

CAPPUCCINO AT JAMIE'S



Most of us feel fondly about the London's Notting Hill, namely thanks to the same-titled British comedy starring Julia Roberts. We went there during our three-day seminar organised by Google for its caterers. We did not visit Hugh Grant's book store, but went to the recently opened culinary centre called Recipease owned by Jamie Oliver who is no less popular. Timeout Magazine London listed Recipease among the 8 must visit places in London and the venue was recently shortlisted for the "store design" of the year award. Recipease is a store, culinary school, coffee house, bistro, vocational and communication centre, and more - in short, a place that makes even the most stubborn ones admit that cooking is fun!

The only downfall of the visit was Jamie's absence he made up for by a video message, extending his personal welcome and a co-operation with Jamie Oliver Foundation proposal. We look forward to that!

My colleague, chef Gianluca, and one of the colleagues from the Google Café in Milan were ticked off by yet another thing. At the cooking lesson

we observed, two beautiful ladies were learning how to prepare real Italian risotto. I noticed that both Italian chefs were getting more and more nervous uttering: "Not only those English chefs butcher our traditional meal, but they have the nerve to teach it!" Then, they switched to Italian... Well, we all missed Jamie!

At 4 p.m., we all ordered delicious cappuccinos thinking nothing of it. Gianluca and the colleague from Milan were seated beside me drinking their cappuccinos too! "I thought, Italians only drink cappuccino in the morning", I noted. "There! You see!", was their reply and they switched back to Italian. I don't know whether Kevin Roberts is related to Julia Roberts, but he said it all: "Human beings are powered by emotion, not reason."

Yours, Renata



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Unfortunately, we have not been able to finish the book of our favourite recipes by the promised deadline, but you are not going to miss out on it! ☺ We will notify you as soon as it is ready.

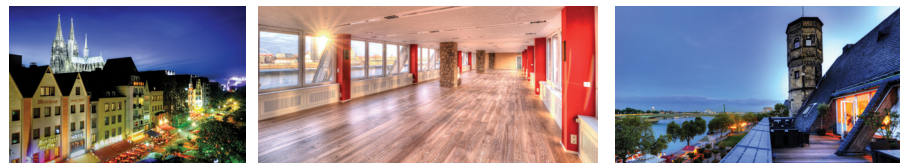
OPERA BALL WAS A SUCCESS



"On behalf of myself, the entire organisation team and, namely, the guests of the Opera Ball 2013, I would like to express our gratitude and thank you for your co-operation and support. We have only been hearing superlatives regarding the catering and performance of the Zátiší Catering staff since Saturday: helpfulness, perfect service, adequate care and the smiles that never left their faces. I truly believe that your work helped enhance the great atmosphere of the evening and hope that both you and your guests enjoyed the evening too."

Organisation team

OUR FIRST EXCLUSIVE LOCATION IN THE CENTRE OF COLOGNE



Since February 2012, Zátiší Catering Germany has operated its first exclusive location in the very heart of Cologne. Rheinfoth Cologne with the entire area of 350 square metres can host up to 250 guests

plus additional 400 guests on the rooftop terrace. Can you imagine the breathtaking view overlooking the Cologne sights – birds' eye view of the Rhine river and all its bridges or the Cathedral and St. Martin's church.

ORIGINAL PARTY WITH ZÁTIŠÍ CATERING INSPIRATION

Draw inspiration from our tips and turn even your home or garden party into a special event. Great food supplied by us is a given. ☺

Clay pots, wooden serving plates and e.g. doors that are no longer in use instead of a banquet table. These are all props that can be used for a Mediterranean themed banquet table. If decorated with fresh herbs and flowers, it turns into a perfect garden party central spot.



If you prefer a more modern setting, bright colours are the optimal agents, together with modern shelves and black or metallic fabrics. STREET STYLE buffets are ideal for a trendy party. More tips for your unique events can be found at ZOOM, located in the Prague Congress Centre. Contact our sales team that will happily show you round and introduce the latest trends in event management to you.

CAFÉ-RESTAURANT VÁCLAV

History, design and taste at Mladá Boleslav

Thanks to the unique union of the Zátiší Group and Škoda Auto, you can take a trip to the automobile industry history in the recently refurbished Škoda Museum and taste the delicacies prepared by Café-Restaurant Václav at the same time.



