



made  
by:



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# Welcome to International Kitchen

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Hi everyone! I am happy to share my first e-book which is a cookbook.

As I love travelling a lot, and I hope, you do as well, I decided that it should be an international kitchen.

Here you can find recepies of both European and Asian cuisines. I picked up 5 our favorite ones.

I want to thank Lindsay Marsh whom couse I went through and who tought me InDesign to make this book come into world.

Enjoy cooking.

*Kseniia Aslan*





# Gedlibjee Chicken





# Gedlibjee Chicken

## Ingredients:

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- *One full chicken or 4 chicken breasts instead.*
- *4 table spoons of sour cream, of you don't have it like me, you can take yoghurt as well.*
- *Two table spoon of frying oil ( sunflower, etc.)*
- *200 ml of boiled hot water*
- *Parsley*
- *1-2 onions*
- *Two gloves of garlic*
- *1/2 table spoon of white flour*
- *Salt*
- *One tea spoon of black pepper, paprika, and basil ( one person each)*

## Preparation:

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1. Wash the chicken or your favorite vegetable, clean if necessary and divide it into parts with knife.

For breasts - cut them into thick stripes

2. Warm the sunflower oil on the pan and fry the chicken there in till it turns into golden colour.

3. While frying cut the onion and garlic into small pieces.

4. Prepare a sauce - mix well hot water with sour cream or yoghurt and flour. There shouldn't be lumps there.

5. Add onions to chicken and cook for 2 minutes

6. Put garlic into the pan

7. Add sauce, mix everything and bring it to boiling.

8. Add spices and salt, close the lid and keep cooking for 20 minutes

9. Cut the parsley into smaller pieces and add it to the ready meal.



## Quick Tips

Don't cook more than 20 minutes otherwise all the water may disappear.



# Vegetables Spring Rolls





# Vegetables Spring Rolls

## Ingredients:

- 2-3 sliced green onions or 1/2 of regular white onion
- 2-3 cut into thin stripes green peppers
- 2 gloves of crushed garlic
- 200 g white cabbage cut into stripes
- 2 medium carrots cut into striped
- 1 table spoon of soy sauce
- 1/4 ntable spoon of white pepper
- 20 frozen spring rolls wrappers
- sunflower or other oil for frying
  
- Sweet chilli sauce to serve

## Preparation:

1. Heat a wok over high heat until hot. Add oil. Swirl to coat. Add onion, garlic, peppers, carrots and cabbage.

Stir-fry for 2 to 3 minutes or until soft. Add soy and white pepper. Transfer to a bowl. Set aside to cool. Wipe wok clean.

2. Place 1 wrapper on a board with a corner pointing towards you. Spoon 1 tablespoon vegetable mixture into corner of wrapper.

Fold corner over filling then roll up from corner to corner, folding edges in to enclose filling. Repeat with remaining wrappers, and filling.

3. Pour vegetable oil into wok until one-third full. Heat until a small piece of bread dropped into oil sizzles. Cook spring rolls, in batches, for 3 to 4 minutes or until golden.

Remove to a wire rack over a baking tray. Keep warm in oven while cooking remaining spring rolls. Allow oil to reheat after cooking each batch. Serve hot with sweet chilli sauce.\*

\* Source - <https://www.taste.com.au/recipes/vegetable-spring-rolls/46b19c4c-4d4c-48ae-89a0-fb77c94eb4eb>



Rolls can get brown too fast while frying. Be careful with it.



# Lahmajun







# Lahmajun

## Ingredients:

### For the dough:

- 3 cups all purpose flour,
- 1 teaspoon salt,
- 1 cup water, slightly warm

### For the topping:

- 250 g ground beef,
- 1 onion, finely chopped,
- 1 green pepper, finely chopped,
- 1 tomato, finely chopped,
- 1 clove of garlic, mashed,
- 1 tsp tomato paste,
- 1 tsp pepper paste,
- 1/2 bunch parsley, chopped,
- 1 teaspoon salt.

## Preparation:

1. Mix flour and salt for dough,
2. Add water slowly and knead until you get a soft dough,
3. Cover it and rest for half an hour,
4. Take all other ingredients on a large cutting board and mix with a knife as if you are chopping them,
5. Heat in the oven at 240 degrees,
6. Take a small piece of dough and roll in the size of a plate,
7. Put the dough leaf into the oven tray,
8. Take 2 tbsps from the filling and spread over the dough,
9. Bake until the edges are slightly brown,
10. Prepare the remaining dough and filling in the same way,
11. You can serve and eat with persley and fresh lemon juice.\*

\* Source - <https://turkishstylecooking.com/lahmacun-recipe.html>



## Quick Tips

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# Lentil Soup





# Lentil Soup

## Ingredients:

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- 1,5 water glass of red lentils
  - 2,5 L water
  - 2,5 tea spoons of salt
  - pressure cooker

## Preparation:

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1. Wash the lentils in 5 waters
  2. Put lentils with water into pressure cooker on medium fire but don't close the lid.
  3. Wait till the water starts boiling then add salt.
  4. Close the lid and keep cooking for about 15 minutes after the sound of the steam appears.
  5. Close the fire, let the steam go out, open the lid - the soup is ready.



After the soup is ready you can add dry mint, lemon juice, or other spices that you like.



# Blini - Russian Pancakes





# Blini - Russian Pancakes

## Ingredients:

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- 280 gr of wheat white flour
  - 500 ml of milk
  - 3 eggs
  - 2-3 table spoons of sugar
  - 1 tea spoon of salt
  - 3 table spoons of sunflower or other vegetable oil + some amount for frying

## Preparation:

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1. Break 3 eggs into a separate bowl
  2. Add salt, sugar, mix well with mixer
  3. Sift the flour into separate bowl
  4. Add 200 ml of milk into the bowl with eggs
  5. Add half of the flour and mix with mixer
  6. Add the rest 300 ml of milk and the rest of the flour slowly spoon by spoon
  7. Keep mixing everything, at the end add 3 spoons of sunflower oil and mix again - there shouldn't be lumps there
  8. Let the mixture stand for 15 minutes
  9. Heat the pan, lubricate it with sunflower oil and add the mixture using ladle.
  10. Fry each "blin" till golden colour on each side on medium fire - about 2 minutes per side



## Quick Tips

You can put some butter on the ready blini and serve them with sour cream or honey.

*Thank You!*  
*don't hesitate to re-share*

Made by Kseniia Aslan,  
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