



zátiší group magazine

— autumn 2018 —



Gian Luca Giardi
fresh & tasty

THE KINGDOM

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zátiší group

Dear friends,

I am writing my first editorial for Z Magazine and my head is spinning because my first nine months at the Zátiší Group have passed in a blur. It seems as if yesterday we were still in January and today I see the leaves starting to wear their autumn colours again. On the following pages, we would like to introduce to you all the colours of the Zátiší Group as well as the entire team.

The main interview is devoted to the Fresh & Tasty division, which provides corporate and school catering and has been part of the Zátiší family for nine years. I still remember the school canteen from my childhood and that ubiquitous brown sauce we were served. Of course, there is no comparison with what children eat at the schools we provide with food that is always fresh and always nutritious. I am very proud of the fact that this fast-growing division is creating new market trends and setting new quality benchmarks in the canteen market.

This autumn we've got lots of news for you and we are delighted to show you what is new in our restaurants. We invite you to taste our new seasonal menus and urge you not to miss our NEON FOOD LOUNGE, where the food will not only taste great but also glow as part of the Signal Festival.

I'd be happy to hear how you enjoyed this magazine and what you would like to read about in upcoming issues. But most of all, we want to have your feedback regarding your dining experience in our restaurants. Because everything we do, we do for you, so your opinion is like food to us.

I wish you an enjoyable read!

**Martina Grygár
Březinová**

CEO of Zátiší Group
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T A S T E T H E N E W S

Truffle Celebration

As every year, Mlýnec manager František Novák and head chef Marek Šáda will again travel to the Italian region of Piedmont to pick fresh white truffles. These are the most expensive truffles and are found by specially trained dogs, primarily around the cities of Alba and Asti. Chef Marek Šáda will use the truffles in a special menu at the Truffle Festival to be held at the Bellevue restaurant in the second half of November. The exact date depends on when it will be the best time to harvest the truffles.

www.bellevuerestaurant.cz

Evenings at the Timeout Bistro

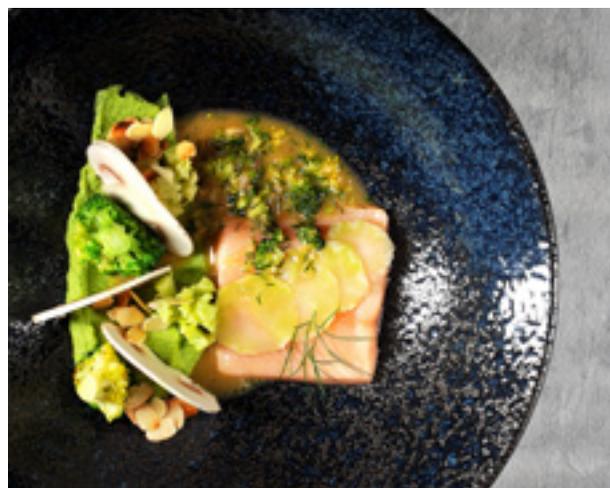
It will delight you with its stylish interior and delicious evening menu. Are you looking for a space for your corporate party? The bistro can hold up to 120 guests. Large screens will help you create professional presentations, and there's a comfortable meeting room just a few steps away. And it's all just a few meters from the Nové Butovice metro station.

www.timeout.cz

The Autumn Menu at Mlýnec

Farmers, gardeners, chefs and gourmets all look forward to autumn. It's the best time of the year for pumpkins, plums, horseradish, chestnuts, venison and freshwater fish, and the chefs at Mlýnec are looking forward to transforming them into gastronomic delights. You can now enjoy the last days of summer with pumpkin consommé with curry, feta cheese and coriander or loin of fallow deer with chestnuts. And for dessert, why not try our homemade crunchy noodles with poppy seeds and plums. Our seasonal menu will change a bit every month.

www.mlynec.cz



Flavours will Glow at the Signal Festival

The tent at the Žofín Garden restaurant both shelters guests in bad weather and gives them the feeling that they are out in the country. Zátíší Catering and the QUIX company will convert the space in front of the restaurant into the **NEON FOOD LOUNGE**. From **11 until 14 October, between 5 and 11 p.m.**, you will see in this unique ambiance glowing refreshment for adults and children – UV doughnuts, UV macarons, UV ice cream and UV waffles. And you'll be able to quench your thirst with UV bubble tea or Prosecco with UV passion fruit caviar. Our food truck will offer warm food, such as burgers, chips and poutine, as well as warm drinks such as mulled wine – especially on cold days.

www.zofingarden.cz

Canteen & Café

A few steps from the Nádraží Holešovice underground station stands the new Visionary building where our Fresh & Tasty division has opened the **new Vision Café**. It is used not only as a canteen for those who work in the building, but it is open to the public as well. You can come for breakfast, a snack, lunch or just a coffee. You'll be able to choose from a selection of nutritious, balanced and tasty meals that will give you energy for the rest of the day. The food is prepared according to our belief that what you eat has a significant influence on your ability to concentrate and work. The Vision Café is open from Monday until Friday from 8 a.m. until 5 p.m.

www.cafevision.cz

CURLY PRINCESSES

IT LOOKS VERY FRAGILE BUT THAT IS JUST A PRESUMPTION. ITS STRONG LEAVES CAN SURVIVE IN MINUS 10° C AND ARE ALSO ABLE TO RETAIN THEIR VITAMINS AND MINERALS, WHICH WERE SO IMPORTANT TO OUR ANCESTORS, ESPECIALLY IN WINTER. MEET 'HER MAJESTY, THE CABBAGE'.