All our meals are prepared from premium regionally-produced ingredients. Daily menu is prepared under the supervision of Michal Matula, our chef, but you do not have to rush here for lunch, you can pop in at your leisure for an afternoon coffee and cake. Bring your children along as the Café features a children's corner with theme-based toys.

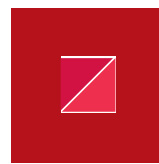
This modern bistro is also an ideal place for your business meetings or private parties.



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zátiší group HAPPY NEWS

S P R I N G E D I T I O N 2 0 1 3

HAPPINESS IS THE WAY

First signs of spring are in the air & we are all looking forward to Easter. ☺

Six months ago, I shared with you the story about how I fainted in the South of France due to three severe slip discs in my lower back, the need for immediate surgery and how I should be walking around with 2 Titanium rods in my lower spine ever after.

Well, six months later I would like to report back on my progress. I refused to go through the surgery. I also refused the heavy cocktail of pain killers and steroids to overcome the severe pain. Pain has the wonderful ability to bring you to the present moment and the mind stops to wander in the past or in the future. I chose to use this peace of mind on a path of diligent physiotherapy and exercise (45-60 min a day), Meditation (not Medication) at least 30 min daily & regular WALKS (30-45 min a day). I actually found the meaning for walk - **W**itness **A**cccept **L**ove and **K**now thyself. ☺

Eight months after I started, my backache is much better & I have come to realize that:

- My body can make and administer the precise balance of Neurochemicals that can reverse illness and cure any dis-ease.
- My body possesses the innate capability to heal itself.
- I can consciously influence & direct the body's output of healthy chemicals through meditation.

"Whether You believe you can, or you believe you can NOT, You are RIGHT" because of the neurochemicals your body can produce in either case. ☺

"Our body is composed of 50-100 trillion cells working in synchronicity (co-ordinating with each other in real time without any channels of communication) fighting disease, making a baby, digesting food, excreting waste, converting air into energy, doing physical activity and thinking thoughts, all at the same time. How can we take a few of these cells and try to do something to them without affecting the others?"

In a similar fashion I have come to realize that the Universe also functions in complete Synchronicity. ☺ I was once confronted with the question: "Do U think that U can actually take over the Universe and improve it?" Maybe at one time I thought I could, but not any more. It is now perfect as it is and I am Happily enjoying all the miraculous things happening around me all the time with the completeness of my natural being and absolute peace of mind. ☺

Einstein once said: "You have to decide whether you live in a Universe that is supportive of you or is Hostile to you. Once you have decided, the Universe will behave accordingly." This is no surprise as the contents of our thoughts and emotions directly and immediately affect our biochemistry and scientifically the mind and memory exist in all the cells of our body, not just in our brain.

Once I started to live in a Universe that was supportive of me, I could TRUST again just like I did when I was in the Womb. At that time I did not worry about not getting the nose or the fingers or the heart or anything else for that matter. I just TRUSTED and now as I start to trust again, I have started on a Spiritual journey (if it can be called a journey at all because I am only exploring inside myself) and the realization has dawned upon me that I have spent a lifetime trying to get to Happiness thru accumulation and enjoyment but there is no way to Happiness, HAPPINESS IS THE WAY. ☺

So when you change the way you look at things, things begin to change. ☺

I have now realized that I can Love but in a very different way than before i. e. without any attachment or self interest. Swami Parthasarthy has come up with an equation:

$$\text{LOVE} + \text{SELF INTEREST} = \text{ATTACHMENT}$$

$$\text{ATTACHMENT} - \text{SELF INTEREST} = \text{LOVE}$$

"The beginning of LOVE is to let those we Love be perfectly themselves & not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them", said Thomas Merton.

I wouldn't coax the plant, such watchful nurturing may do it harm.

Let the soil rest from so much digging & wait until it is dry before watering it.

Let the leaves incline to find their own direction & give them a chance to seek the sunlight for themselves.

Much growth is stunted by too careful prodding, too eager tenderness.

The things we love the most, we have to learn to leave alone.

