

BACK TO SCHOOL!

We have used the summer break for studying, owing thanks to Lenka - BioLenka - Žák for an inspiring hands-on lecture on using cereals and legumes in kitchen, including tips on cooking for lactose intolerant people, and those on a gluten-free diet. I would also like to thank Jana Lukešová for letting us in her kingdom of Bio products called Bazalka in Hradec Králové and for her phenomenal spelt tart. I also owe thanks to Margit Slimáková for her invaluable advices in regards to nutrition and help with designing 15 snacks that we have prepared for students to recharge on energy during school days. Here they are:

1. Fresh fruit
2. Carrot salad
3. Home-made yoghurt with blended fruits and honey
4. Rice pudding with raisins (served cold or warm)
5. Carrot and cucumber sticks with cottage cheese dip
6. Cranberry cottage cheese
7. Slice of bread with fresh cottage cheese and chives spread
8. Buckwheat pudding with bananas and honey (served warm)
9. Vegetable polenta (several variants)
10. Slice of bread with home-made Budapest spread
11. Fresh carrot spread with baguette
12. Home-made apple strudel
13. Muesli with fruits and white yoghurt
14. Banana bread
15. Carrot muffin



"these cereals are suitable for a gluten-free diet," BioLenka explains to us

So, children, back to schools! As: "Man doth not live by bread alone," to quote the Bible, even though it is at times impossible to go without bread... And when that is the case, I recommend a home-made rye yeast bread.

Yours, Renata

Renata Lukášová
Fresh & Tasty Director

ZÁTIŠÍ CATERING COCKTAIL FOR EXTENDED SUMMER THRILL

PEARS FIZZ

"Anyone can make it," says Michal Veselý, Zátiší Catering Beverage Manager

INGREDIENTS:

- 4 cl of Absolut Pear vodka
- 2 cl of fresh lime juice
- 1 cl of home-made elderberry syrup
- 10 cl of ginger ale

GARNISH:

- Fresh mint and pear for decoration

DIRECTIONS:

- Fill a glass with ice cubes or crushed ice.
- Add all the listed ingredients and top the glass with ginger ale.
- Mix everything using a bar spoon and decorate with fresh mint and pear slices.
- Serve with a straw.



FIVE PROVEN TIPS FOR THE BEST CHRISTMAS CITY PARTY WITH ZÁTIŠÍ CATERING

Autumn is an ideal time to start thinking about your Christmas Party. The sooner you start, the better, as this way you will be able to plan and organise an event that will be remembered fondly for years.

LET US OFFER SOME INSPIRATION

1. SECURE THE DATE. As special venues and the best dates get booked fast. "It mostly depends on the expected number of guests and the preferred location, but as the general rule of thumb, we recommend that the **planning starts towards the end of summer,**" says Petra Kandertová, Zátiší Catering Managing Director.



2. SET THE TONE. A theme party is always a hit with the guests and provides ample opportunities to break the ice. Christmas motives are not a must. You can invite your guests to a Caribbean beach, Alice's Wonderland or to a Black tie poker party. You are the ones who can decide how formal or informal your party should be and what is its main purpose. To thank your business partners for their patronage or to motivate your colleagues to keep up the good work? It is never a good idea to combine these two groups as nobody will be able to relax and fully enjoy the party.



3. A SPLENDID VENUE. Select a venue fit for the purpose, theme and the expected headcount of your party and book it right away. "Inventive locations always win you extra points. Take, for example, a Museum at the sewage disposal plant – what an interesting and intriguing place. Art lovers appreciate parties hosted at the National Theatre or DOX Center of Contemporary Art and those with a soft spot for history will be happy at the Žofin or Kaiserstein Palace, or the House at the Stone Bell," lists but a few Petra Kandertová. To those who need a space with almost endless possibilities, we recommend the highly variable ZOOM at the Prague Congress Centre. Guests love stylish interiors, convenient amenities, magical view and unique atmosphere.



4. FUN IS A MUST. Excellent food, endless drink supply, pleasant music and quiet zones will make your guests believe that they had attended an exceptional event. A smaller group will entertain itself, but with larger groups, we recommend regular side programme highlights, e.g. singers, dancers, cocktail show, etc. Sometimes even a non-traditional catering may do the trick. "We have enjoyed great success with distributed mini-bites in combination with a culinary show where the guests may select the content of their own plate and talk to the chefs," adds Petra Kandertová



5. A NICE TOKEN. Party theme-based farewell gift will please everyone. You can treat the ladies to a flower, praline or a miniature perfume, and the gentlemen to a small bottle of alcoholic beverage or a technical finesse. Rather than a price, the thought is what matters here. We will be happy to suggest a farewell gift that will go best with the theme of your party.



zátiší group HAPPY NEWS

A U T U M N E D I T I O N 2 0 1 3

OUR THINKING CREATES OUR LIVES AND OUR HAPPINESS

This is the first time I am sharing my personal life which till now was shared only with a few close friends. What are the events in the past 9 years that have shaped me to become the man I am today? I can think of four, three in the past and the fourth one that is unfolding now.