Its pedigree deserves respect. Everyone is familiar with Brussels sprouts and the other family members, such as broccoli, cauliflower, sauerkraut, kohlrabi and the turnip, from which it was developed. Turnips were grown early around the Mediterranean basin, but old cultivars also appeared early in western Europe. It has been grown on the continent for more than 1,000 years, but its place of origin is difficult to establish.

CABBAGE CAN GROW IN VIRTUALLY ALL CONDITIONS, BUT IT NEEDS ENOUGH SPACE. SANDY SOIL IS FINE, AND IT CAN SURVIVE BELOW-ZERO TEMPERATURES. IT DOESN'T REQUIRE MUCH WATERING, BUT IT HATES COMPETITION - OTHER PLANTS - NEAR IT. IF YOU WANT TO GROW CABBAGE SUCCESSFULLY, YOU NEED TO GIVE IT A BIG BED.

The old Slavs did not differentiate between sauerkraut and cabbage. Bavor Rodovský from Hustiřany was the first person to create different recipes for each vegetable in a cookbook dating from 1591. He recommended cutting the cabbage after it was steamed, frying it in oil before adding wine, raisins and almond or nut milk. Cabbage with robust, curly leaves was later re-named 'jarmus'.

IMMUNITY

Thanks to their resistance to frost, kale and its smaller relatives, Brussels sprouts, were used as natural medicines in winter. In the old days, cabbage and sauerkraut were the only sources of essential vitamins in winter. When the winter was very long, people suffered from the lack of vitamins, which led to immunity deficiency and, inevitably, colds, toothaches and fatigue. Because of their fibre, cabbage and sauerkraut also helped clean the intestines, especially after celebratory

feasts such as a pig slaughter or Christmas. It is also used today to ease the discomfort that comes from overindulging in fatty food.

GREEN IN THE KITCHEN

Kale has a neutral taste, so it can be added to pesto, smoothies, soup, pudding or used to stuff fish or meat. You can also use kale in place of spinach in a recipe. Brussels sprouts have a bitter-sweet flavour. You need to peel them carefully, boil them quickly and then fry them in a pan or roast them in the oven. You can

also cut them into small 'noodles' and stir-fry them.

Don't grow too fond of cabbage! If you eat more than 1 kg of cabbage a day, or of broccoli, sauerkraut or cauliflower, you risk inhibiting the function of your thyroid gland (which secretes hormones that regulate growth and development via the body's metabolism). The best cabbage is available from late summer until spring. Enjoy its freshness and get as much benefit as you can from it (and not only before winter)!

THEIR LEAVES CONTAIN VITAMINS A, B, C AND E AS WELL AS MINERALS SUCH AS MAGNESIUM, POTASSIUM, CALCIUM AND PHOSPHORUS. THIS IS A PARTICULARLY HEALTHY MIX SINCE POTASSIUM HELPS THE BODY ABSORB CALCIUM.





TO
EAT
OR
NOT TO
EAT

HEALTHY

GIAN LUCA
GIARDI

YESTERDAY A HEAD CHEF,
TODAY A FINANCIAL ANALYST

FRESH & TASTY

‘Fresh & Tasty was launched during the economic crisis, in 2008. At that time Sanjiv Suri told me not to wait until it’s over and not to cry about it. His idea was to face it and do something that would put us ahead of the competition. And the business has been thriving ever since. So I am moving from the position of head chef to be financial manager of the entire division.

Gian Luca Giardi says.

How did you get from Italy to Prague?

First, I have to say that my wife is Czech. We met in Australia and got married there. We moved to London, where I started to work as a chef, and then to Dublin, because my wife got a job there. We stayed in Dublin for a year and a half. It was great for working, it was a great experience for me, so when we decided to come here, there was nothing to regret. The company, where my wife had been working, was about to open a new branch in Prague, so they asked her to come here. To be honest, we would never have thought about coming here otherwise, because of the language problem for me. But we came here in 2008. I got to know Sanjiv Suri and after that I started to work as a chef for the Zátiší Group.

How did you come to the Fresh & Tasty division?

Mr. Suri had two children at the International School of Prague then, and people at the school were asking him to provide them with food. There was the economic crisis at the time. And I remember that he told me, “There is a crisis and there are two ways to face it. Either we cry on each other’s shoulders and wait until it’s over or we do something that will put us ahead of the competition. So, that is how Fresh & Tasty came to the world, to provide high-quality, nutritious and tasty food to schools. We were lucky to have won the first tender for providing food to schools. Today, we serve our food to seven private international schools, five corporate dining halls and five public canteens. We currently feed 4,500 happy diners in 17 establishments daily.

So, you’re changing your position and moving from the kitchen to the financial department. What do you enjoy more, cooking or managing?

During my 10 years as head chef, Fresh & Tasty became a highly-valued division. I was the person who had to solve problems immediately, and I felt responsible for it. The financial side of the business is as important as a well-cooked meal. Both are important, of course but they cannot be done by only one person. I need to check the budgets and costs, and evaluate the efficiency of the business. I have simply exchanged my wooden spoon for a PC.

Cooking is also physically demanding and I presume you don’t want to retire in the kitchen.

Exactly. My mum is still cooking in a family-run business as she would get too bored without it. But I have found that I really like to teach people how to cook. It’s very rewarding when you see them after five or six months and you see how they grew in that time. A lot of people are stuck in their way of cooking and their way of thinking about ingredients. If I had stayed in Italy, I would probably be the same. But I had the opportunity to leave and see other places and eat different foods. If people are passionate about what they do, then they are going to explore. If do you it only for the money, you will never be successful or happy.

