

# 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.