

TRADITIONAL

What is Hametz?

Contributed by [shai cherry](#)

Source: original

Hametz is made from one of these five grains.

WHEAT

RYE

SPELT

OATS

BARLEY

Matza MUST be made from one of these five grains. From the moment that water touches the flour made of these grains, the matza must be rolled out and baked within 18 minutes.