

# SHABBAT: TWO LOAVES (LECHEM MISHNEH): SALT

## Why Dip Challa in Salt?

Before eating bread (at any time, not just on *Shabbat* or *Jewish festivals*), dip the bread in some salt.

REASON #1 Salt makes the bread taste better and it is more prestigious for blessing.

REASON #2 Salting the bread makes it like a sacrifice (which had salt added to it).

NOTE You may sprinkle salt on the bread, but *kabbala* recommends dipping.