



zátiší group magazine

— spring 2019 —

Sanjiv Suri
Founding President

NEW
BEGINNING

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HAVE A DREAM

THAT ONE DAY ALL
HUMAN POTENTIAL
WILL BE UNLEASHED
☺ THRU

THE FOUNDATION

AT LEAST HALF OF OUR PROFITS WILL ALWAYS GO TO SOCIAL CAUSES - EMPOWERING
THE POOREST WOMEN AND CHILDREN IN THE REMOTEST AREAS THROUGH

EDUCATION
&
NUTRITION

ENERGY
&
MICROFINANCE

1 HAPPY CHILDREN EVERYWHERE ARE GETTING A GOOD LEVEL OF NOURISHMENT WITHOUT CHEMICALS, ANTIBIOTICS OR PROCESSED FOODS AS AN INTEGRAL PART OF THEIR EDUCATION.

2 THE POOREST WOMEN IN THE REMOTEST AREAS WHO WILL BE NOURISHED, EDUCATED & EMPOWERED TO CREATE A SUSTAINABLE FUTURE WITH HAPPY & LOVED CHILDREN.

3 HAPPY, POSITIVE-THINKING ADULTS WHO WILL PASSIONATELY CREATE A RESPONSIBLE WORLD THAT FUTURE GENERATIONS WILL BE PROUD TO LIVE IN.

A marathon is always run one step at a time & human lives are changed one life at a time. We hope that our endeavor to **Inspire Happiness** for over 7000 guests that choose to dine with us every day in our restaurants, catering or cafeterias will have a real impact.

We also hope to make a small difference in the lives of over 25,000 women and children we touch every day through our social programs in the remote areas of Rwanda, India & other developing countries.

RESTAURANTS

Opinion leaders & decision makers will be inspired to be happy, think positively and create a responsible world for future generations.

FRESH & TASTY

Children will be educated about mindful eating, nutrition & they will understand the benefits of avoiding processed foods as well as chemicals & antibiotics in their food. Adults will be healthier, positive thinking, more productive and motivated to make this world a better place.

CATERING

People will connect socially to build sustainable relationships, creatively & responsibly.



E W T O B E T A S T E D . . .

Bar updated

To the barman, the bar is a kingdom, but for the guest it is a social hot spot. Some people enjoy sitting at the bar and chatting with the man or woman behind it, while others prefer to hang out in groups, flirting or exchanging jokes or the latest gossip. Whatever your preference, you come to have a drink and create your own entertainment. Now imagine that the table at which you are sitting with friends comes alive with entertainment. You just lift your glass and there's a show beneath it, a carnival of images that take your breath away. Zátíší Catering's unique mix of professional video mapping and audiovisual effects enlivens every party and turns it into an unforgettable experience.



Spring feast

Special homemade breads and cakes, called 'Mazanec' and 'Beranek', blessed wheat bread and wine were traditionally served when the entire family gathered to celebrate Easter Sunday. At the Mlýnec restaurant, you can taste Easter delicacies for the whole April. Head chef Marek Šáda was inspired by traditional meals, local delicacies and seasonal produce to create a special four-course menu. As a starter, you can enjoy quail with smoked egg, sorrel, radishes and black garlic. The fish is a Lenten symbol for the obligation to fast on Ash Wednesday and Good Friday, and our brook trout from the Štampach fishery is served with celery consommé. There will also be lamb knuckle and bacon from the Rudimov farm served with egg barley. For dessert, you will love the lemon ice cream with poppy seeds and rum.



Green oasis

The growing trend of urban gardening is apparent in the new Zátíší Catering Farm Garden, where cooking is one step closer to nature. The Catering staff decided to enhance the terrace on the second floor of the Prague Congress Centre by planting herbs and edible plants that enliven the grey concrete. These herbs and plants are harvested and used for our catered events, especially in homemade lemonades. Guests are welcome to come to the Green Oasis to relax and enjoy a stunning view of Prague. The appearance and atmosphere of the garden change with the seasons. Now you can smell thyme and rosemary; in summer the scents of lavender and mint will lend the terrace a genuine Mediterranean flair.



Gastronomic trip to Mladá Boleslav

Have you visited the Skoda car museum, the tower with a magnificent view or an exhibition in a castle? If not, take a trip to Mlada Boleslav, the cradle of the Czech car industry. In the building where Skoda cars were first produced, you can visit the Vaclav Cafe/Restaurant where, in addition to its usual menu, you can enjoy excellent asparagus menu from 13 to 17 May, or unusual salads from 10 to 14 June. The French Cuisine week will feature a Belgian evening, when our chef will introduce representative dishes. On 23 May, you can look forward to an evening of Asian delicacies. All evening events start at 6 p.m. For more information, please consult www.museum.skoda-auto.cz.



All senses engaged

Video mapping first became a great success at experience events. If you're not familiar with it and don't understand how it works, please contact Zátíší Catering's Key Partner manager and visit the special room at the Prague Congress Centre to see the many ways this technology can be used to stimulate all your senses during your special event. Video mapping can be provided on round or square tables, in rooms of any size and featuring any theme you wish.



MINOR

BEAUTY

THE SMALL SIZE AND DARK MARBLE COLOUR OF THE SPOTTED SHELL GIVES THE QUAIL EGG AN ELEGANT LOOK, BUT THAT'S REALLY UNIMPORTANT WHEN COMPARED WITH THE HEALTH BENEFITS OF WHAT'S INSIDE. QUAIL EGGS CAN BE CONSIDERED A SUPERFOOD AND ARE DEFINITELY NOT MEANT TO BE USED ONLY FOR DECORATION.