The first was my separation in January 2005 from my ex-wife Ellen, after which I did not see my older children Virat and Jacqueline for nearly 7 months. I thought at that time that she was the worst thing that happened to me but what I learnt in those 7 months I could not have learnt otherwise so now I look at it differently because it completely changed my outlook on family and children.

The second took place in 2007 when my wife Markéta fell seriously ill and had to undergo a long and complicated surgery leading to some severe consequences. This was when my younger daughter Jasmine was 6 months old and younger son Shaan was 2 years old. Markéta is a strong woman. She was able to overcome her health problems and is today back leading a normal life. This completely changed my outlook on living for the future.

The third was in June 2012 when I fainted in the south of France and had a severe case of 3 slip discs and was supposed to undergo a surgery to put 2 titanium nails in my back bone to protect the functioning of my legs or other parts of the lower body. I refused to undergo surgery and resorted to Meditation and Yoga & that put me on a course of spirituality that has completely changed my outlook on life itself in the past 14 months.

I did not think any of these events was a good thing happening when they actually occurred. Today, I know that they were probably the best things that happened to me and my family because every time it took us out of our comfort zone. I have now realised that real growth takes place only when you are out of your comfort zone. Life always brings us what we need, not necessarily what we want.

Let me share with you a story about an Indian trader (that I have borrowed from Dr. Wayne Dyer) that signifies to me my path of spirituality today & some of the things I have learnt and that I feel make the basis of the life I live:

Once upon a time there was an Indian trader who went to Africa to acquire some local products and animals. In the jungle, he saw many colourful talking parrots. He decided to capture a talking parrot and take him back as a pet. At home in India, he kept his parrot in a cage, he fed him honey and seeds and treated him very well. When it was time for

the man to return to Africa two years later, he asked his parrot if there was any message he could deliver to his friends in the jungle. The parrot told him to convey to his friends that he was very happy in his cage and that he was enjoying every day, and asked him to pass on his love. When he arrived back in Africa, he delivered the message to the other parrots in the jungle. Just as he finished his story, a parrot with tears welling in his eyes fell over dead. The man was very alarmed but he thought the parrot must have been very close to the parrot in the cage and this was probably the reason for his sadness and his death. When the traveller reached home, back in India, he told his pet parrot what happened. As he finished his story, the pet parrot's eyes welled up with tears and he kneeled over dead in his cage. The man was astounded but he figured that his pet died from the grief of hearing the death of his close friend in the jungle. The trader opened up the cage and tossed the dead bird onto the trash heap. Immediately, the pet parrot flew up to a branch on the tree outside. The trader said to him: "So you are not dead after all, why did you do that? You tricked me." And the parrot responded: "The bird back in Africa sent me a very important message. "What was the message," the trader wanted to know. "He told me that IF YOU WANT TO ESCAPE FROM YOUR CAGE, YOU MUST DIE WHILE YOU ARE STILL ALIVE."

We must indeed die while we are alive in order to look back at our waking consciousness and see ourselves trapped in our cage (in our case that of our EGO). So I am sharing with you the lessons that I have been fortunate enough to have learnt over the past few years and you are, of course, fully entitled to discard them.

1. HUMILITY: I have learnt that if one is to lead a life of Humility and without entitlement, it is sheer joy and peace. Going from a state of "Notice me" to a state of living humbly in obscurity. The sun never says to the earth "You owe me". Imagine what happens with a love like that – it lights up the whole sky. I have also learnt that the most important trait of a leader is when everyone else says: "We did it ourselves."

2. TRUST: I have learnt that to let go and give up control just like we did when we were still in the womb and wonder through life with Curiosity instead of a fear for tomorrow & without any attachment to the result, is sheer fun.

3. KINDNESS: I have learnt (very, very recently) that whenever there is a choice between being Kind and being right, I get more happiness out of choosing "Kind". (Earlier I was obsessed with being right).

4. MORE IS LESS: I have learnt that I don't need anything to be happy (it is my true nature as I am anchored in the source) but I need something to be sad. I feel today that till I realised I had enough, I always needed more and felt really poor but now that I have realised I have enough, I feel really rich.

