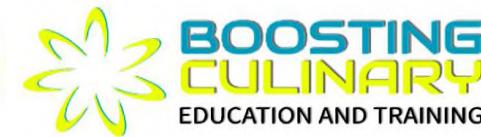




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CHERNIVTSI HIGH SCHOOL OF COMMERCE of State University of Trade and Economics



UKRAINE



National Cuisine





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BANOSH



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Banosh fact file

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







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.







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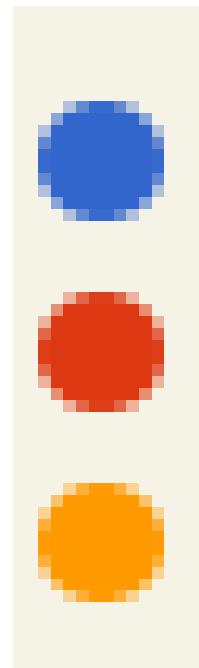


LAY OUT





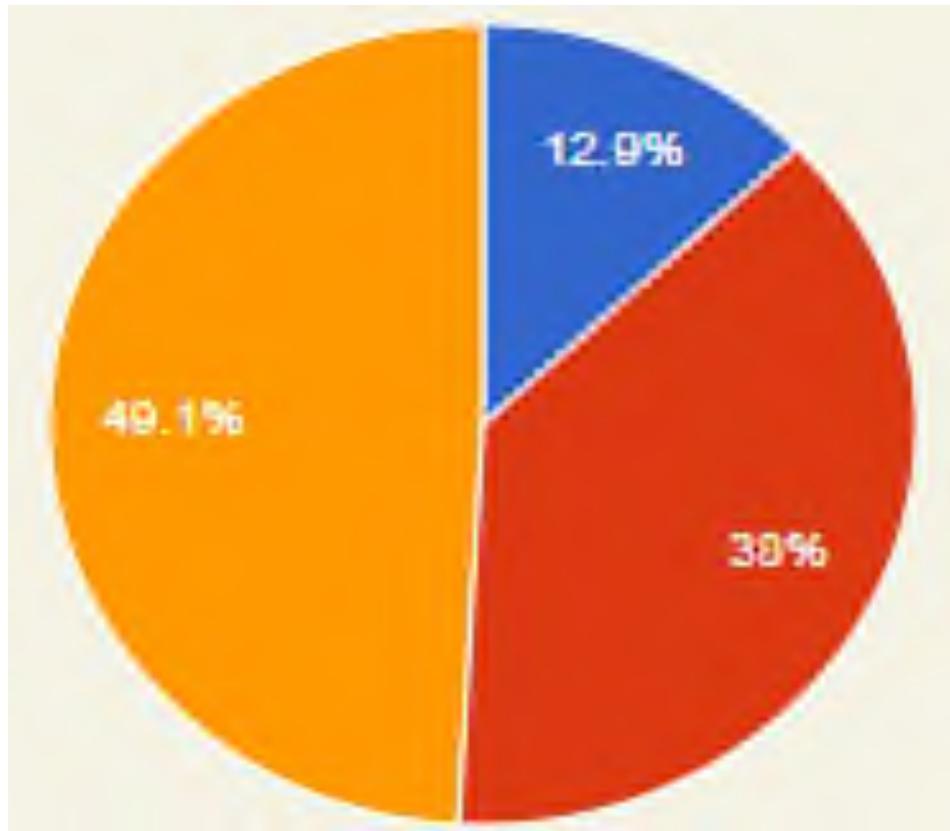
Nutritional Information Per Serving:



proteins

fats

carbohydrates





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