



zátiší group HAPPY NEWS

CHRISTMAS & NEW YEAR EDITION 2012

"Inspiring Happiness"

As the year comes to a close with the festive Christmas season and as I return from various philanthropic projects in India & Rwanda, we are extremely grateful to you for enabling us to send over czk 8 mil to various projects with Unicef, People in Need, World Vision India and others in Rwanda, Congo, India, Sahel as well as support projects in the Czech Republic .

And with this gratitude we share some of our learnings from this year as well as our new Zátiší Compass in the strong belief that **Life is not about the number of breaths we take but about the moments that take our breath away** ☺.

1. Just as in a tennis Match, the best way to win is to keep the eyes on the ball & not on the scoreboard, **the best way to maximize long term profits is not to make them the primary goal of the business.**

2. Each & everyone of us has a lot of potential, is self motivated & wants to make a real difference, no matter how small that difference may be. We just need to TRUST & give autonomy. **When we TRUST people, they always live up to the expectations they set for themselves.**

3. Leadership is a role of immense responsibility. **Although a conductor does not make a single sound himself, but is all powerful because he helps bring out the best of everyone else.**

4. **When we are Happy, productivity goes up by over 50% & creativity by over 300%.** Research shows that only 10-15% of happiness can be attributed to external factors and 85 – 90% is internal to the person (so no need to go looking for it outside ☺). **Happiness is when what you think, what you say & what you do are totally in Harmony.**

5. It is critical to do the things that we are passionate about & eventually find a higher purpose in life & not be afraid to accept vulnerability. **There is a big difference between "making a living" and "making a life".**

6. Happier people are more responsible, more ethical and more morally sound as well as mentally & spiritually more affluent.

7. We do not choose to be born, we do not choose our parents or the country of our birth. We do not, most of us, choose to die nor the time of our death, **but in this realm of choicelessness we do choose how we live.**

I choose to wish you a very MERRY XMAS season surrounded by friends, family and lots of LOVE & a very, very HAPPY NEW YEAR full of HAPPINESS, HOPE & INSPIRATION.

Sanjiv Suri
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THE ZÁTIŠÍ COMPASS



"The ultimate responsibility of a human being is to raise his or her level of consciousness and connect with the energy that exists inside each one of us"

"The people in my life do not get in the way of my spiritual practice, they are my spiritual practice"

His Holiness The Dalai Lama

RECIPE FOR EVERYDAY HAPPINESS:

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 5 - 10 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 MAN IN THE GLASS

*When you get what you want in your struggle for self
And the world makes you king for a day
Just go to a mirror and look at yourself
And see what THAT man has to say.*

*For it isn't your father or mother or wife
Whose judgment upon you must pass
The fellow whose verdict counts most in your life
Is the one staring back from the glass.*

*Some people may think you a straight-shootin' chum
And call you a wonderful guy.
But the man in the glass says you're only a bum
If you can't look him straight in the eye.*

*He's the fellow to please, never mind all the rest.
For he's with you clear up to the end.
And you've passed your most dangerous, difficult test
If the man in the glass is your friend.*

*You may fool the whole world down the pathway of life
And get pats on your back as you pass.
But your final reward will be heartaches and tears
If you've cheated the man in the glass.*

Dale Wimbrow



Gabriele Feliciani

TASTE THE BELLEVUE CHRISTMAS MAGIC

Gabriele Feliciani's Christmas Menu

Amuse Bouche: Pumpkin "Kuba"
(traditional Czech Christmas dish)

Sea shellfish soup with Quadrucci pasta
Ryzlink Rýnský 2009, Late harvest, Velký Sonberk, Popice

Monkfish in pistachio nut crust with artichoke lasagne and honey-pepper sauce
Bourgogne Chardonnay 2008
Le Clos en Village, Domaine Doudet

Veal Ossobuco with golden saffron risotto and veal jus
Sito Moresco 2010, Piemonte, Gaja

Christmas desserts variation
Chateau Bastor - Lamontagne 2009, Sauterns



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Christmas menu that has been introduced at Bellevue is full of unusual and delicate taste harmonies that you will be delighted to discover. Traditional Christmas carp has been replaced with monkfish in pistachio nut crust and our traditional Wine Club will offer sea shellfish soup, veal Ossobuco or special Christmas desserts till the end of December, each paired up with a selected wine.

The author of the menu is, naturally, Gabriele Feliciani, a creative chef and winner of the recent "Star Wars" duel.