Do you cook differently for children and adults?

No, I don’t. The only things I can adjust is the salt and the pepper. And since I’ve started cooking for schools, I don’t use pepper any more. And I don’t use that much salt. But then people think that it’s tasteless. Most of the time, it means there is not enough salt for them, because the taste of salt is a habit. It’s not the healthiest ingredient in the world, but if 100 people say that there’s not enough salt, you have to adjust. I believe salt should be used to enhance the flavor, not provide the flavour. That’s why it’s important to cook with fresh ingredients that have lots of flavour, so the salt will not be necessary. That’s why it’s really important to work with children. They are not born with a taste for salt. There are parents who think that our job is just to feed their children. They don’t care what we give them as long as they are not hungry when they get out of school. But I believe our duty is also to teach them how to eat and how to make decisions about what they eat.



What are your favorite foods?

A lot! [laughs] For example, pasta with tomato sauce makes me very happy. Bolognese and lasagna I have loved since I was child. They gave me lasagna when I was nine months old. My grandmother had a trattoria. I remember she was preparing it on Saturday night for Sunday, and I remember all the lasagna sheets laid out and the smell of the béchamel sauce.

Trends in gastronomy are changing. What gastronomic trends do you see coming?

One trend is to eat lighter foods in canteens. Czech food is very heavy. If you eat it and then go to sleep, that's fine. If you still have to work three or four hours, it's not so good. Also, there is more international food being served, because people are traveling more today and taste foods in different countries. Their expectations are changing because their tastes are changing. People are also thinking more about their fitness and health, so that is also changing the way we cook. I always think that what is happening in the United States today will happen in England a few years later and then will happen in Europe a few years after that. For example, in San Francisco cooking is becoming more robotic. In stores, robots are preparing pizzas or hamburger every 5 minutes. They can handle one per minute and they are all perfect. In London the trend is the 3D food printer – instead of ink, they put the ingredients in the printer. They make pizza with it. It takes lots of time now, but it's improving very quickly. We might just have it here in about 10 years.

Do you have a dream you still wish to fulfill?

Well, I take life as it comes. I try not to worry about yesterday or about what's going to happen in ten years. If you had told me 20 years ago that all the things that have happened to me would happen, I would have thought you were crazy. And everything happened because I didn't think too much. I went with the flow. Sometimes the flow takes you to a bad place, but I can't regret anything.

Favourite food?

Pan-fried anchovies. I used to eat them often as a kid because we lived near the sea.

PAN-FRIED ANCHOVIES
Take off the head and remove the spine. Then butter it, put it in the flour and whisked eggs. After that fry it in good olive oil. Squeeze some lemon on it and eat it with bread.

Gian Luca Giardi

He was born in Livorno, near Pisa. His mother converted her grandparents' bar into a small pizzeria and Gian Luca had to help out there. Everybody assumed that he would take over the business, but Gian Luca saw no future there for himself and left for Australia in 2000. At a party in Sydney, he met an Italian chef. As Gian Luca says: 'He inspired me enormously. He was so passionate about cooking that he passed this on to me. He came from Sicily, but he liked to experiment, especially by combining Italian dishes with Asian ingredients. I learned to cook in an entirely different way.'



CHEF'S MENU

BACK OF FALLOW DEER, CABBAGE, PLUMS, JUNIPER, BACON

From Bellevue
restaurant head chef
Marek Šáda



MEAT

- 1 kg back of fallow deer
- 30 g butter
- 3 g thyme
- Salt and freshly ground pepper

Wash the meat, trim the fat, season with salt and pepper. Melt the butter in a pan and add the thyme. Cook the meat over high heat on all sides until brown, about 5 minutes. Reduce the heat and continue cooking according to taste, 5–10 minutes.

CABBAGE

- 1 small cabbage (1 kg)
- 30 g peeled chestnuts
- 1 shallot
- 100 ml beef broth
- 30 g butter
- 3 g thyme
- salt and freshly ground pepper

Wash the four freshest-looking cabbage leaves and cut each one into a big circle. Soften them in hot, slightly salted water for about 1 minute. Remove and let them cool in very cold water so that they keep their colour. Cut the rest of cabbage into thin 'noodles'. Remove

the heart of the cabbage and discard it. Chop the chestnuts into small pieces. Peel and finely chop the shallot. Add half the butter and a pinch of salt and pepper to the beef broth and warm it over low heat. Add the cabbage leaves to the broth and continue cooking. Fry the shallot in the rest of the butter, then add the cabbage noodles and cook until soft. Add chestnuts and thyme, cook for about 2 minutes and remove from heat. Remove the cabbage leaves from the broth and dry them with paper towels. Then place a bit of the chestnut mixture in the centre of each leaf and roll it into a 'cigar'.

