



zátiší group magazine

— winter 2018 —



Martina Grygar Březinová  
CEO zátiší group

EVERYTHING  
CAN BE CRACKED

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zátiší group

Dear friends & guests,

Thanks to you, we had the best year ever & we were fortunate to commit over 50% of our 2018 profits to philanthropy.

Besides this we took major steps such as eliminaiting over 80% of plastics as well as reducing waste by over 60%.

I wish you a Merry Christmas and Happy and Healthy 2019.

Our purpose remains "Inspiring Happiness" and hope we were able to add lots of it to your experiences with us.

With Love,

Sanjiv

PS: If you have any ideas about how we may "Inspire Happiness" please send them to me. [sanjiv@zatisigroup.cz](mailto:sanjiv@zatisigroup.cz)

**Sanjiv Suri**

Founding President  
Zátiší Group



# FRESH & TASTY

# THE NEWS

## Fresh & Tasty with the new captain

Meet the new Executive Director of the Fresh & Tasty division, Michal Debreceni. He came to the Zátíší Group from the French company Newrest, a leader in the field of in-flight catering. He was its regional manager for Croatia for six years, and spent one year in South Africa. "I enjoyed the rush at the airport most and also the constant stress level," Michal laughs. He chose the Fresh & Tasty division for its brand philosophy. "Food is an important part of life and can positively and negatively affect every day," he says. He loves riding his motorbike, especially on long trips across Europe and Asia to Magadan, a city in the far east of Russia.



## Pop-up

The Manifesto Market was an Advent market full of bistros and pop-up restaurants. Until 23 December, you could have enjoyed food from fine dining restaurants in this uncommon street setting.

The Zátíší Group was presented by its "Miska by Zátíší Group" stand, where dishes from the Bellevue, Mlýnec and V Zátíší restaurants were offered, in the presence of chefs from Žofín Garden and Zátíší Catering. They served chestnut purée, potato dumplings with duck confit, fermented cabbage, as well as tajarin pasta with white truffles.



## Mobile party

There is a new member of the Zátíší Catering Fleet – the Zátíší Food Truck. We will take this cool black vehicle anywhere - to the Náplavka, to any street or in front of your company's offices. The food truck is all-electric and is great as a welcome bar, a food station for street-style snacks or for a reception. Its chefs prepare hot dogs in black buns, fries, poutine with chopped beef, beef chuck-roll burgers, soups, sweet waffles and Indian specialties. You can also customize the food truck for your brand.



## Give a WOW Experience

Give joy to your loved ones or business partners in the form of a gift wowcher. Whenever you visit any Zátíší Group restaurant, you can expect the highest standard. At Zátíší Group they greatly appreciate the support of their guests, so they have committed themselves to donating up to 50% of their profits every year to help the less fortunate.



## Tastes of Love

Valentine's Day originated as a Western Christian feast day honoring an early saint named Valentinus, with whom many martyrdom legends are associated. There is a written account of a Saint Valentine of Rome who was imprisoned and eventually executed for performing weddings for Roman soldiers, who were forbidden to marry, and for caring for Christians persecuted under the Roman Empire. According to legend, during his imprisonment Saint Valentine restored the sight of the blind daughter of his judge, and before his execution he wrote her a letter signed "Your Valentine". To celebrate this day,

restaurant chefs create special menus using seasonal ingredients, as well as ingredients alleged to possess aphrodisiac effects. That is why Mlýnec head chef Marek Šáda prepared an oyster emulsion with avocado, Granny Smith apples and tapioca. Saffron risotto is made with thin slices of foie gras. The menu highlight is a striploin steak that has been cured for 40 days and is served with Jerusalem artichokes, Brussels sprouts and truffle sauce. For dessert, what could be better than a chocolate ball with sour cherries. You can also enjoy a romantic close-up view of the Charles Bridge.





# THE TREASURE IN A SHELL

WALNUTS ARE HARVESTED IN AUTUMN, BUT THEY CAN BE EATEN THROUGHOUT THE YEAR. THEY PROVIDE MANY HEALTH BENEFITS, AS THEY ARE RICH IN ANTIOXIDANTS AND OMEGA-3 FATS.