BAKED LAMB WITH CHEESE AND EGGS

4 PORTIONS

INGREDIENTS:

- 1 kg of lamb meat (knee, cutlet, etc.)
- 200 g of pecorino
- 4 eggs
- 25 g of fresh thyme
- 2 lemons
- 0.5 l of white wine
- 1 dcl of oil
- Salt, pepper

DIRECTIONS:

Clean and rinse the lamb meat, cut it into thicker slices, then season with salt and pepper and sprinkle with chopped thyme. Set the meat slices in a baking tray. In a bowl, mix the eggs with wine, oil, lemon juice and shredded cheese, then blend. Pour the mix into the baking tray. Bake in an oven under 180°C for about 45 minutes until tender. You may cover the baking tray with aluminium foil for the first 30 minutes and then remove to form the crust. Place the meat on a plate and cover with the sauce. Garnish with thyme.

Recommended wine:
Montepulciano d' Abruzzo, Zaccagnini



PASSION FOR CZECH CHRISTMAS AT MLÝNEC

The Mlýnec staff has also published its Christmas menu and confirmed staying faithful to the traditional Czech cuisine. Spare yourselves the holiday rush and come experience our Christmas menu rich in traditional tastes.

- **Snails from the Liberec area au gratin with Czech garlic**
- **Grilled pikeperch in fish consommé "bath"**
- **Carp from Třeboň baked in ginger crust**
- **Veal fillet mignon in triple crust served with light potato salad**

Real Christmas festivities start at Mlýnec!

Sunday Roast



On Sunday, **December 23rd**, stop tidying up, escape the pre-holiday ordeal and invite your friends to enjoy the Christmas ambiance of the **Mlýnec Sunday Roast**. Your reward will be a magic view of the Charles Bridge, soothing atmosphere in the centre of buzzing Prague and the opportunity to taste **three kinds of meat roasted to perfection** followed by a **"10-day rested traditional English pudding flambéed in Brandy"**. You can also make it on **December 25th**.

Ginger-crust Fried Carp from Třeboň with Sauvignon Sauce and Waldorf Salad

4 PORTIONS

CARP

- 500 g of cleaned and filleted carp
- 25 g of soy sauce

Cut the carp fillet into stripes about 3 cm thick and marinate for 1 hour in soy sauce.

BATTER MIX

- 130 g of flour
- 20 g of fresh ginger root
- 5 g of garlic
- 40 g of soy sauce
- 3 g of sea salt
- 1 g of sweet, fine ground paprika
- 150 ml of water

Clean and coarsely shred the ginger root. Add pressed garlic, soy sauce, ground paprika, salt, water and mix well. Add the flour. Coat the carp stripes with the mix.

Heat oil in a frying pan to 150°C and fry the carp until golden-brown.

WALDORF SALAD

- 250 g of celery root
- 120 g of Granny Smith apples
- 4 g of chives
- 40 g of shelled walnuts
- 6 g of sea salt
- 50 g of mayonnaise
- 25 g of crème fraîche
- 3 ml of lemon juice
- 2 gr of brown sugar
- Freshly ground pepper

Peel the celery root and cut into thin strings (Juliennes). Blanch the celery in 0.5 l of hot salted water (use about 5 g of salt) for a few seconds and then place in cold water with ice. Peel and clean the apples. Cut the apples into cubes about 1x1 cm and squirt with lemon juice.

Mix the mayonnaise with crème fraîche, salt, pepper and brown sugar. Add the celery strings, apples, walnuts and chives into the dressing mix (in this order). Toss well and serve.

SAUVIGNON SAUCE

- 150 g of white grapes
- 600 ml of Sauvignon Blanc
- 10 g of crystal sugar
- 60 g of butter

Blend the grapes and strain using a fine strainer. Add Sauvignon Blanc and sugar and boil until reduced to 50 % of the original volume. Let slightly cool down, add butter and serve.



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Coated Apple

Sweet secret to warmth

4 PORTIONS

INGREDIENTS:

- 80 g of filo dough
- 12 g of cranberries (jarred)
- 36 g of walnuts
- 4 egg
- 4 scoop of vanilla ice-cream

Peel the apples, remove the cords and replace them with cranberries and walnuts. Cut squares 10x10 cm from the filo dough and smear them with beaten egg. Wrap the dough around the apple. Bake in an oven under 180°C until golden-brown. Serve warm with a scoop of vanilla ice-cream.