PLUMS

- 500 g plums
- 16 thin slices of Italian bacon
- 20 g granulated sugar
- 3 g juniper berries

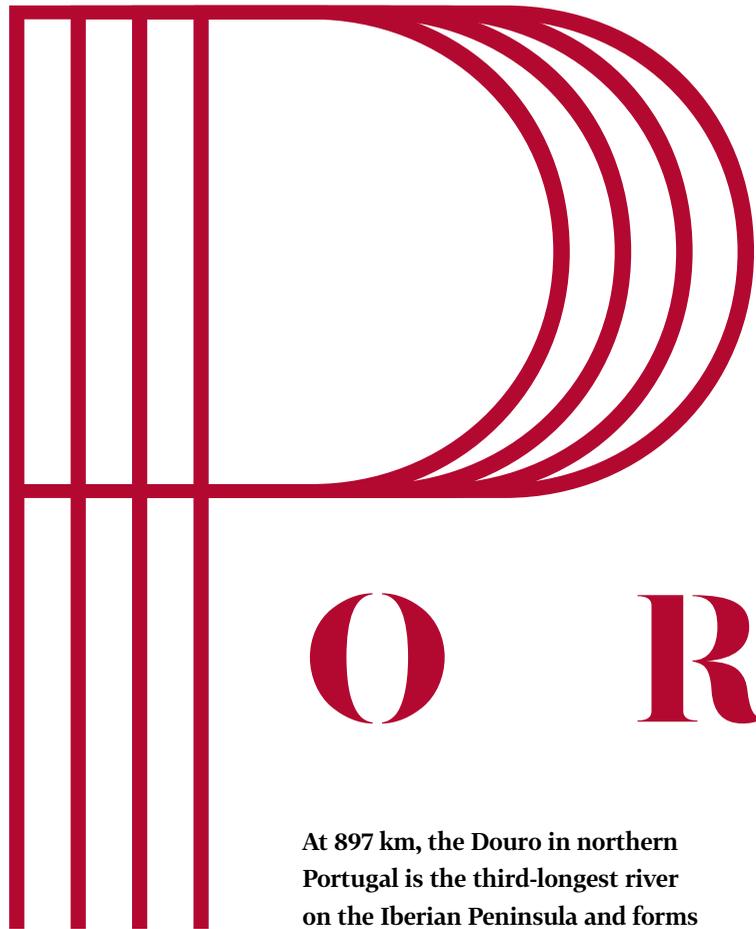
Pre-heat your oven to 80° C. Wash and stone the plums. Lay 8 plums on a tray covered with baking paper and let them dry in the pre-heated oven for about 2 hours. Now pre-heat the oven to 160° C. In the meantime, wrap each oven-dried plum in a slice of bacon and roast them under the grill for 1 minute. Put the rest of the plums into the baking tray, sprinkle with sugar and bake them in the pre-heated oven for about 1 hour. Blend until they are smooth. Roast the juniper berries in a dry pan. Then crush them and sprinkle them over the bacon-wrapped plums.

SAUCE

- 1 carrot
- 1 shallot
- 1 celery
- Slices of fallow deer
- 100 g butter
- 3 g thyme
- 2 g juniper berries
- 5 plums
- 1 tbs granulated sugar
- 500 ml dry red wine
- 1 l beef broth
- juice of half a lemon
- salt and freshly ground pepper

Peel the carrot and the shallot and chop into small pieces. Slice the celery. Fry the meat in the butter, with the vegetables. As soon as the meat turns golden, add thyme and juniper berries. Stone the plums and add them to the pan. Then add the sugar and cook until it caramelises. Add the wine and cook over high heat until there is almost none left in the pan. Pour the broth into the pan, reduce the heat and simmer until thick, about 2 hours. Then strain the sauce through a sieve, return it to the pan and reduce over high heat until you have about 100 ml. Season to taste with salt, pepper and lemon juice.





O R T

At 897 km, the Douro in northern Portugal is the third-longest river on the Iberian Peninsula and forms a 112-km-long border with Spain. The vineyards on the slopes of the Douro Valley resemble terraced rice fields. The Alto Douro wine region was added to the UNESCO World Heritage register.

SOLOMON'S SOLUTION

The presence of grapevines in Portugal was first recorded in 1174. As early as 1678, barrels with wine carried labels bearing the word 'PORT'. This mature sweet wine was favoured by the English, who were looking to increase its import volume. The problem was that the vineyards were located inland and therefore too far from the major trade hubs. So, the barrels were transported down the Douro to Porto. Brandy was added to the Port wine to keep it 'alive' during its long journey across the Atlantic.

THERE ARE ONLY THREE SORTS OF WINE WHICH TAKE THEIR NAMES FROM THEIR PLACE OF ORIGIN AND HAVE BECOME SPIRIT ICONS: CHAMPAGNE, TOKAY AND PORT. ALTHOUGH THE MAJORITY OF PEOPLE KNOW PORT AS A DIGESTIVE, IT CAN ACTUALLY ACCOMPANY AN ENTIRE MENU.

'FORTIFICATION' IS STILL USED IN THE PRODUCTION OF PORT TODAY, BUT FOR A DIFFERENT REASON. TODAY A GRAPE SPIRIT CALLED AGUARDENTE IS ADDED TO STOP THE FERMENTATION AND TO BOOST THE ALCOHOL CONTENT.

Vineyards along the Douro are divided into three separate regions, according to their location - Baixo Corgo, Cima Corgo and Douro Superior. The drier the climate, the better the Port. There are over a hundred varieties of grapes that can be used for Port production, although only five - Tinta Barroca, Tinto Cão, Tinta Roriz, Touriga Francesa, and Touriga Nacional - are widely cultivated and used. Some other varieties may be added in small amounts.



Port wine has a high alcohol content of 19 to 22 % and higher sugar content.

NOT ONLY FOR DESSERT

Port is mainly known as a dessert wine. Its ruby or carmine colour, strong honey, almond, plum and red-berry fragrances and its sweetness make it a perfect drink for ending a meal. Port is produced in various styles, from dry to sweet, and in white, pink or red. The must is made from grapes that are later fermented. The fermentation converts sugar into alcohol. During this process, a grape spirit (approximately 70%) is added to the must to stop the fermentation.