ANCIENT BEAUTY

Japanese quail come originally from South-East Asia, Japan and Indonesia and started to proliferate after WWI. They became more popular in Europe in the 1940s. Quail first appeared in Czechoslovakia after WWII, but were bred more extensively starting in the 1980s. There are several quail farms in the Czech Republic today. Breeding quail is not as easy as breeding other common hens because quail need to have a stable environment, temperatures above 18°C, with lots of water, fresh air, space and a balanced diet. Under these conditions they can lay up to 320 eggs a year.

IN THE KITCHEN

There are two quail types bred – one for laying eggs and one for the meat, which is considered a delicacy and is obtained when the quail is 42 days old. The quail used for eggs is fed until it weighs 270 grams.

Because they are so small, quail are cooked in one piece. They can be stuffed or they are cut into legs and breasts, which are served with the crispy skin and a strong sauce or vegetables. The eggs often decorate a lettuce salad or a steak tartare, and they also add colour to soups. Most of the egg's weight (11-15 grams) consists of the yolk.

HEALTH BENEATH THE SHELL

Asians and Chinese medicine cannot exist without quail eggs at all. In comparison with the hen eggs the quail eggs contain double amounts of vitamins, a high percentage of potassium, iron and phosphorus, essential amino acids and a large amount of lecithin which lowers the cholesterol in your blood. They also are a rich source of omega-3 and omega-6 fatty acids. They are good for your brain, muscles and tissues, they increase potency, harmonizing your blood circulation and metabolism. They might taste like hen eggs but they have a more thriving effects on the human body and they do not trouble you with food allergies. Their harder shell decreases the risk of salmonella poisoning but you should always buy your quail eggs from well-known and trusted sources. They are readily available from farms directly or in food shops all year long.



Ingredients 8-9

LITTLE-
KNOWN
FACT

THE FIRST RANK OF THE SMALLEST EGGS IN THE COUNTRYSIDE BELONGS TO THE BEE HUMMINGBIRD – A RARE SPECIE OF BIRD WHICH LAYS EGGS WITH A WEIGHT OF 0,375 GRAM BUT IT IS ALSO THE BIGGEST IN PROPORTION TO ITS BODY – IT CONSISTS UP TO 25 % WEIGHT OF THE FEMALE BIRD.

NUTRITION EXPERTS AGREE THAT A HEALTHY BREAKFAST IS THE FOUNDATION OF A HEALTHY LIFESTYLE. YOU SHOULD EAT A BREAKFAST THAT ENABLES YOU TO PERFORM OPTIMALLY AT WORK AND CONCENTRATE FULLY WHILE REMAINING FIT AND SLIM. OUR FRESH & TASTY HEAD CHEF **TOMÁŠ POKORNÝ** WILL TELL YOU HOW TO MAKE IT BOTH COLOURFUL AND DELICIOUS AS WELL.

TO TART THE DAY

With his team, Tomáš prepares breakfast every day at the International School of Prague (ISP) in Nebusice for 120 children with different cultural backgrounds as well as their parents and teachers. **“It’s the first meal of the day and also the source of our energy for the rest of the morning,”** Tomáš says. **“We offer a wide range of food so that everyone can choose what they like.”** They prepare everything fresh, mix their own muesli, make fruit and vegetable smoothies, produce homemade yoghurt and also bake their own pastries.

IMPORTANT BALANCE

Breakfast should consist of 20 or 25% of the recommended daily energy intake, which includes vitamins, minerals and other valuable nutrients. You don’t eat the same meals for lunch or dinner every day, so why would you eat the same thing every morning? Try some of our breakfast tips.

TIPS FOR A HEALTHY BREAKFAST

- | | |
|--|--|
| MO Yoghurt with fruit or cereal, fruit-vegetable smoothie | TU Whole-wheat bread with butter, cheese and vegetables, coconut-mango smoothie |
| WE Buckwheat, millet or oat porridge with honey, nuts, seeds or fresh fruit | TH Muesli with nuts or dried fruit in cow, almond or rice milk, fresh fruit |
| FR Open sandwich, vegetable and almond or oat milk | SA Scrambled eggs with bacon, fresh vegetables and fruit-vegetable smoothie |
| SU Cereal pancakes or crepes (from buckwheat or spelt flour) with yoghurt and fresh fruit | |

BREAKFAST FOR SMART BRAINS

BEFORE SCHOOL, CHILDREN NEED MUESLI, NUTS, SEEDS, FRUIT AND DAIRY PRODUCTS TO PROVIDE SLOW ENERGY. BUT WHEN THEY HAVE PE AT SCHOOL, THEY NEED SCRAMBLED EGGS, WHICH PROVIDE PROTEIN TO HELP THEM PERFORM WELL. YOU SHOULD COMBINE WHOLE-WHEAT BAKED PRODUCTS WITH RYE-WHEAT AND LEAVENED BREAD.

BALANCE

“We use eggs from Czech free-range farms and our sausages contain 93% meat,” Tomáš explains. “Even though we use good-quality produce, we cannot guarantee a well-balanced breakfast. It’s important for everyone to choose the foods according to what they like to eat and according to what is expected of them on that day.”