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MYSTERY OF TWO CHRISTMAS MENUS AT V ZÁTIŠÍ

Thanks to your patronage, the V Zátíši restaurant has already been listed **fourteen times** among the **Top 10** in the Maurer's selection review and became the most successful restaurant in history.



Red Deer Tenderloin or Turbot – You can try them both at V Zátíši

For this holiday season, we have prepared two different Christmas menus. One Czech traditional menu with red deer tenderloin or pikeperch for the main course, the second one, the special "Zátíši menu" with unconventional combinations such as parsley root soup with black truffle.

If you prefer the traditional route, Czech menu is the right choice for you:

- **Christmas fish soup with poached trout**
- **Red deer tenderloin with forest mushrooms and black rowan-berry sauce**
- or
- **Pikeperch fillet baked in a frying pan**

If you wish to try something new and unconventional, then try the Christmas "Zátíši menu":

- **Lightly smoked scallops St. Jacques with Iberko toast and water melon tartar**
- **Grilled turbot fillet with sweet and sour vegetables and orange sauce with Christmas spices**
- **White chocolate foam in crust, served with warm forest berries.**



All courses will be paired up with selected wines – for example: Late harvest Popice, Saint-Véran 2010 or Cairanne 2009.

Pikeperch seasoned with anise and lemon peel in herb crust, served with celery purée



- 800 g of pikeperch fillet
- Salt and freshly ground black pepper
- Olive oil

Mix all ingredients for the herb crust well. Cut the pikeperch fillet in 4 portions, rinse in cold water and dry using a kitchen towel. Season with salt and pepper and a layer of marinade. Coat with the herb mix and fry in a frying pan until golden brown.

Fish marinade

- Freshly ground anise
- 2 table spoons of mustard
- 1 table spoon of forest honey
- ½ table spoon of lemon juice

Herb mix crust

- Coarsely shredded lemon peel from ½ lemon
- 1 table spoon of finely chopped herbs (parsley, basal, coriander)
- 150 g of white "Panko" breadcrumbs
- 1 table spoon of olive oil
- Salt

Peel the celery root and cut into cubes. Heat butter in a frying pan and fry the celery. Peel the ginger root and cut it into small pieces, then add to the frying pan together with the cut potatoes. Add nutmeg, water, salt and simmer until soft. There should be only a small amount of water left. Add cream, bring to boil and then remove from heat. Strain using a fine strainer.

MERRY CHRISTMAS FULL OF JOY AT ŽOFÍN GARDEN



Christmas take-away from the Žofín Garden restaurant

If your idea of merry Christmas does not entail hours and hours spent in your kitchen, Žofín Garden has a great offer for you – our Christmas take-away.

You can still treat your loved ones to traditional Christmas delicacies at your home, but you do not have to spend hours on shopping and slaving away in kitchen. No matter if you order our Christmas dinner or holiday lunch, you will enjoy it!

For your Christmas dinner, you can order:

- **Fish soup with butter gnocchi**
- **Carp from Třeboň according to the family recipe of our chef, Staňa Marková, (prepared ready to fry or bake) with potato salad**
- **Homemade Christmas gingerbread**

Surprise your loved ones with excellent holiday lunch, as if made by your mother, and order ahead:

- **Slow roast turkey or traditional Czech duck**
- **Forrest berries in port wine and cognac**

Christmas cookies and other delicacies are naturally on the take-away menu too.

Find more at www.zofingarden.cz.

Our meals are prepared from genuine ingredients and we assure you that no ready-made substitutes will be traced or tasted there. **Forget stress, forget worries and think about the goodies that are awaiting you this holiday season.**

Žofín Garden Christmas Menu

There is nothing that can make Advent and the holiday season more pleasant than a nice walk around the Christmas-theme decorated centre of Prague. We will be awaiting you at the Slovanský isle with a menu that will bring yet more warmth to your hearts during these magic days.

You can look forward to:

- **Hulled barley Kuba with boletus mushroom**
- **Crunchy Czech duck with baked plums**
- **Chocolate brandy cake with cranberries and pecans**

Bring your loved ones to enjoy the genuine tastes of Christmas!

