

# WHAT IS SERVED AT THE MOTO GP VIP VILLAGE?

...San Marino Misano, Barcelona, Jerez de la Frontera, Lisbon, Mugello, Valencia, Le Mans – at all these places, Moto GP races take place. More than 16 thousand content guests per one season will confirm that it is not only about fast cars and beautiful hostesses, but also about excellent food and drinks. Let's learn more about the preparatory stages of this prestigious event. An interview with Honza Šmelhaus, the Moto GP VIP Village Event Manager, will take you behind the scenes.



## 1. What kind of meals do you most commonly prepare for a motor racing event of such scope as the bwin Moto GP?

It all depends on the particular country where the Moto GP is run. We always try to match our offer to the local cuisine. The condition that remains the same for all races is to always offer a fish, a meat and a vegetarian (traditionally pasta) dish. Food is served all day long at Moto GP so we try to prepare a varied offer. It is thus hard to say if there is anything we serve more or less. But there is one thing that can never be omitted – a large wheel of Parmesan cheese!

## 2. Do you consider the race schedule when preparing the menu and does this influence the meal preparation stage in any way?

The VIP Village launch of operations is always the same. The lunch time slot sometimes changes, but if it does, we are always advised beforehand. The greatest issue we have to overcome in line with the service is the requirement to serve food nonstop. When changing the individual meals (breakfast, brunch, lunch and Show Down), we must do it in a way that the clients do not notice - which is in the case of meat sometimes a hard thing to do. Owing to the experienced team, we do manage. ☺

3. What is most often drunk at the Moto GP VIP Village? Champagne, beer or something else? Again, this depends on the host country. In Italy, it is Aperol Spritz, in Spain beer and in the Czech Republic higher-proof spirits in cocktails.

## 4. Do the staff members wear ear plugs to avoid the loud engine roar?

No, even though some of them wished they could! The majority of our staff is connected by walkie-talkies all day long. I cannot imagine organising these event without them. Even though we use walkie-talkies, we have once measured that we (meaning the management) walk some 18 km a day.



## 5. When the race is hosted by the Czech Republic, what do you usually serve? Czech or international cuisine?

For the Czech races, we had taken time mastering the Czech traditional cuisine, for example duck with red cabbage and Karlovy Vary dumplings, but we also did serve some traditional Spanish or Italian dishes as both approaches enjoy great success.

## 6. Which food was most sought after this year in Brno? The duck or Sushi?

Actually, both. By the way, the duck really turned out great. ☺

## 7. Are there any special tricks to make the food extraordinary during such important events? Is there anything that the guests especially value?

I think that most of the guests appreciate the most our offer versatility and freshness of the served meals. Our buffets are designed in a way that assures no food stays there too long and the staff regularly refills the trays. Experienced chefs are at the buffet tables who know how to enhance the meal presentation. Both the guests and I really appreciate this. I do not think I am the only person who enjoys eating with my eyes. From the served items, I would like to mention the truffle honey with parmesan cheese – that is simply the best!

## 8. Do you try to use locally grown fresh ingredient or is this impossible to do during an event held at the motor race tracks?

It is very complicated to transport anything into the VIP Village, usually located in the middle of the race tracks, during the race or already on Fridays before the Big Weekend. If we go shopping, it has to be on the Thursday prior the race when we purchase fresh fruits and vegetables as the quality available abroad far surpasses that of this country.

## 9. How many catering staff members are there at the Moto GP VIP Village?

As far as management, there are three of us, but together with all colleagues, there are altogether about 200 people. With the biggest events still ahead of us, we may even exceed this figure. We usually hire additional local staff for the largest events, but it is quite the challenge when it comes to interacting. We owe many thanks to our HR manager for doing a great job. ☺



Our sleeping arrangements ☺



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## Party at home?

Treat your friends to a special Zátiši Group cocktail and spice up your autumn.

### Bohemia Cider

#### INGREDIENTS:

- 4 cl Becherovka Lemond liqueur
- 10 cl Apple juice
- 1 cl lime juice
- ice
- 8 cl Cider
- star anise
- apple and mint for decoration

#### DIRECTIONS

Put 8 ice cubes into a shaker, add 4 cl of Becherovka Lemond, 10 cl of apple juice, 1 cl of lime juice and star anise. Shake everything thoroughly and strain into pre-chilled long drink glass. We use stylish, ceramic dish, which adds to the whole character of the old Czech cocktail drinks. Finally add about 8 cl Cider. Decorate the cocktail with fresh mint and marigold apple. Serve with straws.

