

A Mixed Blessing

Excerpted and adapted from a shiur by Rav Yosef Jacobovits

...[H]oly, praises to Hashem. (Vayikra 19:24)

The Gemara (*Berachos* 35a) connects this *pasuk* to

bracha rishonah, in which one praises Hashem for the food he is about to eat.

When eating a mixture of foods, the Shulchan Aruch (O.C. 212)

rules that one generally recites a bracha on the *ikar* (primary

food) and not on the *tafel* (secondary food), whether the two

foods are distinct entities or all mixed as one. On bread with salty fish one

recites *shehakol*, because the bread is eaten as a *tafel* to the

fish. When eating a fruit salad (see *Biur Halacha* at length), the accepted

psak

is that if the average spoonful includes both fruits and vegetables, we recite one

bracha on the majority. Otherwise, one recites two brachos.

If a *mezonos* ingredient is part of the mixture, one generally recites only

mezonos. Thus a breakfast cereal that contains both a *mezonos* grain and

corn would be *mezonos*. But if the grain is used for texture and not flavor, it

would not. (According to Rav Belsky, this is the case with licorice, whose

first ingredient is often flour.) Many foods are questionable, such as

schnitzel, Frappuccino with cookie crumbs, cookies-and-cream ice cream,

salad with croutons, and yogurt with granola, and each of these cases must

be addressed separately. For example, most *poskim* hold that one recites

shehakol on schnitzel since the primary food is the chicken, though some

rule it's *mezonos*. If the breading is especially thick, perhaps there is more

reason to recite *mezonos*.
