

Primary & Secondary Foods – Part 2 - Mezonos Foods:

1. **Rule #1: A mezonot food** (foods of the five grains wheat, barley, spelt, oats and rye – but not rice) **receives its own bracha even when it is the tafel.**
2. For example, soup nuts which are added to soup simply to enhance its taste should not require a bracha, since they are *tafel*. However, since the bracha on soup nuts is Mezonot, they do receive a bracha. You should first say Mezonot on the soup nuts, and then recite a separate bracha on the soup (which is the *ikar*).
3. If you add a lot of soup nuts, then the Mezonot becomes the *ikar* and no other bracha is said.
4. **Rule #2: When mixed with other ingredients and made into one food, a mezonot ingredient is always considered the *ikar*, even though it is not the majority.**
5. For example, a cake that contains flour, sugar, spices, eggs, yeast and water. In this case, all the ingredients are secondary (*tafel*) to the flour, and the bracha is therefore Mezonot, even if the flour is the minority ingredient.
6. Cheese cake, made mainly of cheese, with a relatively **thick crust** on the bottom, since the whole cake is **baked together**, is considered as one food. And although the crust is clearly not the majority, it does add flavor, and is considered the *ikar* -- even though you eat the cake primarily for its cheese component. So the bracha on cheese cake is Mezonot.
7. A cake topped with creme frosting, if the frosting is minimal, then it is *tafel* and a bracha is said only on the cake. However if the frosting is a thick layer, and you desire it for its own sake, then the frosting requires its own bracha of Shehakol. (If you are in doubt, you should say Shehakol on another shehakol-food, and have in mind to cover the frosting.)
8. Both of the above rules pertaining to mezonot foods are applicable only when the mezonot ingredient is adding either **flavor or sustenance**.
9. **Exception #1:** However, **When the mezonot ingredient is insignificant, the rules will change.**
10. **Example #1:** Flour is often added to meat balls in order **to give them a thicker texture**. If this is the **only reason** that the flour is being added (not for taste or sustenance), then it does not become *ikar* and the bracha on the meatballs is Shehakol. The same is true of gefilte fish.
11. **Example #2:** If cheese cake was baked with a **thin crust** whose sole purpose is to **hold the cake together**, then its bracha would not be Mezonot, but rather Shehakol.
12. **Example #3:** Licorice candy is made primarily of flour, but **the purpose is only as a binding agent**. The flour is not being added for either taste or sustenance, and as such the bracha on licorice is Shehakol.
13. **Exception #1:** When the mezonot (or even bread) is being eaten for the **sole purpose** of accompanying the other food.
14. **Example #1:** You want to eat a very salty piece of fish. This fish is practically inedible by itself, because it is so salty. In order to make the fish palatable, you eat it with a piece of bread. Since you are not interested in eating the bread per se, and it is only being used to temper the salty taste of the fish, the fish is considered the *ikar* and the bread is *tafel*. In this case, only Shehakol, the bracha on the fish, is recited.
15. **Example #2:** Someone drinks a shot of whiskey, and when reciting the blessing has the intention to afterwards eat a small piece of cake to soothe the burning sensation of the drink.
16. However, If you are **also** interested in eating the *tafel* (the bread or the cake), then they do require their own separate bracha. The status of *tafel* applies only in a case where the food is being eaten exclusively because of another food or drink.
17. Fried fish or chicken cutlets which are coated in breadcrumbs will depend on how significant the breadcrumbs are in terms of the whole food.

- A thin coating of breadcrumbs is generally regarded as a spice, and does not add enough to be considered *ikar*. Therefore the bracha is Shehakol.
- If, however, the coating is thick or adds significantly to the taste of the cutlets, then Mezonot is required on the breadcrumbs. [However, it is best to say Mezonot on the coating, and Shehakol on some other food, having the chicken in mind. If this is not possible, then you should separate a bit of chicken from the coating, and say two separate brachot.]