# FESTIVAL OF INTERNATIONAL CUISINES

AT THE INTERNATIONAL SCHOOL OF PRAGUE | Food that both tastes great and helps



## Dream Canteen

| International School of Prague | Google Café  
| TV Nova | Deutsche Schule Prag |

First canteen recommended by:

Slow Food Prague

Each month, for an entire week, we cook the national dishes of one of the 60 nationalities represented at the school. The kids thus discover together with the Italian, Greek, French or Vietnamese cuisine also the local culture and traditions.

Moreover, by purchasing each meal, the children donate, via the People in Need fundraising campaign the Real Help, one restless chicken that becomes the source of income for a poor family in Africa or Asia (through selling eggs or exchanging them for shoes or flour).



2520 restless chickens already

In the school year 2011/2012, children helped donate 2520 chickens to the families in need and decided to carry on with the project in this school year.



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# zátiši group NEWS

A U T U M N I S S U E 2 0 1 2

## How can we make this World a better place by "BEING HAPPY"?

I was at the beach in the South of France in June when suddenly a severe pain in the lower back got me. I was diagnosed with a case of three severe slip discs and the immediate option was an operation to put two Titanium nails along my spine – which I refused. The next option was to be on a heavy dose of pain killers – which I also refused. The last option was diligent physiotherapy every day and meditation to reduce the pain – which is the path I adopted.

So during the past three months, as I was grounded in Prague, I could not travel with Jacqueline and Virat to Ethiopia or with Šimon Pánek to Afghanistan but I had a lot of physiotherapy, meditated a lot and had lots of time to myself so I am going to share with you some of the research that I have found working successfully in my case in the hope that some of you may find it useful too. ☺

### HAPPINESS

Research on positive psychology conducted by Shawn Achor & Dan Gilbert at Harvard, Martin Seligman at the University of Pennsylvania and others elsewhere, came to the following conclusions:

1. Our usual thinking is "if I achieve success, I will be Happy" or "if I get that promotion, I will be Happy" or "if I get to marry a particular person of my dreams, I will be Happy." **Firstly, Happiness is a path and not a destination** and the research shows that money, success, trophy husband or wife provide momentary joy, but do not have a lasting effect on the level of Happiness of any individual over the slightly longer period. **Secondly, and equally importantly, the other thing that conditional happiness does is tells us that we are not happy as we are** (which is not a true statement). Research also showed that we have spent a lifetime convincing ourselves that we are unhappy and setting targets of conditional Happiness. We are naturally hard wired for Happiness and can easily link into this Hardwired Happiness if we decide to.

2. Happiness can be determined by the external environment of individuals by no more than 10-15% and 85-90% is internal to the person. We all have a genetic set point and we return to this set point over time irrespective of the events in our life. Events in our life remain the same – our reaction to those events and to what is happening around us determines our level of Happiness.

3. "Money can buy happiness." - But only if used for others or philanthropic purposes. Research showed that teams that asked its members to spend money on their team members became stronger and winning teams and people who spent money not on themselves were much Happier than those who spent the same money on themselves.

4. Leading a meaningful life with a higher purpose (beyond self) leads to happiness. People who had a purpose in Life were substantially Happier than those who did not.

5. Leading an engaged life "In the flow" where we really enjoy doing whatever we do most of the time. People who really enjoyed what they did and did it passionately were much Happier than those who were just doing something to make a living or even made a lot of money but did not really enjoy it.

As Mahatma Gandhi said: "HAPPINESS is when what you think, what you say and what you do are in Harmony."

The good news is that when we are Happy Productivity goes up by up to over 50% and Creativity by over 300%. It is a state which we call "in the zone" or "in the flow". I can only imagine what happens to profitability when that happens on an ongoing basis ☺

There is clear evidence in the research that instead of thinking we will be Happy when we are successful, if we make ourselves Happy – we will most likely be successful.

Now that is great research but how can we use it to make ourselves Happy.

