

MOTZI AND MEZONOT

In Practice

Depending on the quantity and type of bread consumed, it is necessary to recite a different initial and final blessing.

The Torah-Box team offers you a practical sheet that will allow you to quickly check which brachot you need to recite during these types of meals (for Sephardim).



According to the **quantity** of bread consumed

	Netilat Yadayim	Hamotzi	Birkat Hamazon
Less than 27 grams (0,9 oz)	✗	✓	✗
Between 27 and 54 grams (between 0,9 and 1,90 oz)	✓ <small>WITHOUT A BLESSING</small>	✓	✓
From 54 grams (1,90 oz)	✓	✓	✓



According to the **Type** of Dough

	Mezonot	Hamotzi	Examples
Sweet Dough (according to taste)	✓	✗	<i>Rolls (soft), pizza</i>
Crust Dough (cuit dans ce but)	✓	✗	<i>Crackers, biscotti</i>
Stuffed Pastry	✓	✗	<i>Stuffed pastry with dates, honey...</i>

If the dough contains more sugar than salt, the blessing of "Mezonot" is not automatically recited. One must taste the dough after baking it. If it tastes sweet, "Mezonot" is recited, otherwise "Hamotzi".



Eating **Cake**

	Mezonot	Hamotzi	Examples
If one eats more than 216cm ³ (about 216g or 7,61 oz) of Mezonot dough baked in the oven	✗	✓	<i>Borekas, cake, crackers, biscuits.</i>

If the dough is not baked in the oven, the blessing of Mezonot is recited, e.g. pasta, pancakes, doughnuts.



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To Know



Netilat Yadayim - Washing Hands

We take a *keli* (container) unbroken (minimum 8.6 cl) that we fill up with water. The right hand passes the container to the left hand, and we then wash our right hand three times. We then pass the *keli* into the right hand, and pour three times over the left hand. We must ensure to cover our entire hand with water. It is advisable to turn the hand around during washing to ensure that the whole hand gets wet.

We raise our hands (while they are still wet) to the level of our head, and we recite the blessing without any interruptions and then we wipe our hands:

Baruch Ata Ado-nai

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Elo-heinou, Melech Ha-olam,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצָוָנוּ

Asher Kideshanu Bemitzvotav,

עַל נְטִילַת יָדַיִם

vetzivanu Al Netilat Yadayim.



The Blessing of Hamotzi

Before eating bread, we recite the blessing of "Hamotzi". We hold the bread in both hands and then recite the blessing:

Baruch Ata Ado-nai

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Elo-heinou Melekh Ha-olam,

הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

ha-motsi lé'hem mine ha-aréts.

After eating 27g (or 0,9 oz) or more of bread, we recite the Birkat Hamazon.



The Blessing of Mezonot

Before eating a pastry made from grains or rice, we recite the blessing of Mezonot. Take the food in your right hand and recite the blessing:

Baruch Ata Ado-nai

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Elo-heinou Melekh Ha-olam,

בוֹרֵא מִיַּיִן מְזוֹנוֹת

boré minéi mézonot.