5. FLEXIBLE: I have learnt that water is always stronger than the rocks as it wears them down. It is soft and flexible but very powerful. Life is change, Flexibility is life and rigidity is death.

6. I DON'T KNOW: The thing that my four children as well as the Dalai Lama have taught me are the three most powerful words in the world "I don't know". It was nearly impossible for me to say these words a couple of years ago.

7. THIS TOO WILL PASS: Life is about change. Storms never last forever and hidden behind every storm is peace and tranquillity. People come into our lives for a reason, a season or a lifetime. They are not there to make us happy, nor are they there to give us what we want, but to give us what we need. Earlier, I never realised this fact but now I am glad to see people moving into my life and out of my life and I know it is all for the best.

So, the last major event is unfolding in my life now as I write this. We have agreed to separate with my wife Markéta & to stay close by and bring up our two younger children Shaan (8) and Jasmine (7) as responsible parents, even if we don't live together. She is a very intelligent and mature woman and I am fortunate to have spent 9 wonderful years with her. I am grateful for everything that life is unfolding around me and I am convinced it is in everyone's best interest as we are all anchored in the source and have the source flowing inside us.

Life is change and that is a rule of nature – sometimes, we want it to be constant and create expectations that lead to disappointment. I say I am grateful for the change and live and enjoy every moment of the present as Master Oogway (the turtle) rightly said in the movie Kung Fu Panda, and I quote: "Yesterday is history, tomorrow is a mystery, today is a Gift, that is why it is called the 'PRESENT'." Just Love, no attachment, no expectations (this is the toughest one but Meditation helps a lot).

I wish you enjoy your life in the present moment, every single day and have lots of fun this autumn. ☺

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THE NEW V ZÁTIŠÍ CHEF MYSTERY REVEALED!



He has cooked for the British Queen Elizabeth II, Sir Elton John or at the Heston Blumenthal's restaurant in London. He is young, creative and of the Czech descent. Come September, you will be able to taste his delicacies at V Zátíší. Meet **Petr Kunc**:

"Cooking is my greatest passion. It motivates me to try and reach higher goals and accept new challenges," says the chef **Petr Kunc**. In his 14 years in the field, he has already worked at a number of Michelin restaurants,

MALLORCAN AUTUMN AT V ZÁTIŠÍ

The first week of November will be dedicated at V Zátíší to the visiting chef **Tomeu Caldenty** from the Es Molí d'en Bou restaurant, Mallorca. In 2004, Tomeu was the first Mallorcan chef awarded the Michelin star for his culinary art. You can already now look forward to an exquisite culinary experience – a traditional Mallorcan cuisine in a very unique and modern presentation, presented together with some truly unique Mallorcan wines.

Details to be announced

gaining experience from Albert Roux and his son Michel Roux Jr. or Raymond Blanc, among others. His role model is Pierre Gagnaire, chef and owner of several world-class restaurants. "He has taught me that **cooking is not only about the technique itself, but also about the team, the heart, and love. You have to be passionate about cooking, otherwise you are going to fail,**" adds Petr Kunc.

He thoroughly explored the art of fantastic tastes combinations with a breath-taking meal presentation as a Senior Sous Chef at Rhubarb Food Design in London where he was involved in catering and VIP dinner preparations for e.g. Wimbledon Tennis Tournament, Royal Ascot Horse Racing, the summer Olympic Games, world premieres, automobile industry prestigious events and fashion shows. Alongside with 80 other top world chefs, he was part of the Relais & Chateaux Dinner Des Grand Chefs 2013.

He returned to Prague in August and has already proven his qualities while putting together a new seasonal menu. "I draw inspiration also from old Czech cook books. During the First Republic's Era, Czech cuisine was among the top in Europe which is worth commemorating," claims Petr Kunc.

YOU CAN LOOK FORWARD TO:

- **Scallops St. Jacques Ceviche** with pickled white radish and red beet, purée from Japanese persimmon, and orange vinaigrette
- **Deer fillet with butter pumpkin purée**, roasted chanterelle mushrooms and raspberry and blackberry Jus
- **Salmon with Quinoa salad** with spinach and salsa verde



JOYFUL AUTUMN AT ŽOFÍN GARDEN



At Žofín Garden, you can enjoy beautiful autumn outdoor till the end of October sheltered by our party tent. Pop in for a family brunch rich in goodies prepared by **Stáňa Marková** and featuring animation programme for even the youngest of our visitors.

Stáňa Marková recommends a pancake mix pouch stuffed with baked cinnamon apples. Preparation is very easy so let's get busy!