Tao Te Ching

I have also realized that "MORE is the Slogan of the EGO" so I can be living in contentment with whatever I have. I have no entitlement and am humbly grateful for whatever I get. More importantly what anyone says or does has NO impact on my Happiness. So I have taken control of my life & decided to be Happy irrespective of any events in my life. I have also realized that I have much more than what I need and I can share – and as I share, that enhances my Happiness immensely. ☺

And then the question arises: "If I am not what I do or what I have accumulated (that includes my body, mind, Intellect & knowledge as well as material wealth) then WHO AM I? WHY AM I HERE?" Aren't these the only two ultimate questions? I hope to answer them in this lifetime. ☺

Wishing you a wonderful Spring. ☺



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SPRING NEWS MYSTERY AT V ZÁTIŠÍ REVEALED!

V Zátíši has prepared for you delicacies that taste like spring itself. Healthy herbs and juicy meats will boost up your energy level and a mouth-watering Indian dessert will pamper your taste buds.

Featured main course is **Veal entrecote slow-roasted in herb butter served with potatoes au gratin and two unique sauces** – a Katie Czech sauce and a Ramsons Garlic sauce.



Did you know?

• **Katie Czech (Verpa Bohemica)** is a spring mushroom that typically fruits from March to May in deciduous forests, often when there are still some patches of snow. It is very similar to morel and has a very nice smell and taste.

• **Ramsons garlic** is a spring herb that grows in wilderness, most commonly along riverbanks, in forests and on moist meadows. Rich in vitamins and minerals and beneficial to human body, it is also a natural antibiotic agent. It tastes and smells like garlic, but it does not affect one's breath in the same way after consumption.

Indian chef **Mahavir Kanswal** has prepared a sweet treat for the grand finale of your evening:



Indian carrot cake "Carrot Halwa", originally made in the North Indian Punjab. It was traditionally served during all important Indian festivities and celebrations and is now popular all over the world. Why not sweeten up your Easter festivities?

Fresh asparagus supplied by the Mělník farmers will again be part of the spring menu. Its season officially lasts from the end of April to mid June, but you can already look forward to tasty delicacies prepared from this ingredient!



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Baked Yellow Pepper Soup

4-6 servings

INGREDIENTS:

- 2 onions
- 0.2 g of curcuma
- 0.1 g of chilli
- 1.5 l of chicken broth
- Salt and pepper
- 30 g of butter
- 250 ml of cream
- 3 yellow peppers
- 3 potatoes

BASIL OIL FOR SEASONING

- 5 leaves of fresh basil
- 0.1 ml of olive oil

Blended well (larger pieces of basil are not a problem).

DIRECTIONS:

1. Sprinkle the yellow peppers with salt and pepper and bake in an oven pre-heated to 200°C for about 25 minutes. It is recommended to turn the peppers over a few times, making sure both sides get done. Remove from the oven, place in a plastic bag and put straight to a fridge. Let rest for about 2 hours to ensure easy peeling.
2. Peel the peppers and remove the seeds. It is important to keep the juices left in the plastic bag - they will be added to the soup later.
3. Fine-chop the onions and fry in butter.
4. Add curcuma and chilli and keep frying for a while longer.
5. Add the chicken broth, the peeled potatoes cut into quarters and the peppers cut into pieces, and let boil for about 30 minutes.
6. Remove from heat, add the cream, salt, pepper and strained baked pepper juices from the plastic bag, blend and season to taste.
7. Fine strain the mix.
8. Add a piece of butter for milder taste.

Serving suggestions: Season with basil oil as shown below.



SPRING MAGIC AT BELLEVUE

There is a new star at Bellevue – our new creative chef **Gilad Peled**.



Gilad Peled, Creative Chef

history and traditions, discovering ways of interlinking it with modern gastronomy. Gilad is an advocate of **Creative Mediterranean Cuisine**, accentuating quality ingredients, their easy preparation and innovative use of herbs and spices. Not only the taste, but also the presentation of his meals is a fantastic experience.

MAZE, 1 Michelin star, London
Restaurant Gordon Ramsay, 3 Michelin stars, London
The Square, 2 Michelin stars, London
Pétrus, 2 Michelin stars, London
Le Gavroche, 2 Michelin stars, London

Gilad has worked in a number of exceptional places around the world (namely in London) where he learnt from the best masters in the field.