The final taste of Port depends on the length of the aging, as it can be aged from three to forty years. **RUBY** usually ripens for two or three years without any oxidation; it has a distinctive dried-fruit taste. **TAWNY** has a golden colour and is aged for three years in barrels, with oxidation; it tastes of figs, caramel or nuts. **RESERVE** is aged for at least three years and delights the palate with its taste of blueberries, chocolate and cinnamon. The most expensive Port is **VINTAGE**, which is aged in wooden barrels or stainless steel

and then requires another 10 to 40 years of aging in the bottle. Dry wine is served chilled to 4°-10° C, half-dry and sweet wines are served at 10°-16° C and long-aged wine is best at room temperature. You can taste them at the Bellevue and V Zátíší restaurants, where red and white Graham's Port is served. Barmen like to use Port in their mixed drinks for its unique taste. In Portugal, Port is served with tonic on ice as an aperitive. Try it!



G R E A T F U N

TRENDS IN GASTRONOMY ARE CHANGING NEARLY AS QUICKLY AS CLOTHING FASHIONS. EITHER SOMETHING NEW POPS UP OR SOME OLD TREND BECOMES A FASHION AGAIN.

ZÁTIŠÍ CATERING HAS NOW DEVELOPED NEW IDEAS TO MAKE GUESTS A PART OF THE GASTRONOMIC SPECTACLE.

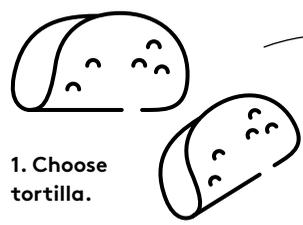


T A C O S T A T I O N

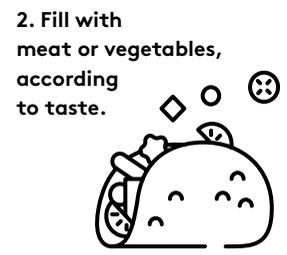
D R A G O N ' S B R E A T H



You don't need to travel to Mexico for great tacos, since now the traditional Mexican street-food stall offering a variety of tacos can be as close as your home.



1. Choose tortilla.



2. Fill with meat or vegetables, according to taste.



3. Add salsa, herbs, lime or jalapeños – or combine to discover a new taco pleasure.

This frozen dessert may remind you of the TV show 'Game of Thrones'. Don't worry, it contains no fats, so the procedure is safe and there is no risk of being burnt by 'liquid frost'.



DRAGON'S BREATH
dessert made from cereals

Puffed sweet put into a smoking container filled with liquid nitrogen.

CHOCOLAND

Who never dreamed about chocolate while reading the book or watching the film of 'Charlie and the Chocolate Factory'? Your dreams will come true in Chocoland, which was created by our pastry chef Christophe Dubreuil from almost 16 kg of chocolate. Welcome to Chocoland!

A mixture of milk and dark chocolate for soaking fruit.



White chocolate

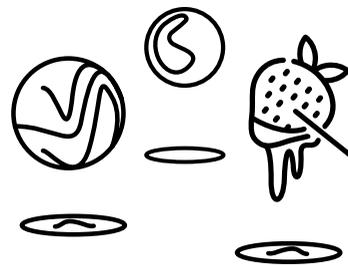
Cocoa beans and chocolate spread filled with truffles and caramel.

Gluten-free brownies with pecans, hazelnuts and macadamia nuts.

Truffles from chocolate mousse in white or dark chocolate.

Dark chocolate mousse with gold chocolate topping.

Dark chocolate mousse with rosemary and white chocolate spread. We also use chili or mint instead of rosemary.



TUNA PORTIONING

Tuna can weigh up to 25 or 30 kg, and so deserves some respect. The fish we use are caught only with harpoons and come from the Maldives. They are usually 1 year old, which guarantees tender and juicy meat.



Trends 20-21

It is usually cut into large pieces – sashimi – which are used for grilled steaks or the fish is chopped to make tartare (the best meat comes from the back). Another option is the poke bowl, which is growing in popularity.

Cutting into the tail determines the fat layer and the best way to prepare the meat.



Hawaii poke bowl with fresh tuna, wakame, avocado, sesame, fava beans and special dressing.



Grilled tuna steak.



What to do with a bumper harvest

IF YOU WOULD LIKE TO PICKLE THE FRUITS AND VEGETABLES YOU HARVESTED FROM YOUR GARDEN, THE END OF SUMMER IS JUST THE TIME TO DO IT. AT ZÁTIŠÍ CATERING WE ADAPT OUR MENU TO THE SEASONAL HARVEST. IT IS MORE DIFFICULT TO KEEP PRODUCE FRESH IN THE WINTER, SO WE GENERALLY USE OUR PRESERVED PRODUCE. THERE ARE MANY WAYS TO KEEP IT FRESH.

Absolutely clean jars and containers for storing produce and ideal storage conditions are essential. Ideally, you want to store them in a dark and cold place, but not in a humid cellar. Fruit and vegetables are best preserved when very ripe, which means they will be sweet, juicy and at their best. How and when you combine them is up to you, especially as fruits ripen at different times. If waiting, you can store them in the freezer. You can add spices or herbs to fruit, vegetables or mushrooms, and even a drop of alcohol can enhance the flavour.

PRESERVE YOUR FRUIT

You can boil any fruit except bananas and melons. First, prepare everything ahead of time: sugar or honey, pectin, citrid acid or lemon, spices, alcohol [to taste] and a sufficient number of sterilized jars with covers. Jam can be sweetened with honey or with the healthier stevia [also known as candyleaf or sweetleaf], but be aware that sugar works as preservative. If you omit the sugar, don't forget to sterilize your jars again.