VARIETY

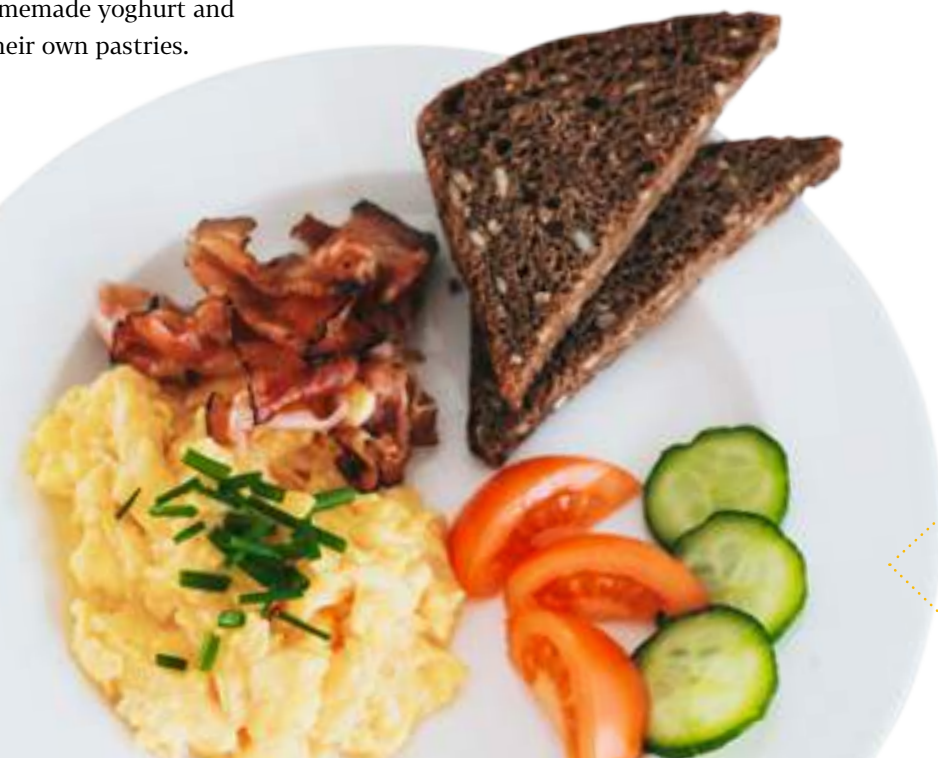
“The key is variety. A meal should consist of cereal, fruit, vegetables and dairy products, so that you get enough vitamins, minerals, fibre and valuable probiotics.”

Says and recommends
Tomáš Pokorný
International School of Prague



TIP

SCRAMBLED EGGS WITH BACON TASTE GREAT BUT THEY SHOULD NOT BECOME A HABIT. THEY CONTAIN CHOLESTEROL AND FAT, SO YOU SHOULD ADD VEGETABLES OR WHOLE-WHEAT BAKED PRODUCTS TO YOUR BREAKFAST. IN CASE YOU REALLY CAN’T LIVE WITHOUT SCRAMBLED EGGS, YOU SHOULD EAT SOMETHING LIGHT, AND WHICH INCLUDES VEGETABLES AND FIBRE, FOR LUNCH.





AM I

THE MASTER OF MY DREAMS?

SANJIV
SURI

FOUNDING PRESIDENT
ZÁTIŠÍ GROUP

I thought I was leading a reasonably disciplined & healthy life till one day, on June 13, 2017, I had a brain stroke. I was in a coma for 4 days, and in intensive care for a few weeks after that. This made me realize that we do not live forever & our life on this planet is finite.

Statistically 2 out of 3 people who suffer a stroke move on to the next world & of the 1/3 left behind, only 1/12 come back to normal. Suddenly I realized how fortunate I was to get a second life, suddenly there was clarity in my priorities of life, suddenly I knew exactly how I was going to spend the rest of my time, my awareness & my energy on this planet.

I wanted to understand who “I am”. I spent a lot of time with myself & as I got to know myself more & more, I totally fell in love with who “I am” – not in an egocentric way but with my true self. Of course, this is a lifelong journey and it continues as I write this article.

Oscar Wilde once said:

“I had many problems in my life – most of them were created in my head.”

Only now do I realize how powerful this sentence is. I realize that I am the creator of my thoughts and I decide where to focus the attention of my awareness & I constantly produce energy that is either positive or negative. I may not be the absolute creator of my destiny, but I could certainly explore the possibility of being the Captain of my ship.

It reminds me of a story I was told when I was a child. Once there was a man who prayed to God day & night that he win the lottery. Many years passed but he did not win. One day God thought to himself, “This man has spent his whole life praying to me. Let me at least pay him a visit.” So he appeared in front of the man and said, “I am very impressed by your prayers. Ask for whatever you want.” And

the man replied, “Please, let me win the lottery. It’s the only thing I’ve ever wanted.”

Then God said:

“Yes, but first you must buy a ticket.”

