

Laws of Brachos – Review Sheet #15:

Primary & Secondary Foods – Part 3 - Soups:

1. The bracha for any plain broth is Shehakol. This applies also to broth that contains a small amount of vegetables, since the *ikar* is the soup.
2. For example, chicken soup that includes bits of carrots and onions gets a Shehakol.
3. The bracha on vegetable soup is Ha'adama. Since the vegetables are the main ingredient, the broth is considered *tafel* and does not receive a separate bracha.
4. However, if you **only** want the broth and not the vegetables, the bracha on the soup becomes Ha'adama. However, this rule is subject to the following 3 conditions, **which must all be met**, otherwise, it is Shehakol:
 - the vegetables were cooked in order to be eaten as well, not only to add flavor to the soup
 - these types of vegetables are commonly used for soup
 - the vegetables add a significant amount of taste to the soup
5. When a soup is **cooked** with noodles, the Mezonot said on the noodles covers the liquid as well.
6. However, If you **also** desire the soup **and** it is the majority, then this requires two brachot: first on the soup, then on the noodles. (In situations of doubt, you could recite a Shehakol on some other food, having in mind to cover the soup-broth as well.)
7. The bracha on a soup made from vegetables that are **pureed or dissolved completely** in the liquid is Shehakol. This includes split pea or tomato soup, as long as there are no chunks of vegetables remaining. If pieces of vegetable are still discernable, then Ha'adama is recited.
8. Fruit soup receives the bracha of the fruit contained in the soup. When there are both ha'adama and ha'aitz fruits, the bracha is determined according to the majority type.
9. Unlike vegetable soup, however, the bracha on the **liquid soup** when eaten alone is Shehakol.
10. Cholent made with barley, meat and potatoes is considered one food, and requires only one bracha. According to the rules of *ikar v'tafel*, the bracha should be determined by the majority ingredient. Nevertheless, since cooked barley is Mezonot, which has preferential status, the bracha on cholent is Mezonot, regardless of what is the majority ingredient.
11. However, if the pieces of potato and/or meat are so large that you eat bite-fulls of these with **no barley**, then the meat and potatoes would require their own separate brachot.

Cereals:

1. **Wheat Flakes** - The bracha is Mezonot on cereals made by cooking wheat, then shaping them and toasting/baking. (Wheaties and Shredded Wheat)
2. **Grain Flour** - The bracha is Mezonot for any cereal made from wheat flour (Wheat Chex), oat flour (Cheerios), rice flour (Rice Chex), or multi-grains (Fruit Loops).
3. **Bran** - The bracha on a cereal (All Bran) made solely from bran (the outer shell of the grain) is Shehakol. Many bran cereals, however, have wheat flour or oat flour added, which makes the bracha Mezonot. (Raisin Bran, Bran Flakes)
4. **Rice Krispies** - These are made by cooking the rice and then toasting. As such, the bracha is Mezonot. This applies also to Cocoa/Fruity Pebbles and to Special K (which is made from ground rice that is cooked).
5. **Corn Flakes** - are manufactured in two different ways.
 - Corn kernels are smashed or rolled into flakes and then baked (usually listed in the ingredients as "milled corn"). Since the kernels are essentially intact, the bracha is Ha'adama. (Kellogg's Corn Flakes, Frosted Flakes, Corn Chex)
 - Corn is ground into flour and from this the flakes are formed (usually listed in the ingredients as "milled corn"). Since these no longer resemble corn in form or appearance, the bracha becomes Shehakol. (General Mills Country Corn Flakes)
6. **Corn Flour** - The bracha is Shehakol for any cereal made from corn flour (Corn Chex). However,:
 - If wheat or oat flour is added to a "corn flour" cereal, the grain ingredient automatically becomes the *ikar* (even though it may be the minority) and the bracha would be Mezonot -- providing that a wheat or oat-like taste is detectible. (Honeycomb, Apple Jacks)
 - When wheat starch is added, this is a binding agent and is *tafel*; the bracha remains Shehakol. (Cocoa Puffs, Trix, Cap'n Crunch)
7. **Ikar v'Tafel** - Crispix cereal has a unique composition of crispy rice on one side of the square, and crunchy corn on the other. Since neither is the *ikar* or the *tafel*, two brachot are required: First say Mezonot and eat from the darker (rice) side, then say Ha'adama and eat from the lighter (corn) side.
8. **Puffed Cereals** - Honey Smacks and Sugar Crisp (now called Golden Crisp) are essentially whole wheat kernels that are "popped" (or "puffed"). Since

they are not cooked (i.e. unprocessed or slightly processed), the bracha is Ha'adama.

9. **Cooked Cereal** - If a cooked cereal (porridge, farina) is made from wheat, oats, barley or rice, then the bracha is Mezonot. If it is made from corn, the bracha is Shehakol.
10. **Granola** - the bracha on granola is Ha'adama. (If the oat particles adhere to one another, then the bracha would be Mezonot.) Note that most granola **bars** are produced from **cooked** oats, and thus the bracha is Mezonot.
11. **Wheat germ** depends on the processing: cooked wheat germ is Mezonot; toasted wheat germ is Ha'adama (since the heating is only applied to deactivate the enzymes, not to cook the germ).