PICKLE YOUR VEGETABLES

Fruit can be used for jams, but vegetables are perfect when pickled in jars or large glass jars. In sweet-and-sour or spicy sauce. Vinegar sterilizes the vegetables, spices add aroma and flavour. Prepare the most suitable vegetables for pickling – gherkins, peppers, hot peppers, mushrooms, runner beans, spring onions, zucchini, cauliflower and broccoli. If you have time, you can cut and chop the vegetables into different shapes or combine different types of vegetables in the jar.



FERMENT

Although fermentation has recently been touted as a 'super healthy' way to preserve vegetables, it has been known for centuries as being nutritious and natural. Chop sauerkraut and you get jars of vitamin C for the entire winter. If you don't have a cold cellar or a container designed for preserving sauerkraut, use jars with classic Omnia lids. Put your jars into the fridge as soon as the lids become flat. In the same way you can ferment carrots, beets, broccoli or zucchini.



Home food preservation is becoming fashionable again. For many people, doing the preserving at home is relaxing. In addition, it teaches children to respect nature and its bounty.

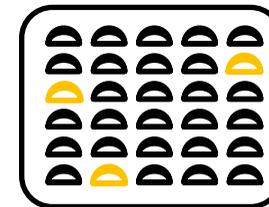
MACERATE

Put herbs, garlic or chilli peppers into clean jars, pour vinegar or oil into it and you'll have flavoured oil or vinegar that can be used for cooking in just a few weeks.



DRY

Cut herbs, mushrooms, fruits and vegetable into thin slices, lay them on your fruit dryer and let them be dried by the circulating warm air. If you don't have a fruit dryer, you can simply use your oven. Pre-heat it to 50–60° C and let the produce dry for a few hours. Herbs should be dried at 40° C. Herbs can be bundled and hung from the ceiling until they are dry enough. Dried tomatoes can be put into oil, which will preserve them.



MAKE YOUR OWN JUICES

Put your apples or pears through a juicer and then sterilize the juice or keep it in the fridge. Mix small fruits or berries with sugar, press the juice the next day, boil it and strain it through cheesecloth. You can also prepare your juice by pouring hot water over the fruit, adding lemon juice and then leaving it for one day to soak. Then sieve it through a strainer, mix the juice with sugar and the next day put it in the mixer again. Then you can pour it into clean bottles with lids.



MAKE YOUR OWN FRUIT COMPOTE

Boil apples, pears, apricots, peaches, cherries, sour cherries, currants, plums or rhubarb with sugar, spices and citrid acid to make your own compote. Put the mixture into clean jars and add a drop of alcohol [to taste]. In case the fruit has been boiled too long, press it through a sieve, heat it with sugar and citrid acid and then boil it until it turns to jelly. You can also add spices or herbs.



FILL UP YOUR FREEZER

Anything can be frozen, but it needs to be done immediately after harvesting. Fruits and vegetables need to be washed, their stalks removed, and then cut into pieces, according to use. Place them in plastic containers and then in your freezer, after labeling the containers with the date on which they were frozen.



A W E E K E N D I N

THE CITIES

O F E U R O P E

Whether you want to prolong your summer or, on the contrary, have a winter holiday, do some shopping or just relax on a beach – all of these activities are accessible in just a few hours. You just hop on a plane and fly to any city in Europe your heart desires. A long weekend helps you 'switch off' from the grind of your daily routine and brings your stress level down. And if you are doing something you really enjoy, you'll return home energized. Our colleagues at the Mlýnec restaurant are experts at relaxing, and they can tell you where to go and, most important, where to get a great meal. Here are some recommendations...



Jana Jurčíková,
Mlýnec restaurant
receptionist and a passionate
traveler.

'I like restaurants that value their roots and use simple and traditional local produce. That's the best way to get to know the local cuisine.'

BUDAPEST, HUNGARY

This historic city of thermal spas, stunning architecture, a large and vibrant Jewish community and friendly gourmets offers a generous menu for pampering your body and tastebuds while getting to know the city. The Stand25 Bistro is decorated with comics that feature food in every panel. With Tamás Széll, a European Bocuse d'Or winner, it's no wonder that food is the heart and soul of this very popular

restaurant. High-quality ingredients are a vital part of its wonderful dishes. Széll and partner Szabina Szulló create their menus according to the seasonal offerings in the market. If you want to taste typical Hungarian dishes and you appreciate excellent service, don't miss the Stand25 Bistro. In addition to local beers, they also offer a wide selection of champagne and gin.

www.stand25.hu

STAND25



REYKJAVIK, ICELAND
Europe's northernmost capital is often regarded as a destination to discover the country's frozen beauty. The city is definitely worth seeing, not only for the Hallgrímskirkja, its astonishing concrete church, but also for a seaside walk to view stunning icebergs. Take a boat trip to do some whale watching, a truly marvelous experience! In the last few years, Iceland has also become something of a gourmet destination. We've already introduced the Dill restaurant to you; definitely reserve your table well ahead of time. You should also visit the northern city of Akureyri to eat at

the excellent 23Rub restaurant of chef Einar Geirsson. A member of Iceland's national culinary team for years and named chef of the year in 2003, Geirsson uses only produce delivered directly by local farmers and fishermen (fishing and related sectors was the single most important part of the Icelandic economy for many years, but has now been replaced by tourism). Fresh seafood dominates the 23Rub's menu. The name of the restaurant comes from a well-known marinade substitute, the dry rub, which contains spices but no liquids.
www.dillrestaurant.is
www.rub23.is