In India there is the word “Karma”. Karma means destiny or fate, but it also means action. I always used to wonder why, if my fate is already settled, I need to take any action at all. Karma is nothing more than the action I have taken in the past becoming the fruits of my life today. If I plant a mango tree, I will eventually reap mangoes. Similarly, if I plant an apple tree, I will reap apples & if I plant a bitter gourd (my favorite vegetable) bush, I will reap bitter gourds. **Every action taken in the present moment becomes my past in the very next moment and therefore my Karma.**

Actions may be physical, mental, emotional or spiritual. If I focus the attention of my awareness on something negative or something positive, it becomes my Karma in the next moment. Can I plant bitter gourds and hope to eat mangoes? Probably not. **How then can I hope to have a positive life if I focus my attention on negative thoughts?**

For well-being, we need to eat healthy food & to exercise, and we at Zātiší are going more & more the way of using “Climate Smart” fresh ingredients that reduce the intake of chemicals, antibiotics & genetically modified foods. Our focus is also on composting & ecological farming that is sustainable for Mother Earth, yet affordable.



I think physical detox is extremely important, but I am now convinced that mental detox is at least 10x more important and it is something we can choose at all moments in our lives.

The more plant-based my diet becomes, the more it raises my energy levels. However, even when combined with regular exercise, it has a limited effect on my body if my mind is full of negative chatter and **I am not doing a systematic mental detox and focusing my attention on all those things I can be GRATEFUL for.**

Whenever we sit together at the dining table with the children, I always tell them **that each moment we choose to live either from a space of fear or from a space of opportunity & possibility.** Of course, they roll their eyes every time, and I don't blame them as they have their own lives to discover. I, however, have discovered that whenever I choose to see a challenge as an opportunity, it is always an opportunity to learn. An opportunity for me to be outside my comfort zone & for my brain cells to light up like a Christmas tree, connect and grow. The more the brain cells connect, the more they are exercised, the smarter we become & with time we become wiser. **So, when the universe provides me with an opportunity to learn, to grow, to connect my brain cells, to become smarter & wiser, how can I ever call it a problem?**

A healthy mind lives in a healthy body but more importantly, **behind every healthy body there is a positive mind.** A positive mind focused with gratitude on how fortunate we all are. While some of us go to Austria, Germany or Switzerland for a very expensive physical detox, and it may be worth every penny, a mental detox is free & available to us at all times based on the choices we make each moment of every day.

They say:

“One small positive thought in the morning can change my whole day.”

Imagine, if one thought can change my whole day, what a continuous process of focusing our attention on positive events and thoughts can do. If we have positive thoughts focusing our awareness on creating positive energy, our lives can be full of small & big miracles.

Once I realized my life is finite, my purpose become clearer & there was no time to waste with Energy Vampires -people who sack energy. The more I turned my attention to all those things I can be grateful for the more things miraculously happen around me that I maybe grateful for. My visualizations are becoming more powerful & my inner voice is growing inside me each moment, as if the whole universe was conspiring in my best interest. And as Spring arrives and I see the trees budding, I feel very fortunate for this second chance I have at LIFE and am very GRATEFUL for it. I may not fully control my destiny, but with positive thinking & gratitude, I am the Captain of my ship, I am the Master of my dreams - and having lots of FUN on this beautiful journey called LIFE.

This Spring I wish you positive thinking, I wish you gratitude, I wish you kindness, and all the FUN to match your passion & your strengths to make your dreams come true. You may not control your destiny entirely, but **with Positive thinking & Gratitude, may you be the Captain of your ship, may you be the Master of your dreams... & what a beautiful possibility that is to live into.**

THE MAGIC OF INSPIRATION

Inspiration works like the butterfly effect. An idea conceived in one part of the world can travel through a chain of kind, enthusiastic, and determined people to change the lives of people on the other side of the globe. Zātiší Group pays 50% of its profits to various charity projects. We introduce you those in India and Rwanda.

UP TO
75 % OF INDIA'S
RURAL POPULATION

LIVES ON 33 RUPEES PER DAY,
WHICH TRANSLATES INTO
APPROXIMATELY 50 US CENTS.

SECC, INDIA 2015

1 OUT OF **4**

INDIAN CHILDREN
DO NOT ATTEND
SCHOOL.

*CENSUS, INDIA 2011
(THE LATEST CENSUS)*

MOREOVER,

1/3

OF THE WORLD'S
CHILDREN SUFFERING
FROM MALNUTRITION
LIVE IN INDIA.

*GLOBAL MALNUTRITION
REPORT, 2018*



Akshaya Patra

“No child in India shall be deprived of an education because of hunger.”

Akshaya Patra is the world’s biggest nonprofit organization providing lunches to more than 15,000 schools across 12 Indian states. Akshaya Patra prepares healthy nutrition for more than 1.76 million children. Regular contributions made by the Zātiśi Group help provide meals to 14,000 children.

→ **14 000** CHILDREN



Protsahan India Foundation

“Fight Against Violence!”

A nonprofit organization established in 2010, the Protsahan India Foundation focuses on fighting child abuse, particularly of adolescent girls living in poor Indian communities. The foundation’s team relies on the creative power of photography, design, and film, and uses the arts in healing and transforming broken childhoods. The Zātiśi Group provides support to Protsahan to help:

→ **175** GIRLS become strong, self-confident and capable young women.