## SOUVENIR FROM VLACHY

The soft and sweet kernel in a hard shell has been cultivated at least since the days of the Romans. The best-known type, the Persian walnut (*Juglans regia*), is native to the Balkans, southwest and central Asia, the Himalayas and southwest China.

**In the early Middle Ages walnut trees were widespread throughout Europe and they were brought to Bohemia by Italian traders.**

Walnuts quickly became popular

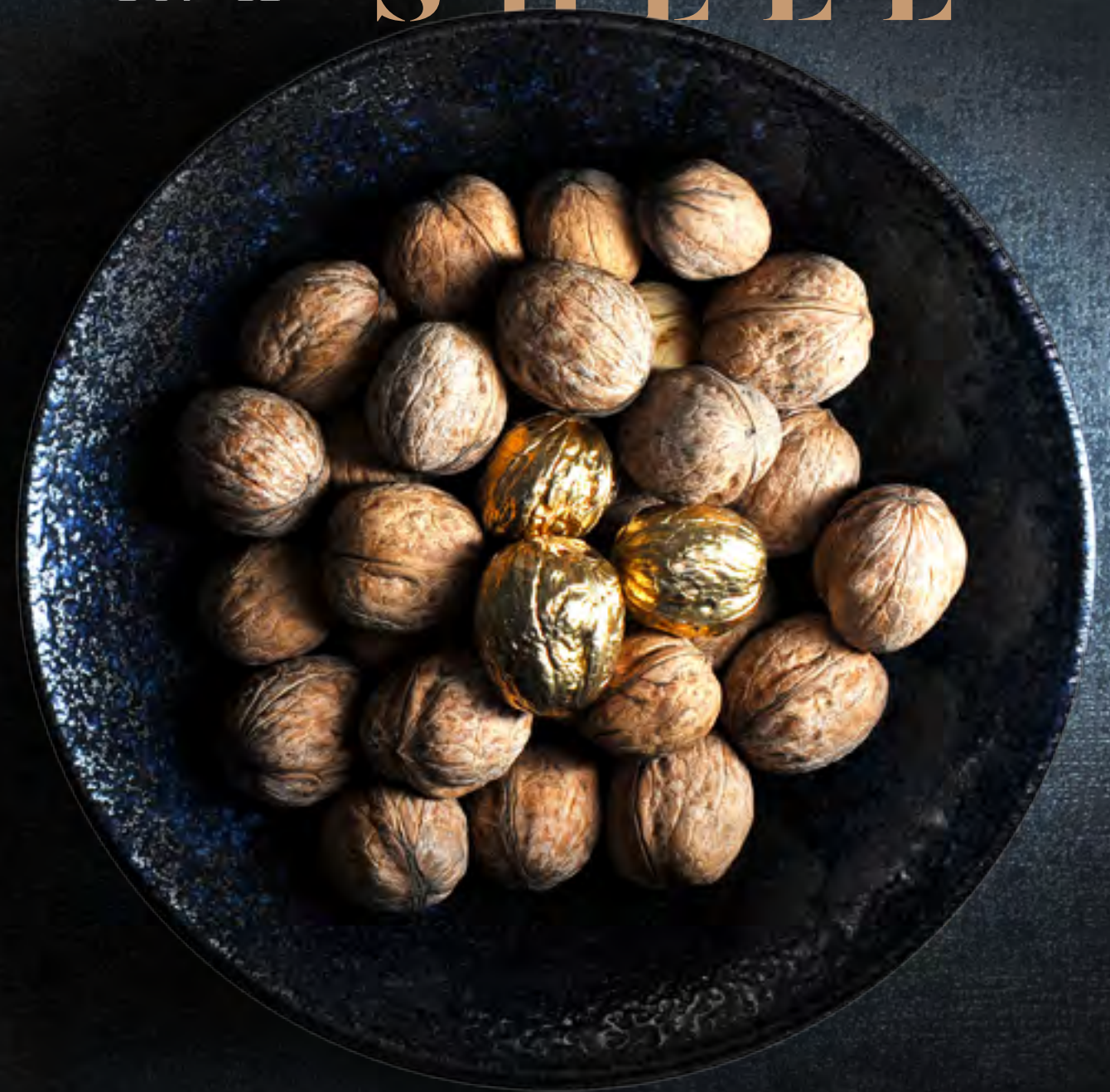
in Czech kitchens due to their smooth taste, long-term availability and many uses. They appear in many old Czech recipes as well as in cookbooks from the First Republic. People used to eat them raw, sprinkle them on purée, mix them with sugar to make stuffings, use them as seasoning or grind them. Many recipes from the First Republic are gluten-free because walnuts were often used instead of flour, particularly in desserts. Nowadays walnuts are used in dishes to add a crispy, slightly savoury taste and make heavy or fatty meals easier to digest because of their probiotic bacteria.

