO DO Say the fore-blessing of *she'hakol*.
NOTE *She'hakol* covers the cone.

After-blessing

- *Borei nefashot* if you eat at least 1.3 fl. oz. (39 ml, or 1/6 cup--including cone, if you eat the cone) within four minutes.
- No blessing if you eat less than 1.3 fl. oz. in four minutes.

SITUATION 2 You like the cone and the ice cream equally.

WHAT TO DO Say *borei minei mezonot* (this will cover the ice cream).

After-blessing

- *Al ha' michya* if you eat at least 1.3 fl. oz. (39 ml, or 1/6 cup of ice cream plus cone) within four minutes.
- No blessing if you eat less than 1.3 fl. oz. in four minutes.

SITUATION 3 The cone is sweet and you ALSO like the ice cream as much as the cone.

WHAT TO DO

- Say *she'hakol* on the ice cream.
- When you get to the cone, add *borei minei mezonot.*

After-blessing

- *Borei nefashot.*
- Also say *al ha'michya* if the cone totaled at least 1.3 fl. oz. (39 ml, or 1/6 cup) and you ate it within four minutes.

Fore-Blessing: Which Grains: Mezonot/Non-Mezonot Combinations: Pie

Normally, for a pie say:

Fore-Blessing

Fore-blessing of *borei minei mezonot*, even if it contains less than 1.3 fl. oz. (39 ml, or 1/6 cup) of flour.

After-Blessing

To say the after-blessing, *al ha'michya*, you must eat a total volume of at least 1.3 fl. oz.--even if the flour was a minority of the ingredients.

However, if you prefer the filling to the crust (if you would not eat the crust by itself), say the appropriate fore-blessing over the filling, such as:

- *She'hakol* (after-blessing: *borei nefashot*), or
- *Borei pri ha'eitz* (after-blessing if on more than 1.3 fl. oz. of the *Five Special Fruits*--figs, dates, grapes, or pomegranates: *al ha'eitz*.

Fore-Blessing: Which Grains: Mezonot/Non-Mezonot Combinations: Turkey with Bread Stuffing

SITUATION You will eat bread stuffing with turkey. The bread stuffing has at least one chunk of bread at least 1.3 fl. oz. in volume.

WHAT TO DO Wash and say *ha'motzi*. If you eat at least 1.3 fl oz of the stuffing, say *birkat ha'mazon* afterward.

SITUATION You will eat bread stuffing with turkey. There is NOT at least one chunk of bread at least 1.3 fl. oz. in volume.

WHAT TO DO Do not wash and say *ha'motzi*, and do not say *birkat ha'mazon* (unless you eat enough to constitute a full meal). However, if you enjoy the stuffing as much as the turkey or will eat some stuffing by itself, say *borei minei mezonot.*

BOREI MINEI MEZONOT: WHICH COOKING METHODS

FORE-BLESSING: COOKED DOUGH

Fore-Blessing: Cooked Dough/Pasta

Bread must be baked in order to say *ha'motzi* on it ; dough that was cooked by any method other than baking (such as pasta) gets the fore-blessing of *borei minei mezonot*.

NOTE Even if you eat enough to constitute a meal, you still say *al ha'michya* afterward.

FORE-BLESSING: FRIED BREAD BATTER

Fore-Blessing: French Toast

See Bread/*Mezonot*: Mixtures with Other Foods.

FORE-BLESSING: RAW OR COOKED GRAINS

Fore-Blessing: Raw or Cooked Grains: Porridge/Oatmeal

If oatmeal is porridge, say *borei minei mezonot* (after-blessing, *al ha'michya*).

Fore-Blessing: Raw or Cooked Grains: Rolled Oats/Muesli

If rolled oats are eaten without cooking (such as in raw muesli), say *borei pri ha'adama* (after-blessing, *borei nefashot*).

Fore-Blessing: Raw or Cooked Grains: Granola

On granola, since it is cooked (baked), say *borei minei mezonot* (after-blessing, *al ha'michya).*

Fore-Blessing: Raw or Cooked Grains: Granola Bars

On granola bars, say *borei minei mezonot* (after-blessing, *al ha'michya).*

FORE-BLESSING: CAKE BATTER

Fore-Blessing: Raw Cake Batter

Before eating raw cake batter, say *she'hakol* (after-blessing: *borei nefashot*).

BOREI MINEI MEZONOT: INTENDED AS MEAL OR SNACK

Fore-Blessing: Bread-Like Crackers

Fore-blessing for Ryvita and other bread-like crackers :

- *Ha'motzi* if they are normally eaten as a meal —even if you eat only a small amount. The after-blessing is *birkat ha'mazon* as long as you ate at least 1.3 fl. oz. (39 ml, or 1/6 cup) within four minutes.

  NOTE If you ate less than 1.3 fl. oz. or took more than 4 minutes, do not say any after-blessing.

- *Borei minei mezonot* if normally eaten as a snack (after-blessing: *al ha'michya*) .

SITUATION Crackers are normally eaten as a snack, but YOU eat it as part of a meal.
WHAT TO DO Say *ha'motzi* (after-blessing, *birkat ha'mazon).*

Fore-Blessing: Bread Sticks

Bread sticks are intended to be eaten as a snack, so say *borei minei mezonot* and not *ha'motzi* (after-blessing, *al ha'michya).*

Fore-Blessing: Crackers

Over crackers, say the fore-blessing *borei minei mezonot* (after-blessing, *al ha'michya).*

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