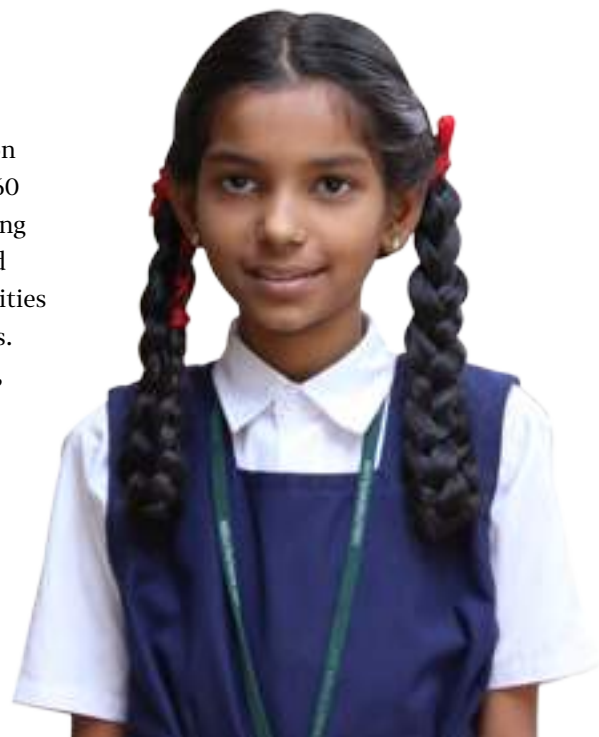
The taste for help 20–21

World Vision India

“Hope to Shine.”

One the biggest humanitarian organizations in India, World Vision India, has been providing aid and assistance to children for over 60 years. World Vision India’s holistic approach is based on motivating the broader community with a view to supporting individuals and families to allow endangered children and impoverished communities to become self-sufficient and to improve their living conditions. The organization works closely with families and communities, and uses various programs to show them that their children can live happy lives. World Vision India focuses on education and livelihood. Zātiśi assists:

→ **800** GIRLS AND THEIR FAMILIES on their path to a better future.



Ikirezi Natural Products Rwanda

“Supporting small farmers.”

We are trying to help not only in India. The Zātiśi Group supports the Ikirezi Natural Products company, which is an agribusiness pioneering the production of high-quality essential oils in Rwanda. The production process is based on partnerships with small farmers. The organization works primarily with widows, adult orphans and very poor people in a holistic effort to restore their dignity, improve their livelihoods, and rebuild their communities.



ELICACY AT HOME

WITH QUAIL EGGS
AND QUAIL LEG

QUAIL BREASTS

- 1 quail
- 30 g caster sugar
- 30 g salt
- 4 tbs. olive oil (in case you need to fry the meat)

1. Debone quail and remove its skin. Cut out breasts, cover them in a mix of the sugar and salt, leave them in cool place for 90 minutes.
2. Then rinse and dry the breasts, place them in a vacuum-sealed bag or cling film, cook them 'sous-vide' style at 63°C for 30 minutes. If you don't have a sous-vide pot, fry breasts in oil briefly on both sides until golden brown.

QUAIL EGGS

- 1 quail egg
- 100 ml water
- 50 ml vinegar
- 2 g salt
- 8 g caster sugar

1. Put quail egg into boiling water and boil for 1 minute and 45 seconds. Remove it, place in cold water until cool and remove shell.
2. Mix vinegar, salt and sugar in water and bring to the boil. Boil mixture for a few seconds and then let cool.
3. Place the peeled egg into the cool liquid and marinate for 30 minutes.
4. Remove the egg and, if you have a 'smoking gun' at home, as they do at the Mlynec restaurant, you can smoke your egg.

QUAIL LEG WITH BLACK GARLIC

- 1 quail leg
- 150 ml quail broth
- 2 g agar
- 50 g black garlic (can be purchased 'done')
- Salt and freshly ground pepper

1. Debone quail leg, remove the thigh bone and sprinkle with salt and pepper. Wrap in cling film, then place it in a vacuum-sealed bag, cook it in a sous-vide pot at 70°C for 90 minutes. If you don't have a sous-vide pot, wrap the leg in aluminium foil and roast it in the oven at 70°C for 90 minutes. Then let it cool.

2. Prepare your black garlic by placing agar into the quail broth, adding garlic and boiling until it thickens. Put aside and let cool to 60°C.
3. Put the chilled legs into the freezer for a few minutes. Then take them out and dip them into the garlic gel, drain the gel and repeat the procedure.

PARSLEY OIL

- 1 bunch flat-leaf parsley
- 100 ml olive oil

1. Tear off the parsley leaves, heat them in hot water and immediately cool down with freezing-cold water to keep the fresh green colour. Strain parsley and discard the liquid.

2. Add oil to parsley and mix it in blender (or smoothie mixer) at the highest speed to warm the oil to 50°C.
3. Strain it to get parsley oil.



SAUCE

- ½ carrot
- ½ parsley root
- ¼ celery
- ½ onion
- remaining meat from quail
- tsp. olive oil
- a few thyme sprigs
- 2 bay leaves
- 5 pimentos
- 5 black peppercorns
- approx. 1 l of poultry broth or water
- 30 ml white wine vinegar
- salt and freshly ground pepper

1. Peel the root vegetables and onion and cut into small pieces.
2. Sauté remaining quail meat in olive oil until golden brown. Add root vegetables and onion, sauté until they are also golden brown.

Add spices, pour in poultry broth or water and bring to the boil. Turn down the heat and let the mixture simmer for approx. 2 hours.

3. Strain broth, boil the liquid down to about 80% of the original amount.
4. Add a few drops of vinegar and season with a pinch of salt and pepper.