PANCAKE POUCHES STUFFED WITH BAKED CINNAMON APPLES SEASONED WITH VANILLA CREAM

4 portions

INGREDIENTS

APPLE STUFFING

- 500 g of apples
- 60 g of sugar
- a pinch of ground cinnamon

DOUGH

- 4 eggs
- 500 ml of milk
- 70 g of butter (melted)

VANILLA CREAM

- 250 g of cream
- 2 egg yolks
- 100 g of sugar
- 1 vanilla hull

- 260 g of all purpose flour
- 40 g of sugar
- a pinch of salt
- lemon and orange zest for seasoning

APPLE STUFFING:

Peel the apples and remove the cores. Cut the apples into small wedges. Place in a baking tray, sprinkle with sugar and cinnamon and bake under 120 °C for 30 minutes.

DOUGH:

Mix together all listed ingredients to prepare the pancake dough. In a frying pan greased with butter, make thin pancakes.

VANILLA CREAM:

Steam cook the vanilla cream: Place the cream into a bowl, add the vanilla hull and heat to 70 °C. Add the egg yolks and sugar and beat until thick, then let cool down.

SERVING TIPS:

Stuff the pancake with baked apples, forming a pouch. Pour the vanilla cream over the apple-stuffed pancakes and serve.

AUTUMN BRUNCH PROGRAMME

- 08/09 Fairy-tale day
- 15/09 Woofy and his friends
- 22/09 Native Americans
- 29/09 Funfair/Carnival
- 06/10 Monster Mania
- 13/10 Little Mermaid
- 20/10 Pirates Adventures
- 27/10 Halloween

THE MAGIC OF AUTUMN AT BELLEVUE



MUSHROOM-THEMED AUTUMN WITH FRENCH ALLURE

Romantic moments against the Prague Castle background are guaranteed at **Bellevue**. Our new chef **Gilad Peled** loves modern, French cuisine, seasonal ingredients and the fruits of nature. "Select the best ingredients, process them ever so slightly, tune-up the tastes, spend time on presentation and cook from the depth of your heart," he explains the secret behind his delicacies.

"Mushroom-based dishes are best paired with Barbaresco 2009 Rabaja from a Lorenzo Alutto family winery in Piedmont, made from the Nebbiolo grapes grown at the Grand Cru Rabaja vineyards," recommends **Tomáš Melich**, the Bellevue restaurant Manager.



Enjoy the autumn harmony via our:

- **Carnaroli risotto from Jerusalem artichoke** with seasonal mushrooms and truffle
- **Roasted veal sirloin** with root vegetables purée, beans, bacon and boletus sauce, served with crunchy and smooth mushroom fricassée for texture
- And an autumn menu grand finale - **Cremeux from Valrhona**, a dessert from **Araguani, Venezuelan chocolate**, with caramel and banana ice-cream

GILAD'S TIPS FOR MUSHROOM LOVERS

If you wish to cook mushrooms at home, follow Gilad's recommendations: "When mushroom picking or shopping for mushrooms, always closely inspect the product. Fresh mushrooms look nice and are firm and smooth. They may even be little slimy at touch as you are going to clean them anyway."

GILAD'S MAGICAL CREATIONS



NEW MLÝNEC TO AWAKEN PASSION



Pavel Štěpánek, the Mlýnec restaurant Manager, took the **June flooding** as an opportunity to refurbish and improve the restaurant's interior in a way that assures our guests will feel even more relaxed than before. With the start of the autumn season, he will welcome a top notch visiting chef from Berlin in the new interior and introduce a new menu.

You can experience it all first hand from **September 1st**, when Mlýnec re-opens its door after the flooding and the subsequent refurbishing. "After hours of discussions with the designers, kitchen architects and chefs, we have reached an agreement and opted for a shorter, but rearranged and more efficient kitchen with a beautiful window to the restaurant. The interior was created by Free Architects design studio and is enhanced with two chandeliers by an ingenious glassmaker **Rony Plesl**," **Pavel Štěpánek** describes the changes that were performed in a record time.

The new environment is also complemented by the new seasonal menu by our creative chef **Marek Šáda** who likes to cook deer backstrap or leg, mushrooms and home-made pasta. No autumn menu can do without **venison, pikeperch or mushrooms**.



VISITING CHEF AT MLÝNEC

From **October 31st to November 2nd, 2013**, you can look forward to the presence and delicacies of **Stefan Hartmann** from the **Michelin star Berlin restaurant**, Hartmanns, who, employing very simple tricks, transforms the traditional cuisine into a work of art.

Book a table in advance not to miss it.