You will be able to appreciate his culinary MAGIC for the first time as part of the **May Wine Club** specials called "May, the month of Champagne".

Foie Gras Terrine



Gilad has prepared a unique 5-course menu that will be paired with fantastic wines from the Champagne region. Just imagine: **4 excellent wineries in 4 May weeks**, during which you will be able to taste the best bubbles and talk to the winery representatives.

"Last week, I went to the Champagne region for the first time to select the houses and wines for our May Wine Club specials. I was simply astounded by the beauty of the region and can only recommend visiting it. The magic of its wine is in the subsoil (mainly chalk) and naturally in the production methods. The atmosphere, history, culture and great gastronomy only strengthened my impression from the Champagne region."

Tomáš Melich, Managing Director Bellevue



The event starts on **May 6th** with the renowned house **Dom Perignon**, followed by **Billecart Salmon**, **Laurent Perrier** and finished with **Philipponnat**.

Follow the events at: www.bellevuorestaurant.cz.



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ENJOY ŽOFÍN GARDEN

Genuine meals at great prices are served at **Slovanský Island** on the **Vltava river**, located between the **National Theatre** and the **Dancing House**

TREAT YOURSELVES TO A GENUINE LUNCH

Chef **Stáňa Marková** and her team prepare the best from her family recipes for you every day.



"We never use ready mixes or pre-packaged products, artificial additives or flavour substitutions. Our meals are genuine, we prepare seasonal and regional specialities from locally-grown ingredients", says **Stáňa Marková**.

Our business lunch menu is ideal for business meetings or gatherings with friends. You can enjoy the perfect combination of our representative space and excellent gastronomy at very favourable prices. **Our menu changes every day** and starts at CZK 225, soup or drink included.

YOUR WORRY-FREE WEDDING OR FAMILY PARTY – FROM A TO Z

Finally, it's here! A wedding, graduation, baptism or birthday party. There are so many reasons to celebrate and there are so many things to take care of when the occasion arises! Liaise with professionals, and enjoy a stress-free preparations.



Easter Bunnies at Žofín Garden



The season in our heated tent starts already on **March 31st, 2013**. Celebrate Easter at one of our **traditional Sunday Brunches with animated programmes for children**. There will be a special Sunday Brunch served on **Easter Monday, April 1st, 2013** – this is no April's Fool's Day Joke! ©

Check www.zofingarden.cz for updates.



Convenient parking right by the restaurant

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PASSIONATE SPRING VARIATIONS AT MLÝNEC

Spring is at its full strength at **Mlýnec**. There will be new additions on the menu, but also at the most important part of the restaurant – in the kitchen.

Chef **Marek Purkart** and his team have just welcomed a new team member, a creative chef **Marek Šáda**, signed under a few irresistible meals from the Easter degustation menu.



Poached pear



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Rabbit leg in bacon

Marek Šáda has already been in the field for 13 years and has worked at many excellent venues throughout his career. His last adventure took him all the way to the United States where he took several courses at the CIA (the Culinary Institute of America at Napa Valley, California) and worked at the ACME restaurant, New York with chef Mads Refslund, the co-founder of the legendary Noma restaurant in Copenhagen.

Come taste e.g. the **Rabbit leg in bacon with onion variations and parsley oil** or **Poached pear with vanilla buttermilk and dark beer foam**.

You can check all Easter delicacies at: www.mlynec.cz.

Fresh Sorrel and Apple Spring Salad with Lemon Dressing

4 servings

INGREDIENTS:

Salad:

- 2 sweet red apples (sliced)
- 2 carrots (peeled and thin sliced)
- Spring greens – corn salad, young spinach, watercress, a few sorrel leaves

DRESSING:

- 2 table spoons of Extra Virgin olive oil
- 2 table spoons of fresh lemon juices
- Handful of roasted pine nuts
- A pinch of cayenne pepper
- A pinch of salt flakes (Maldon)

Directions:

Mix the greens with the apples and carrots. Prepare the dressing by mixing the olive oil with lemon juices, seasoning the mix with salt flakes and cayenne pepper. Place the greens in a bowl, sprinkle with the dressing and season with the roasted pine nuts.