GRAND FINALE

ARE YOU LOOKING FOR A PLACE THAT SERVES GOOD DRINKS TO TOP OFF YOUR EVENING AFTER A LOVELY DINNER AT A FINE DINING RESTAURANT? THE DEPUTY MANAGERS OF THE MLÝNEC, BELLEVUE AND V ZÁTIŠÍ RESTAURANTS HAVE SOME EXCELLENT SUGGESTIONS FOR YOU.

Lukáš Jurica

Mlýnec restaurant
deputy manager



Relax and tell the barman what you feel like having. Let yourself be surprised by what he serves you. I've never been dissatisfied.

Juraj Pilát

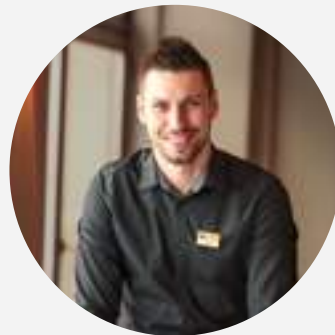
V Zátíší restaurant
deputy manager



I like bars where you can see their story, a place in which the atmosphere reflects their work and commitment and where you can find a new brand of marvelous alcohol served in innovative cocktails.

Zdeněk Černotík

Bellevue restaurant
deputy manager



I like good music, a comfortable armchair and drinks that surprise me with every sip...That's the kind of bar I like.

BLACK ANGEL'S BAR

In the cellar of the U Prince hotel on the Old Town Square, you'll find America of the 1930s, the time of Prohibition. The interior, the theme of the bar and also the drinks all reflect Alois Krcha's life story,

starting with his childhood in Moravia. He left for the US, got to know Al Capone and then moved to Cuba, where he changed the local bar scene during the dry years in the States.

Staroměstské náměstí 29,
www.blackangelsbar.com



HEMINGWAY BAR

Ernest Hemingway was famous as a writer, a lover of mojitos and cigars, and he also tried his hand at mixing different cocktails. He enjoyed frequenting bars with 'soul' and good drinks as well as interesting patrons, in Cuba, Paris and Florida. He would certainly have loved Prague's Hemingway Bar, not only for its name but also because of its atmosphere and its wide array of absinthes and rums.

Karolíny Světlé 26,
www.hemingwaybar.cz



L'FLEUR

Paris, la Belle Époque, subtle perfumes, shimmering Champagne. L'Fleur will take you back to the days of stylish gentlemen and romantic mademoiselles who love Champagne and enjoy life to the fullest. Drinks mixed with Champagne and other unique 'mixological' creations await you.

V Kolkovně 5,
www.lfleur.cz

BAR AND BOOKS

Two bars and two lounges with an enormous library, a cigar table and a special bar with high-quality alcohol are the joys of these two exceptional places. It doesn't matter if you choose the one on Manesova Street or on Tynska Street - both bars will welcome you with the atmosphere of the US of the 1920s and 1930s, combined with a good old English manor house.

Týnská 19 and Mánesova 64,
www.barandbooks.cz



Michalská 12,
www.anonymousbar.cz

BONVIVANT'S

In the 1920s, you could go to any American bar at any time and have a cocktail, coffee, lunch, afternoon snack or just a digestive at the end of the day. Bonvivant's was inspired by this concept. You can visit the bar at its new address from 4 p.m. and enjoy an elegant New York-style ambience, colourful tapas and original cocktails.

Mánesova 55,
www.bonvivantsprague.com



ANONYMOUS SHRINK'S OFFICE

Here is another delightful escape from the reality of daily life where you can let yourself go and be yourself or, if you wish, someone else. Do people usually confide their secrets to the barman? Whether that's true or not, you can talk about your feelings to your 'alcoholic therapist' behind the bar, and be surprised by how much you have in common.

Jungmannova 11/23,
www.shrinkoffice.cz



THE MENU OF THE FUTURE



LARGE COMPANIES ARE RACING TO FIND WAYS TO MINIMISE THE AMOUNT OF FOOD THAT GETS THROWN AWAY. WE BELIEVE THAT IT IS MORE IMPORTANT TO CHANGE PEOPLES' FOOD HABITS IN THE FUTURE. AND WE CAN START IMMEDIATELY.



In Europe and the US one third of produced food is thrown away, which amounts to about 96-115 kg of food per person annually. That amount could feed approximately 3 billion people currently suffering from hunger and malnutrition.



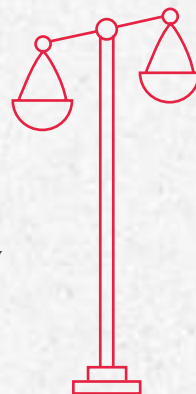
If we don't want to add to this with intensive agriculture and food production, which harms our planet even more than travelling by plane or industrial manufacturing, and if we care about other people and their environment, we should think about what we eat and if it is really good for us and our planet.

EAT TO BE ALIVE. DO NOT LIVE TO EAT ONLY. LET YOUR FOOD BE YOUR MEDICINE AND LET YOUR MEDICINE BE YOUR FOOD.

