



HOUT 3

(CLIL Lesson Plan - Ukrainian National Cuisine: Banosh)

Task 3. Watch the video for more information about Banosh.

https://www.youtube.com/watch?v=FUKWXi9cHYg&ab_channel=AuthenticUkraine

Pay attention to the details which will help you complete reading comprehension tasks:

a) Read through these tips and tricks so that you know:
- what to expect;
- what to substitute
if you get stuck with the ingredients, cooking process and taste.

Recipe Tips and Substitutions

- Use good quality ingredients for the best flavor.
- To make the banosh less fat, you can replace the cream with milk. However, the real Ukrainian banosh is prepared with cream.
- If you don't want to use bacon, you can also use ham.
- Traditionally, banosh is made with bryndza cheese as a topping. If you can find it, use that – alternatively, you can use feta cheese. In general, it's important that the cheese is pickled (in brine) and soft enough. Hard cheese like cheddar won't work.
- Banosh should have a creamy and thick consistency. If necessary, you can adjust it by adding more liquid or cornmeal to achieve the desired texture.
- If you are using salted butter and very salty cheese, you may want to reduce the extra salt you add.
- Banosh tastes best when it's hot, so plan to serve it right after it's cooked.

b) Do the matching exercise:

1. Use good quality ingredients	a) you can replace the cream with milk
2. To make the banosh less fat,	b) alternatively, you can use feta cheese
3. If you don't want to use bacon,	c) for the best flavor
4. Traditionally, banosh is made with bryndza cheese,	d) you can also use ham
5. Banosh should have a creamy	e) when it's hot
6. If you are using salted butter	f) and thick consistency
7. Banosh tastes best	g) you may want to reduce the extra salt

