SHABBAT: FOOD READY BY SUNSET

Blech and Food Fully or Incompletely Cooked by Sunset

When using a *blech* (sheet of metal to cover fire source and controls), it is customary for food to be fully cooked (edible) before sunset (or before candle lighting for a woman) to avoid the temptation to stir the food or increase the heat to help the food cook more quickly.

Replacing Lid and Food Incompletely Cooked by Sunset

For food that is not fully cooked, you may not remove and replace the lid (such as when checking to see if the food is cooked).

REASON Replacing the lid helps cook the food (the food's being fully cooked before *Shabbat* avoids this problem).

When using a crockpot or slow cooker with a glass lid, however, the food does not need to be fully cooked.

REASON You can see how well cooked the food is through the lid.

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