The other good news is that Happiness is a skill that can be learnt just like football or piano or golf and so this set point for each individual can be moved upwards with simple practice ☺



### RECIPE FOR EVERYDAY HAPPINESS:

The research at Harvard lays out a recipe for everyday Happiness which should not take more than 30 min every day:

1. Be grateful for 3 things in our life every day.
2. Exercise for at least 10-15 minutes.
3. Meditate for at least 2-5 minutes.
4. Write a positive message to someone (we don't necessarily have to know this person)
5. Start to journal our most positive experience over the past 24 hours.

The last piece of good news that comes from research is that if there is anything we do for 21 days, it becomes a temporary habit. If we continue to do it for 60 days it becomes a semi-permanent habit and if we continue for 180 days, it becomes a permanent habit or second nature and could even become our attitude ☺ Now trying to get value for money, I would say 30-90 hours of our time for a lifetime of

Happiness, much higher Creativity, Productivity and all the other ripple effects that would come with it may not be such a bad deal, especially when it is capable of increasing our longevity by 10 – 20 years and keeps us younger than our age all through those years ☺

Also, when we look for gratitude every day, exercise & meditate every day, look for positive messages and journal those positive messages, we become much more compassionate people and because the Human brain is a single processor, it eliminates or takes the place of negative thoughts as a habit and makes us more at peace with ourselves - as Dalai Lama said: "If I am more compassionate, I am the one who benefits the most with inner peace."

And "BEING HAPPY" could become our second nature irrespective of the happenings in the World around us.

At a deeper level we need to:

1. Re-craft our life to use our strengths so that we are "in the flow" as much time as possible. In other words we should do more of the things we are passionate about ☺

2. Use our strengths for something bigger than ourselves – in other words "find a higher purpose in life" and accept vulnerability instead of pretending to be who we are not ☺

Abraham Lincoln once said: "People are as HAPPY as they make up their minds to be."

And now so many years later there is real research on positive psychology from Harvard and other universities done on successful outliers that actually proves that Abraham Lincoln knew then what we know today - scientifically.

Can you imagine what could happen if we all brought this to our companies and further still to our families, our children and even to our schooling system where not just the present but the future generations would grow up happier and lead much happier lives. Research shows that "happier people are more responsible, more ethical and more morally sound as well as mentally & spiritually more affluent".

So finally, we as Human beings have one thing, just one thing, **TO BE**, on our agenda besides all the to do lists. **If the to do lists were so important, we would probably be called Human beings and not Human Beings.**

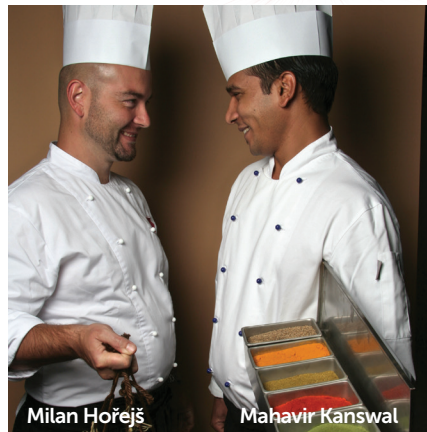
My back is now much better & doctors hope that, at this rate, I will recover nearly fully in the next 6-9 months – which is miraculous ☺.

But we have to start with ourselves as opinion leaders because - as the famous saying goes "I cannot hear what you say because I see what you do" if we practice it, we will be able to spread this simple message and Hopefully one day – make this World a better place to live in for our children and grand children by simply **BEING HAPPY** ☺

Sanjiv Suri ☺



## UNLOCK THE MYSTERY OF GREAT TASTES AT V ZÁTIŠÍ



Autumn innovations by our chefs **Milan Hořejš** and **Mahavir Kanswal** will be as varied and colourful as the leaves on the trees. Come to have a taste!

- **Grilled Turbot filet** served with Peruvian potato purée, carrots with ginger and two sauces – sepia and Nantes
- **Deer sirloin**, forest mushroom sauté, baked pumpkin and black rowan sauce
- **Indian style knee of lamb**, potato purée with saffron and mushrooms, lamb sauce with lime and cucumber raita.

