SHABBAT: GRINDING (TOCHEIN)

Grinding on Shabbat: How Finely You May Grind

You may not grind, grate, or even finely chop or dice food on *Shabbat*. You may not use a garlic press on *Shabbat*.

The minimum size before violating the *melacha* of *tochein* varies by the type of food. The resulting pieces must be somewhat larger than the size you would normally use in order to be permitted.

Grinding on Shabbat: Avocadoes

You may crush or squash an avocado (such as when making guacamole) on *Shabbat*, but ONLY:

- Using a *shinu'i* (such as a spoon, knife, or spatula),
- Without using a specialized tool (such as a grinder, potato masher, or fork),
- If you eat it immediately after preparing it, and
- If you leave some pieces larger than you normally would.

NOTE If you intend for all pieces to be somewhat larger than usual but some end up small, it is OK.

Grinding on Shabbat: Eggs

You may pulverize a cooked egg (such as a hard-boiled egg) on *Shabbat* but:

- You may not use a specialized utensil (you may use a fork), and
- You must eat it immediately.

NOTE No *shinu'i* is needed.

© Copyright 2026 Richard B. Aiken | www.practicalhalacha.com