- Hippocrates recommended this lifestyle 2000 years ago

BALANCED

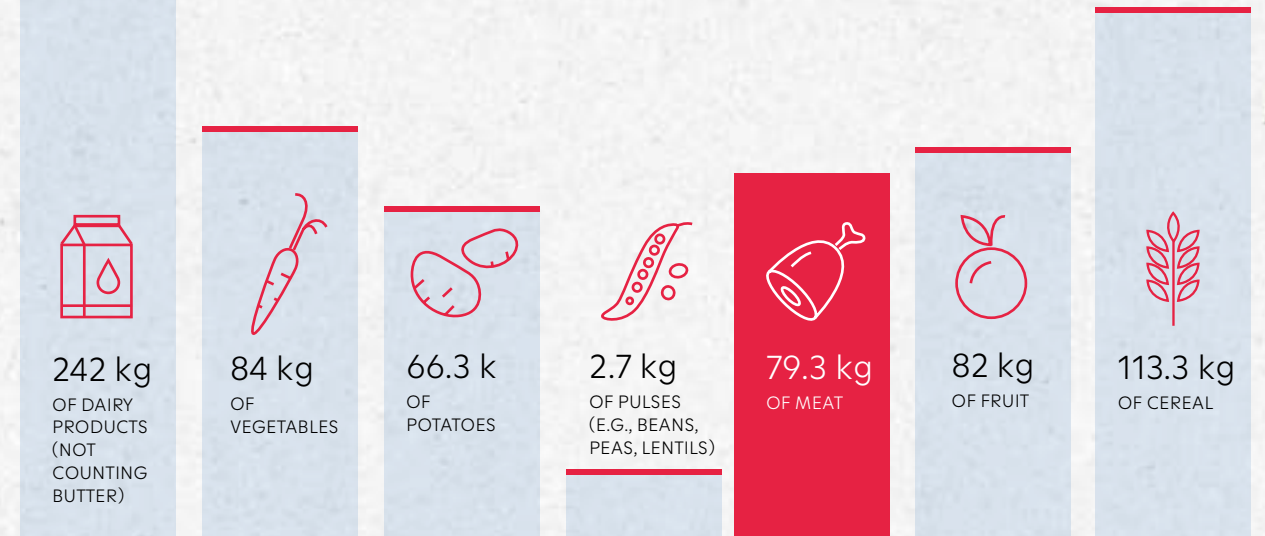
According to Professor Tim Lang (co-author of the EAT-Lancet report on how to transform the global food system), currently there are one billion people who are starving and two billion who eat far too much unhealthy food, which causes obesity and diseases of civilisation that are straining the resources of national healthcare systems and economies,



NUTRITION

as well as of nature itself. To produce the report, a team of 40 nutrition experts carried out research on the effects of food on the human organism, the planet and the global economy. They recommend eating approximately half the amount of red meat and sugar currently consumed and doubling the intake of fruit, vegetables and nuts.

ACCORDING TO THE CZECH STATISTICAL OFFICE, IN 2015 EVERY CZECH ATE ON AVERAGE:



THE FAVOURITE MEAT OF CZECHS IS **PORK (NEARLY 43 KG)**, FOLLOWED BY **POULTRY (26 KG)**, **BEEF (8.2 KG)** AND **FISH (6 KG)**.



SUSTAINABILITY IN CATERING

AN IMPORTANT STEP IN CATERING IS TO SUPPORT SUSTAINABILITY AT PUBLIC EVENTS. THE ZÁTIŠÍ CATERING CHEFS ARE CREATING INNOVATIVE COMBINATIONS OF PRODUCE AND MENUS, PRIMARILY FROM PLANTS, WHICH EXPRESSES OUR RESPECT FOR OUR PLANET WHILE ALSO MEETING OUR HIGH STANDARDS FOR TASTE AND PRESENTATION AT PUBLIC EVENTS. A SMALL CHANGE CAN WORK MIRACLES, ESPECIALLY IF EVERYONE CONTRIBUTES.

AS AN EXPERIMENT, LIST EVERYTHING YOU HAVE EATEN IN ONE DAY.



300 g
VEGETABLES



50 g
STARCHY VEGETABLES
(POTATOES, CASSAVA)



29 g
POULTRY



25 g
SOY-BASED
FOOD



5 g
LARD OR OTHER
ANIMAL FAT



250 g
DAIRY PRODUCTS



50 g
BEANS, PEAS,
LENTILS



28 g
FISH



13 g
EGGS (ABOUT 1.5
PER WEEK)



232 g
CEREAL



40 g
UNSATURATED OILS
(OLIVE, SOY, COLZA,
SUNFLOWER...)



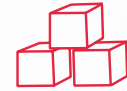
25 g
TREE NUTS (WALNUTS,
ALMONDS)



10 g
BEEF, PORK OR LAMB



200 g
FRUIT



31 g
ADDED SUGARS



25 g
PEANUTS



6.8 g
FLOWER OILS

HERE IS THE IDEAL DAILY DIET

TO HELP THE PLANET AND YOUR HEALTH

REDUCE CONSUMPTION
OF RED MEAT BY HALF

DOUBLE CONSUMPTION
OF NUTS, FRUITS
AND VEGETABLES

WONDERFUL CZECH BEEF!

V ZÁTIŠÍ HEAD CHEF IGOR CHRAMEC SAYS THAT YOU DON'T NEED SOUTH AMERICAN BEEF TO MAKE A GREAT STEAK. HE DISCOVERED BEAUTIFULLY MATURED SIRLOIN AND RIBS AT THE MASO KLOUDA BUTCHERY IN VYSOCINA.