AS SOON AS NUTS START TO FALL IN AUTUMN, COLLECT THEM AND REMOVE THE HULL. RINSE DE-HULLED NUTS TO REMOVE DEBRIS. DRY THEM IN THEIR SHELLS IN A DRY, WARM PLACE FOR APPROXIMATELY 6 MONTHS OR SPREAD THEM ON SCREEN-BOTTOM TRAYS IN 35°C FOR 3 TO 4 DAYS. THEY ARE PROPERLY DRY WHEN THE KERNELS ARE LIGHT AND MAKE A RATTLING SOUND WHEN SHAKEN. CRACK THE WALNUTS OPEN ONLY WHEN READY TO USE THEM, BECAUSE THEY QUICKLY TURN YELLOW AND DRY. YOU CAN FREEZE WALNUTS OR STORE THEM IN AN AIRTIGHT JAR; THEY WILL KEEP IN THE SHELL FOR UP TO A YEAR.

## A NUTTY SUPERFOOD

In addition to being rich in Omega-6 and Omega-3 fats, walnuts are a valuable source of vitamin B6, which helps prevent mouth ulcers and dry lips and even nocturnal cramps. The polyphenols in walnuts can help fight oxidative stress and inflammation. Animal and test-tube studies found that the nutrients in walnuts, including polyunsaturated fat, polyphenols and vitamin E, may help reduce oxidative damage and inflammation in your brain. Regularly eating walnuts has also been consistently shown to decrease cholesterol levels.

**Only five walnuts a day provide enough valuable nutrients.** They are particularly good for children as they support brain development.



## AN ORIGINAL PRESENT

If you happen to have a walnut tree in your garden, pamper it! Collect the green, unripe walnuts in the second half of June (around Jan's name day on the 24th) and pickle them with pure alcohol to be able to get walnut liqueur,

or 'Orechovice', or with honey to get so-called Saint Jan's nuts. After a few months, the nuts turn darker and softer and acquire a smooth nutty taste. They are perfect for making porridge, crepes or pancakes. **Unripe nuts are very high in Vitamin C, but they cannot be eaten raw.**



# INTERMIS UNITY

## AND WHAT ARE YOUR INTESTINES TELLING YOU?

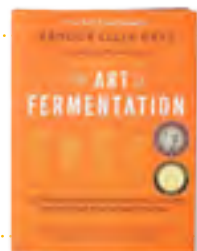
Meteorologically, winter begins on 21 December and ends on 19 March. But according to tradition, it actually begins on the day of the first pig slaughter, which coincides with the first frost so that the meat can be kept cold. Advent is a time of calm and fasting, because after New Year's there is 'masopust', a Slavic carnival with lots of meat eating. And then one fasts again before Easter. Although we no longer arrange our lives according to traditions, seasons or food stock, as was done in the past, we still enjoy eating sweets and fatty delicacies. But, if you over-indulge these tastes, the body starts to protest and demand a change of menu, to eat fewer and more balanced and healthy foods. This will help our intestines, which are the cornerstone of the immune system.

Because our intestines are inside our bodies, most people don't realise that they form a protective barrier between our bloodstream and the world. What's inside your gut is actually "outside" your body – because what you eat ends up there. The gut has to deal with the pathogens in everything you eat and needs to have an effective immune system of its own to protect you from illness. The gastrointestinal immune cells protect the mucous membranes of the small intestines against infection by releasing white blood cells. There are some gut bacteria that reinforce the action of the immune cells by preventing pathogens from being absorbed. This is why it is so important to have "good" bacteria in the gut. In fact, without the right balance of gut flora, your body cannot maintain good health. (It also helps to reduce stress and drink plenty of liquids.) To improve gut-related immunity,

you should eat probiotic foods containing Acidophilus, L. casei and L. rhamnosus. These foods include yoghurts, kefir, sour cream and buttermilk and fermented products such as pickled sauerkraut, fermented cereal or fermented cold tea ('kombucha'). Increasing the amount of Omega-3 fatty acids in your diet is also important, as is getting enough exercise and sleep. A study by Oregon State University has concluded that gut microbes in the immune system "may hold the key to dealing with significant health problems facing people in the world today".