Convenient parking right by the restaurant



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LAST MINUTE CHRISTMAS & NEW YEAR PARTY



A Christmas and New Year's Eve party is an essential traditional aspect of the December and January agenda. It is hosted by most companies in the neighbourhood restaurants where colleagues meet and party till dawn. Then, the next day, they cannot forget all about it fast enough. It is not as easy to throw an original Christmas party as it looks so we asked **Petra Kandertová, managing director of Zátiší Catering**, to share with us some insights of how to throw an unforgettable party last minute.

What must not be omitted when ordering a Christmas party buffet?

We tailor our offer every time we plan your party – Christmas or not. We also always include seasonal specialities as part of the buffet. At Christmas, we combine the typical

Christmas items such as roasted chestnuts, Christmas punch, cookies and carp with international delights to make sure that everyone finds their favourite dish.

How to set the right scene?

Decorations are always in line with the theme of the event chosen by the client. If they ask for a traditional Christmas setting, we try to create it using traditional Christmas props. This year, we have opted for signature Christmas trees, wooden toys of all colours and sizes and many more nick nacks.

What not to forget and what to focus on primarily?

In the eve of the event, try to get in the mood and not to worry about a thing. **The strongest magic potion to assure a great party is to come in good spirits.** This goes both for the

clients and the organisers. If you attend in a good mood, you will enjoy the most amazing party of your life.

How to throw a last minute party?

The easiest way is to contact professionals. They will help you select the menu, inventory and props. They will also help you book the required equipment and fun activities. Without having to worry and spend too much time planning, you can have professionals put together a party your guests will never forget.



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WELCOME 2013 WITH US

Still not sure what to do on New Year's Eve? Do you wish to enjoy the atmosphere of Prague welcoming the New Year and taste delicacies prepared by our star chefs? Do not go far away during the holidays as Zátiší Group has prepared for you a great selection of New Year's Eve fun and tastes.

At **Bellevue**, delicate menu put together by **chef Gabriele** will impress you. You will welcome the New Year with oysters and champagne and a **MAGIC** view of Prague in celebratory spirits.

Zátiší is the right place for those who wish to escape the buzzing streets and spend an

intimate evening with their loved ones and friends. **Seven-course menu full of MYSTERIOUS** tastes paired up with selected wines will assure the tastiest start for 2013.

Mlýnec will start your evening off with a **six-course degustation menu paired with wines**. But the arrival of midnight does not put an end to the night full of **PASSION! Open bar, buffet cornucopia, fun and dancing** is what you can be enjoying till dawn.

Žofín Garden will not let the other "sisters" steal its thunder as its staff has prepared for you a **great party in the popular heated tent** with a large party buffet, open bar and bar-

tender's and dance show at a price that will be a nice surprise.

Dress up and enjoy New Year's Eve festivities in high style. **Zátiší Catering** has prepared for you a **traditional New Year's Eve dinner served on the State Opera's stage**. Have fun and be **INSPIRED** to make the best New Year's Eve resolutions.

Pick your favourite one and book a table ahead!

OUR TASTY CHRISTMAS GIFTS

Christmas gift shopping is often stressful and time consuming. The situation gets even more complicated when the gift recipient is a food lover and the best gift would thus, naturally, be some delicacy. Are you unsure what Christmas gifts to give your loved ones? Do you want to make sure the gift will last till Christmas if purchased beforehand and still be tasty when received?

You may stop worrying now as you cannot go wrong with a gift wowcher. It is guaranteed that any gourmet food lover will be pleased with this gift. You can buy wowchers in all our restaurants or order them online. We will personalise your wowcher based on your specifications (including the greeting and sum).

Gift wowchers will certainly be acknowledged with an excited WOW!

Christmas Wowcher

Share PASSION, MYSTERY and MAGIC of the best restaurants in Prague with your loved ones and friends.

Contact us : Tel.: +420 277 000 085 | Email: zatisiclub@zatisigroup.cz

Czech Christmas tradition is also followed at Mr. Suri's household. His wife Markéta has shared with us her recipe for very popular traditional Czech Christmas cookies.



Markéta's Christmas Crescents

We bake them from the first Advent Sunday all the way through the holidays as these fresh cookies never make it till the next day in our household.

INGREDIENTS:
280 g of fine flour
210 g of soft butter

100 g of ground walnuts
70 g of powder sugar

DIRECTIONS:
1. Mix all the ingredients, form a dough and let it rest in a fridge;
2. Form the crescents and bake them in an oven;
3. While still warm, batter the crescents in a mix of powder and vanilla sugar.