

How to Separate Challah

When Measuring Flour in Cups

It is preferable to measure the amount of flour in units of weight (grams, pounds, ounces) rather than in cups, because different types of flour have differences in moisture content, and the manner in which the flour is measured affects the measuring results. When flour is measured in cups, it is best to avoid the “gray areas” in the diagram below.



* The figures were calculated with a standard 8 oz. (230 cc) measuring cup containing sifted white flour. The figures were calculated based on the opinion of Rabbi Chaim Naeh.

1. Place the dough in front of you, before it has been formed into any sort of shape.

If you are separating challah from a loose batter, or if you forgot to separate challah before baking, see “Separating Challah After Baking.”

2. Some have the custom to give charity or wash hands (netilat yadayim) without a blessing before fulfilling the mitzvah.

This is a favorable time for personal requests and prayers (see [prayers](#)).

3. Recite the blessing.

It is the custom to stand while performing this mitzvah.

Ashkenazim:

Hebrew:

**ברוך אתה יי אלהינו מלך העולם אשר קדשנו במצוותיו וציונו להפריש חלה
[מין העיסה]**

Transliteration:

BA-RUCH A-TAH A-DO-NOI ELO-HAI-NU ME-LECH HA-O-LAM A-SHER KID-SHA-NU B'MITZ-
VO-TAV V'TZI-VA-NU L'HAF-RISH CHAL-LAH

Translation:

**Blessed are You, L-rd our G-d, King of the Universe, who has sanctified us with His commandments
and commanded us to separate challah.**

4. Remove a small piece from the dough, lift it, and say:

הרי זו חלה HA'REI ZO CHALLAH This is Challah

The piece of dough can be of any size. The custom is to separate a kazayit – 28 grams (approximately one ounce), or the size of a ping-pong ball.

5. Burn the separated dough or wrap it in two layers and discard it.

It is preferable to burn the piece of dough that has been separated, but not in the oven. If the challah is burned on the gas range, it should first be well wrapped in aluminum foil so that the dough does not touch the grate. Another option is to place the piece of dough inside a tin-can and burn it on a lit gas range. If burning the challah cannot easily be done, it may be wrapped in two layers of a material such as aluminum foil or plastic bags and discarded.