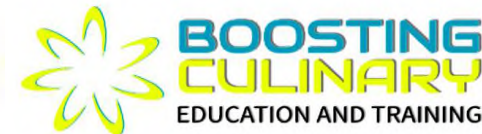




Co-funded by the  
Erasmus+ Programme  
of the European Union



# CHERNIVTSI HIGH SCHOOL OF COMMERCE of State University of Trade and Economics



UKRAINE



# *National Cuisine*







Co-funded by the  
Erasmus+ Programme  
of the European Union



# BANOSH



**CHERNIVTSI**  
**HIGH SCHOOL OF COMMERCE**  
of State University of Trade and Economics



# BANOSH

**CHERNIVTSI**

**HIGH SCHOOL OF COMMERCE**

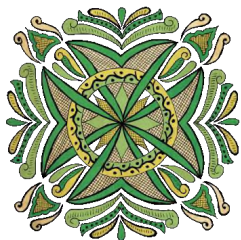
**of State University of Trade and Economics**





# Banosh fact file

- **Banosh** is a type of Ukrainian porridge.
- **Ingredients:** cornmeal, sour cream, and cream.
- **Topping :** butter, bacon, and salty cheese – usually brynza (sheep's cheese).
- **Origine:** Western Ukraine and the region from which it came (the Carpathian Mountains).











Co-funded by the  
Erasmus+ Programme  
of the European Union



# INGREDIENTS





# Banosh Recipe

## Ingredients:

- 100 g of medium-ground corn grits
- 250 ml of fat sour cream
- 200 ml of milk
- 100 ml of water
- 50 g of butter
- salt and pepper to taste
- cottage cheese/greens for serving

## For frying:

- 1 onion
- 1 chili
- 2 cloves of garlic
- smoked paprika, salt and pepper
- 2–3 tbsp. oil







# How to cook Banosh?

**Pour water** into a saucepan and bring to a boil.

**Combine the creamy ingredients**, add to the water in the saucepan.

**Bring the mixture to a boil.**

**Add the cornmeal and stir** so that no lumps form.

When thickened in consistency, **pour into a bowl** and **add fried bacon** and a salty, pickled **cheese as a topping**.











Co-funded by the  
Erasmus+ Programme  
of the European Union

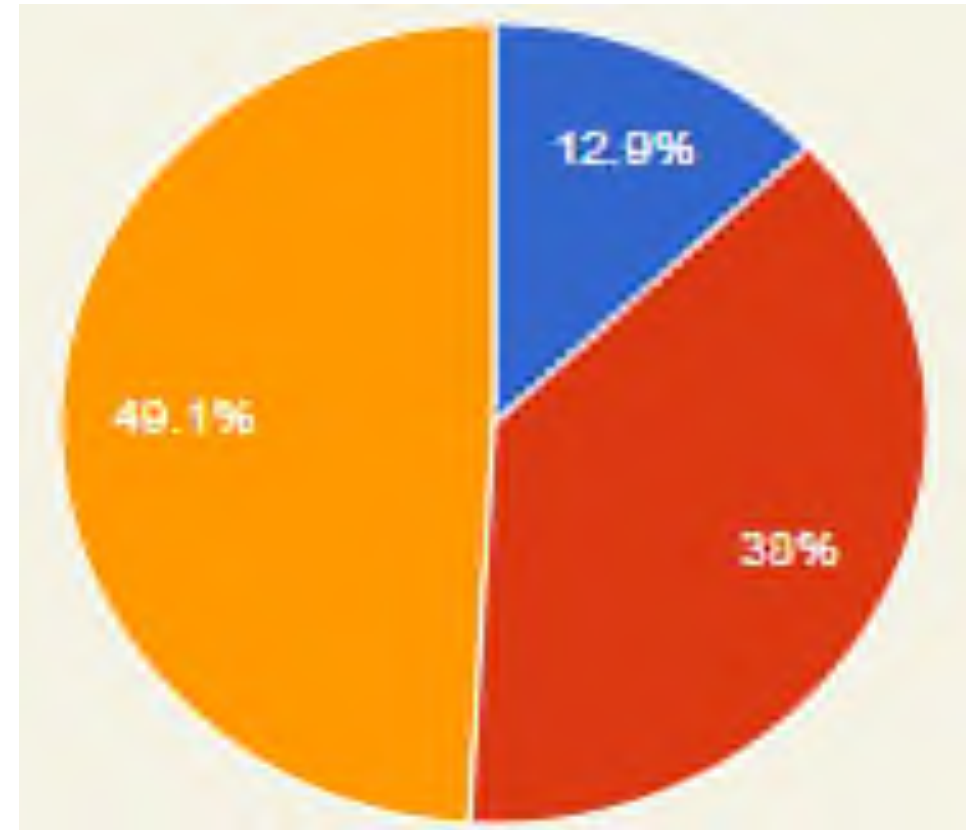


# LAY OUT





# Nutritional Information Per Serving:







Co-funded by the  
Erasmus+ Programme  
of the European Union

**BOOSTING  
CULINARY**  
EDUCATION AND TRAINING







Co-funded by the  
Erasmus+ Programme  
of the European Union



# BANOSH



**CHERNIVTSI  
HIGH SCHOOL OF COMMERCE  
of State University of Trade and Economics**