### Double Pleasure

"We serve all meats and fish with two different sauces that in a perfect harmony of tastes best bring out the potential of the used ingredients," says the chef **Milan Hořejš**."

Look forward to **November!** **V Zátiší** will most probably welcome a **visiting chef from Austria. Christian Petz**, a chef promoting the **modern Viennese cuisine** and a holder of many prestigious awards (4 "Hauben", 1 Michelin star in Palais Coburg, "Trophée Gourmet" for creative "A la Carte cuisine", and chef of the year 2002 – Gaul Millau), will reveal some of his mysteries through a **degustation menu** prepared especially for this occasion.

**Fritz Wieninger**, a **prestigious wine producer from Vienna**, the owner of the most prestigious Vienna winery, a pursuer of natural procedures and biodynamic treatment of vineyards will select excellent wines to accompany each course. Did you know that they grow grapevine **in Vienna?** There are **about 700 hectares of vineyards** within the city limits and one of the best ones – **Nusberg** – is located only 6 km from the historic city centre.



### WARM-UP WITH MILAN HOŘEJŠ'S PUMPKIN SOUP

#### INGREDIENTS (for 6 portions):

- 250 g of Muscat pumpkin
- 2 g of red curry paste
- 250 g of Hokkaido pumpkin
- 1 g of nutmeg
- 150 g of pear
- 10 g of brown sugar
- Juice from 1 lemon
- 30 ml of olive oil
- 100 g of onion
- Salt, pepper
- 750 ml of chicken broth
- 250 ml of cream

#### DIRECTIONS

Bake the cleaned pumpkin and pear pulp sprinkled with olive oil, lemon and brown sugar in an oven under 180°C for about 15 minutes.

Fry the chopped onions in olive oil, add the curry paste and baked pumpkin & pear mix, pour in the chicken broth and slow cook for about 50 minutes. Add the cream, let boil for a moment, then blend. Strain using a fine strainer.

Serve garnished with pumpkin oil and fried pumpkin seeds.



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#### DIRECTIONS

##### Pickle juice:

Mix and bring to boil all listed ingredients.

##### Mushrooms:

Clean up the boletus, chanterelle and lactarius mushroom, then rinse with water. Blanch the mushrooms in the prepared pickle juice, strain and let cool down. Place the cold mushrooms into a jar in layers and always add the lemon skin and lemon thyme in each layer. Add the truffle oil and cover everything with warm (60°C) extra virgin olive oil, then let sit for 7 days.

##### Salad:

Rinse the greens with water, then tear to pieces. Toss with the dressing

##### Dressing:

Mix the boletus with water and salt, boil until reduced to 400 g and then let cool down. When the mix cools down, pour it to a blender, add 200 g of the grape oil and blend well.

##### Serving:

Remove the mushrooms from oil and let sit on a strainer to get rid of the oil. Prepare a serving plate by drawing a grid on it using the balsamic reduction. Place the mixed greens tossed with the dressing on the plate and arrange the mushroom atop. Finally, sprinkle with the shredded blue cheese Gran Moravia.



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## AUTUMN WITH PASSION FOR CZECH CUISINE



The autumn selection of specials at **Mlýnec** will be rich with excellent delicacies prepared, naturally, from the **locally grown, seasonal ingredients**. The chef **Marek Purkart** will share with you his art inspired by the traditional Czech cuisine.

### Let him seduce you with his culinary passion:

- **Salad from forest mushrooms pickled for 7 days**
- **Cream of boletus** with truffle foam and boletus ice-cream
- **Streak bacon from a Mladotice- Přeštice, black piebald hog**, prepared for 12 hours the "sous vide" style

### GO MUSHROOM PICKING, THEN PREPARE MAREK'S MUSHROOM SALAD

#### INGREDIENTS (for 8 portions):

##### Mushrooms

- 200 g of boletus
- 200 g of chanterelle
- 200 g of lactarius mushroom
- Skin from 1 lemon
- 2 twigs of lemon thyme
- 1 tea spoon of truffle oil
- 100 ml of extra virgin olive oil

##### Pickle (for 600 g of mushrooms)

- 200 g of white wine vinegar
- 1 l of water
- 20 g of black pepper seeds
- 10 laurel leaves
- salt