RUB

23



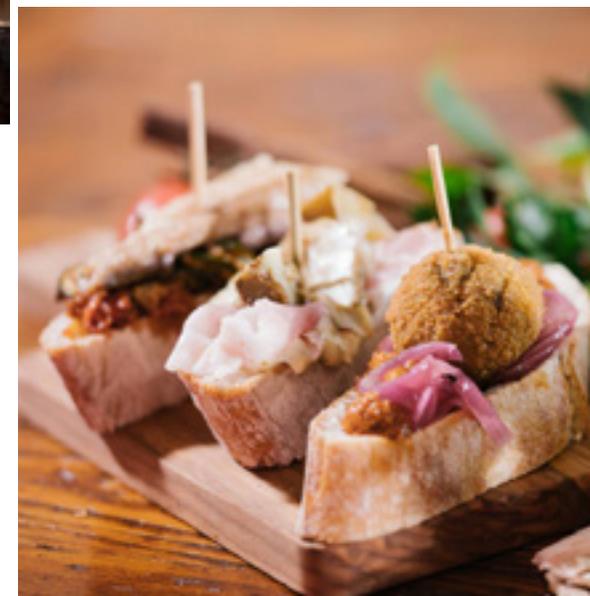
SIGNORVINO



Pavel Štěpánek
Mlýnec restaurant manager

MILAN, ITALY
Shopping for fashionable clothing and shoes, seeing an opera at La Scala, admiring the city's stunning Gothic Duomo and catching an AC Milan match will make for a splendid weekend. You can take a break from all these activities by having a pizza, ice cream or pasta

at the Signorvino wine bar, which offers a remarkable selection of Italian wines. Everything on the menu is delicious – and the staff will choose just the right wine to accompany your meal. And if you fall in love with the wine, you can always buy an extra bottle to take home with you. www.signorvino.com





A M O S T P L E A S A N T S U N D A Y



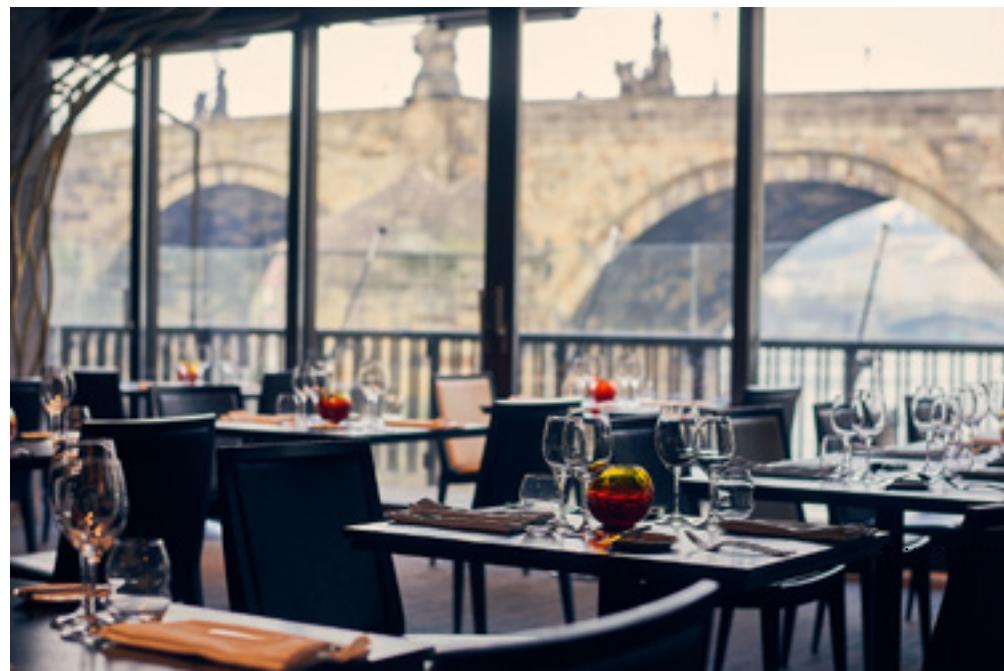
BRUNCH DOES NOT NEED ANY INTRODUCTION. COMBINING BREAKFAST AND LUNCH HAS BECOME ONE OF OUR MOST POPULAR WEEKEND ACTIVITIES.

Family Relax at Žofín Garden

It is not only parents who love the brunch we serve at the Žofín Garden restaurant; their children do, too. In our heated tent on Slovansky Island, children become pirates, princesses, animals or ghosts, because our professional nannies keep them entertained with a variety of fun activities. And as soon as your children go into our Children's Corner, you'll be free to relax with a glass of champagne. The program for children is changed every week, so they'll never be bored. For

example, they can carve a pumpkin, decorate gingerbread or paint their clothes. Chef Stáňa Marková changes her menu every Sunday, so that you can taste roasted meat, fresh fish, a variety of starters and salads that go well with wine, beer or soft drinks. Our sweet bar offers ice cream from the frying pan, tasty waffles, fruit skewers and various cakes.

Family Sunday brunch at the Žofín Garden restaurant starts on 16 September and runs from 11 a.m. until 3 p.m. The price of a brunch menu including drinks is 790 CZK per person.



Sunday brunch at V Zátiši starts at 11 a.m. and ends at 3 p.m. It costs CZK 875 per person; children aged 6 to 12 pay half and kids up to 6 eat for free. Zátiši Club members get a 25% discount. We advise you to book a table in advance.