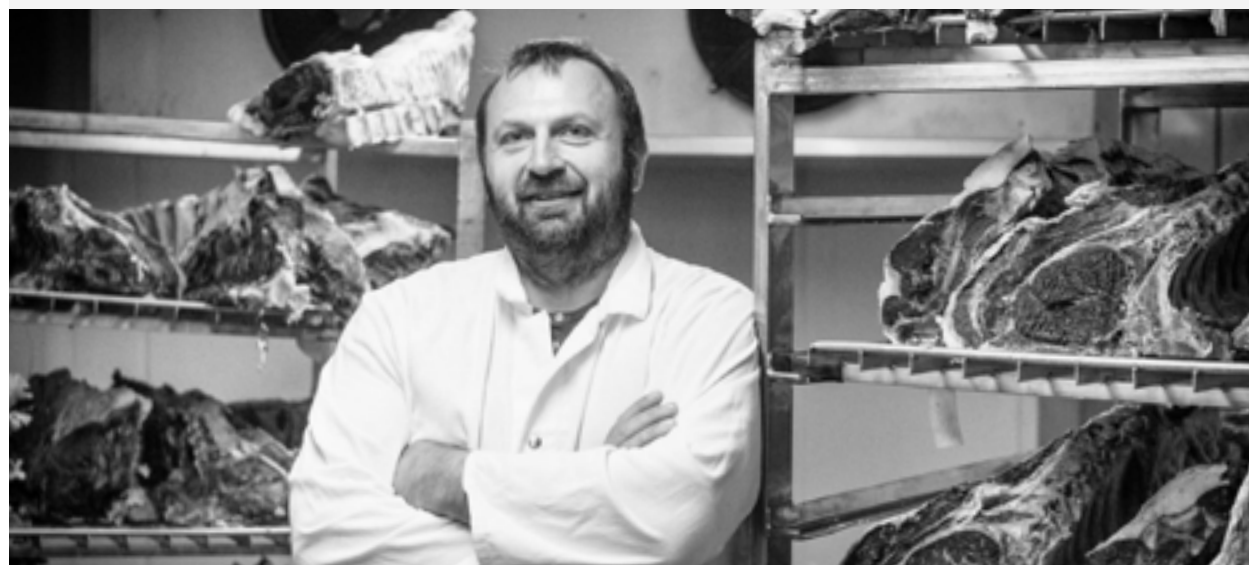
Because customer demand for high-quality steaks at the V Zátíší restaurant was growing, Igor Chramec began looking for new suppliers. He tasted the beef at Maso Klouda and fell in love with it at the first mouthful. Butcher Martin Klouda spent the last 25 years cutting, processing and aging meat and has built one of the most successful butcheries in the Czech Republic. He buys his meat exclusively from well-known and proven cattle farms within 100 km of Olesnice na Morave, where his company is located. From the taste of the meat, you can sense the entire life of the animal, how it was raised, slaughtered and prepared.



"THE MEAT IS LEFT TO MATURE IN IDEAL CONDITIONS, SO THAT YOU CAN SMELL AND TASTE ITS FULL FLAVOUR."

Says butcher
Martin Klouda

THE MASO KLOUDA BUTCHERY IS PLANNING TO OFFER A WIDER ARRAY OF LAMB AND VEAL THIS SPRING. THEY WILL APPEAR ON OUR MENU AS WELL. SO WE ALL HAVE SOMETHING TO LOOK FORWARD TO.



THE ESSENCE OF FLAVOUR

Chef Igor Chramec selected prime T-bone and ribeye steaks and ribs for the V Zátíší restaurant. All the beef has bones and fat and was hung to age in a dry cold-room to eliminate excess moisture, therefore enhancing its taste and aroma.

"SIRLON AND RIB EYE ARE DRY-AGED FOR 60 DAYS, WHILE FOR RIBS 14 DAYS IS ENOUGH."

Sometimes beef is aged using the 'wet method', where it is vacuum-packed and ages in its own juices. You need to work with this kind of meat a bit differently than with beef without bones or fat, for which the wet method is more suitable.

"DURING THE AGING PROCESS, LACTIC ACID IS PRODUCED IN THE MUSCLE, AND IT REMAINS IN THE VACUUM PACKAGE. THAT'S WHY ALL THE MEAT FROM BRAZIL, ARGENTINA OR URUGUAY HAS A SLIGHTLY SOUR TASTE. AFTER THE MEAT HAS AGED, IT NEEDS TO BE EXPOSED TO FRESH AIR. YOU NEED TO WORK WITH THIS KIND OF MEAT A BIT DIFFERENTLY."



A DELICIOUS FUTURE

"I think it's important to show our guests that it is also possible to get high-quality and great-tasting locally produced meat in our country. It tastes completely different from what we had previously on our menu."

Igor says enthusiastically

At V Zátíší, you can enjoy steak tartare made from aged beef and served with mustard mayonnaise and spiced beef broth;

veal sirloin and marinated beef with Jerusalem artichoke, shiitake mushrooms and veal jus with Xéres vinaigrette;

or the legendary ribeye steak with smoked potato puree, carrots in cider and marrow aioli.



DESIGN ON THE PLATE



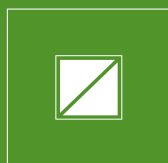
Jerusalem artichoke velouté, foie gras, Granny Smith apple, coriander
Bellevue restaurant



Dover sole, chickpeas, mushrooms, romanesco broccoli
Bellevue restaurant

Design on the plate 34—35

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zátiší group

Yes, we can...