

JEWISH FESTIVALS: TWO LOAVES (LECHEM MISHNEH): SALT

Why Dip Challa in Salt

Before eating bread (at any time, not just on Shabbat or Jewish festivals), the bread should be dipped in some salt. This makes it taste better and makes it like a sacrifice (which had salt added to it).

NOTE You may sprinkle salt on the bread instead, but kabbala recommends dipping.