"Breakfast at Tiffany's" at V Zátiši

Leave all your worries behind and take time to enjoy the company of your partner instead. Surprise each other. Your Sunday morning can be prolonged with a sumptuous breakfast at the V Zátiši restaurant. One section of our restaurant is like an art gallery, with modern



paintings and marvelous glass-works by the Czech architect Bořek Šípek. The other section represents the tranquility of nature. Let the time go by - your breakfast can slowly turn into your lunch and, later, an afternoon snack...

Courses are served one at a time, allowing you to converse with your loved ones without being disturbed. Breakfast starters include Eggs Benedict and open

sandwiches, while the main courses are taken from European and Indian cuisines. Your relaxing morning is crowned with chocolate mousse with candied fruit, a real delight for chocolate lovers. A bottle of wine and a homemade lemonade are included in the menu. If you would like to enjoy the atmosphere with your children too, they can amuse themselves in our Children's Corner, where they will discover lots of fun activities.

Brunch with an amazing view at Mlýnec

Brunch at Mlýnec, on Saturdays and Sundays from 11.30 a.m. to 3 p.m. The price of 1,190 CZK per person includes a brunch menu, unlimited consumption of non-alcoholic beverages, select wines, Prosecco and fresh orange juice. Zátiši Club Members are eligible for a 25% discount.



You will be charmed by a marvelous view and an exquisite menu of Czech and international cuisines. We will welcome you with Prosecco, and a pianist will make beautiful music while you eat.

A P R O F E S S I O N A L M U S H R O O M

P I C K E R

HAVE YOU EVER THOUGHT, WHILE EATING RISOTTO, 'KULAJDA' MUSHROOM SOUP OR LAMB WITH CHANTERELLES, HOW THE MUSHROOMS ACTUALLY GOT TO YOUR PLATE? THEY MIGHT HAVE BEEN PICKED BY **MARTIN MŇUK**, A PROFESSIONAL MUSHROOM PICKER WHO DELIVERS MUSHROOMS AND FUNGI FROM THE CZECH WOODLANDS TO THE BEST PRAGUE RESTAURANTS.

„Better not to look for them but to pick them.“



How did you come up with the idea of picking mushrooms and delivering them to restaurants?

I have always liked picking mushrooms, and a few years ago I sold some mushrooms to the Ambiente restaurant, where my friends were working. I was working in a hotel at the time and thought that I could eventually sell mushrooms for a living. I have been working as a professional mushroom merchant only since last year. I don't pick the mushrooms myself anymore; I buy them from other people. The only exception is the Bellevue restaurant, for which I have been choosing and picking mushrooms personally for four years.



Where do you sell your mushrooms?

I mainly focus on the so-called fine dining restaurants. It might surprise you but fresh mushrooms picked just hours ago in the woods are quite expensive. Smaller or cheaper restaurants often use frozen mushroom mixtures of unknown origin. My main purchasers are restaurants from the Zátiší Group - Bellevue, V Zátiší and Mlýnec. I also deliver mushrooms to the Ambiente and La Bottega restaurants and one restaurant owned by Mr. Kalina. I have just started working with Mr. Kaspárek from the Field restaurant.

When is the mushroom season in the Czech Republic?

It depends on the weather. The main factor is the amount of rain, as well as the temperatures and winds, which dry the soil. The season usually starts at the end of March and ends in December, but it always depends on mushroom growth conditions.

Do you have favourite places for mushroom picking?

Of course, I have many. The best are in the Sumava [the Bohemian Woods] and the Krkonose mountains. There are also beautiful places in Brdy [the highlands southwest of Prague], but mushrooms have not grown much there in the last few years.

How do you look for mushrooms?

I have my 'secret places' throughout the Czech Republic, but I don't go to Moravia. I always focus on specific locations and choose the best and most suitable at the beginning of the season. It's always better not to look for them, but to just bend over and pick them [he laughs]. In the woods I just look for mushrooms according to the location's biotope, and I also make it a point to go to the less accessible places.

How many mushrooms do you usually pick in one season?

That's hard to say. I find out how many I've sold at the end of the season. This year I would say... about one ton of mushrooms.

How do you store your mushrooms?

We pick them and put them into baskets. Mushrooms that we cannot sell we always leave in the woods. It's important to sell or freeze mushrooms within a day. They tend to go bad very quickly.

Do you specialise in mushrooms only or do you pick other produce, too?

I pick only mushrooms - or, rather, I deliver 90% from other pickers in the Czech Republic and from our purchasing sources. I don't have time to pick other things and, really, I don't know anything else the way I know mushrooms.

What does your average day look like?

Well, there is no such thing as an average day for me, and that's exactly how I like it! Sometimes I'm out of Prague and on other days I spend time in the centre of the city where I try to sell mushrooms quickly.

Is mushroom picking a job or a hobby for you?

Both, thank God! I've said to myself many times that if I don't like this job anymore, I'll stop immediately...but I still enjoy it so much and it is still profitable! It will never be a full-time job anyway because mushroom picking is seasonal. I still work in a hotel out of mushroom season.

DESIGN ON A PLATE



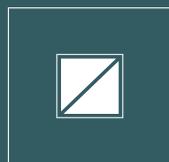
Beef tartare, Jerusalem artichoke, black truffles from the Bellevue restaurant



Veal tenderloin, potato purée, chanterelles and mushroom sauce from the Bellevue restaurant

Design on a plate 30—31

Visit our NEW WEBSITE
www.zatisigroup.cz



zátiší group