

## 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).