

# 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: Avocados

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.