## 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.

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