##### Salad

- 300 g of red beet leaves
- 200 g of young spinach leaves
- 100 g of frisée lettuce
- 200 g of blue cheese Gran Moravia
- 50 g of watercress
- Balsamic reduction

##### Dressing

- 300 g of boletus
- 200 g of grape oil
- 1 l of water
- 10 g of salt



## MAGIC DUEL OF STARS ALIAS BELLEVUE STAR WARS



Nicolas Sale

Gabriele Feliciani

Autumn at **Bellevue** will witness a great **gastronomic event, so far unparalleled in Prague – a MAGIC duel of chefs. Gabriele Feliciani and Nicolas Sale** will clash in a battle for the better five course menu **from October 1<sup>st</sup> to 9<sup>th</sup>**.

### Here is the assignment the chefs received:

- **Amuse bouche** – something typical from their country or region
- **Cold starter** – to be created from local and seasonally grown central European ingredients
- **Warm starter** – with a pumpkin as the core ingredient
- **Fish** – St. Peter's fillet
- **Meat** – venison, preferably deer or fallow deer
- **Dessert** – featuring autumn fruit



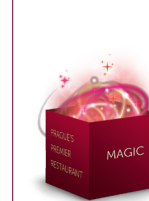
### TRY GRILLED LAMB CHOPS BY GABRIELE

#### INGREDIENTS (for 2 portions):

- 8 lamb chops
- 6 table spoons of olive oil
- 1 table spoon of chopped thyme
- 2 table spoons of chopped rosemary
- 1 twig of fresh mint
- 1 garlic bulb
- 2 slices of toast bread
- 1 tea spoon of salt
- ¼ of tea spoon of black ground pepper
- 6 artichokes
- 6 parmesan shavings
- flour

As part of each course, two meals will be served on one plate, each prepared by a different chef. You will be able to judge the meals without knowing who cooked them. The name of your champion will be revealed at the end of the evening.

### Do not miss this!



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#### DIRECTIONS

Clean the lamb chops, sprinkle with salt and pepper and roast in an olive oil for about 1 minute from each side. Let sit for about 5 minutes, then batter in the mix of the crumbled dried white toast bread and chopped herbs (thyme, rosemary and mint). Bake the battered lamb chops in an oven under 170°C for about 8 minutes and serve with pink garlic purée and deep-fried artichoke with mint.

Boil the garlic in water until soft. It is important to check the garlic periodically as the boiling time depends on the size of the cloves. Blend the boiled garlic to prepare the purée and add a drop of Grenadine for a nice pink color.

Peel the artichoke and cover it with lemon water to prevent it from turning black. Cut it in quarters and batter in flour. Deep fry until the artichoke is soft and let cool down. Slice it up and then layer with parmesan shaving and mint in a baking tray. Bake in an oven for 5 minutes before serving.

## JOYFUL ENCOUNTERS AT ŽOFÍN GARDEN



Stáňa Marková

Stop at **Žofín Garden** for one of our chef's, **Stáňa Marková's**, delicacies. The island will be fragrant and rich in colours in autumn. You can look forward to venison, mushrooms, rosehips, chestnuts, pumpkin, cranberries, cinnamon and ginger.

Bring your children, friends and loved ones along for our **Sunday Brunch**. Each week, a **new theme and new specialties** (not only as part of the children's menu) await you there. The autumn programme has been finalized. Book a table in advance!

Pop in with your colleagues or business partners for a **quick business lunch** and experience the calm atmosphere even in the middle of a busy week.



### STÁŇA'S PLUM MINI CUPS

#### INGREDIENTS (for 4 portions):

- 400 g of plums without seeds
- 100 g of sugar
- 20 g of butter
- A pinch of ground cinnamon
- 1 tea spoon of lemon juice
- 4 pcs of shortbread cups
- **Crumble mix**
- 25 g of butter
- 60 g of semi-coarse flour
- 25 g of sugar

#### DIRECTIONS

Place the plums with sugar, butter, lemon juice and cinnamon into a cooking pot and stew over medium heat for a few minutes. Set aside. In the meantime, prepare the crumble mix. Fill the shortbread cups with the plum mix, cover with the crumble mix and bake in an oven under 176°C for about 12 minutes.

**Pohodlné parkování přímo u restaurace**



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