### FUN FACT

THE SMALL AND LARGE INTESTINES TOGETHER MEASURE UP TO 7 METERS IN LENGTH.



IF YOU WOULD YOU LIKE TO LEARN MORE ABOUT FERMENTATION, WE RECOMMEND THE BOOK 'THE ART OF FERMENTATION' BY SANDOR KATZ, WHICH WAS AWARDED THE JAMES BEARD AWARD IN THE CATEGORY OF EDUCATIONAL AND PROFESSIONAL COOKBOOKS.

You can taste our 'kimchi', or fermented peeled barley, at the Fresh & Tasty bistro this winter. It's easy to make this Korean fermented vegetable delicacy in your kitchen!



## WINTER KIMCHI

## INGREDIENTS

1 Chinese sauerkraut  
50 g sea salt  
850 ml water  
20 g ground chilli  
40 g rice flour

8 g ground sweet paprika  
2 carrots  
½ white radish  
1 leek  
2 spring onions

1 large apple  
70 g fresh ginger  
3 cloves garlic  
100 fish sauce

1. Chop the Chinese sauerkraut into 4 x 4-cm cubes and toss into a big bowl. Stir salt into 300 ml water, pour it over the sauerkraut and leave it to rest for 12-15 hours, occasionally stirring.
2. Warm up 500 ml water in a pot, add chilli and bring to the boil. Meanwhile stir rice flour into 50 ml cold water to make a thick porridge. Pour the porridge into the water with the chilli, add ground paprika and keep stirring. Then let it rest and cool.
3. Peel carrots and white radish and cut them into small noodles (julienne) or grind them through a grater. Wash leek properly, cut it into thick slices and cut spring onions into thicker slices. Strain sauerkraut and mix it with your vegetables.
4. Peel the apple, remove the core and cut it into slices. Peel the ginger and garlic and mix them (using a smoothies mixer) with fish sauce and apple until smooth. Pour this mixture into the spiced rice flour mix, stir well and pour over the vegetables.
5. Cover your mixture with a lid, let it rest for at least 3 days at room temperature to ferment. After that put it into the fridge.

### TIP

KIMCHI IS EASY TO KEEP. USE IT TO SPICE UP YOUR DISHES. AND IF YOU SQUEEZE THE LIQUID OUT OF IT, YOU CAN USE IT AS FILLING FOR PASTRY OR TO MIX WITH EGGS.



EVERYTHING

# CAN BE CRACKED

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MARTINA  
GRYGAR  
BŘEZINOVÁ

CEO  
ZÁTIŠÍ GROUP

Martina Grygar Březinová has lots of experience in company leadership. She has worked for such companies as Sodexo, O2 and PricewaterhouseCoopers. Now she is CEO of the Zátiší Group and is putting all her experience into her new position. It's a bonus that she loves good food and working with people.

You used to work for large corporations. How do you like working in a completely different environment – in gastronomy?

I don't think I used to work in a completely different environment. Maybe it just doesn't seem like it, but the beginning of an audit is actually a kind of service. The former mobile network Eurotel also provided a service and the same applies to the benefits at Sodexo. What has changed for me is the form. Since I was 23 years old, I have worked for a large company where I had to 'fall in love with' the product that I was selling or offering. When I was at Eurotel, I used to buy the magazine 'Mobil' just to be updated about what is new on the communication market. I do the same here, at the Zátiší Group, because I really love food.

What were the beginnings at the Zátiší Group like for you?

When I started to work here, it took me a while to understand how the business runs. I wanted to assemble a team of people that would be able to move the company forward. Every division here has its leader – a managing director – for catering, restaurant, Fresh & Tasty. Apart from that, there is the marketing section, HR and finance. The most important thing for me was to put the entire company together as a single well-functioning team.

In your opinion, what's the key to the company's success?

One word: passion. Many people here really love their jobs and they have been working here for years. Out of 330 employees, 70 have been working here for more than 10 years. That is definitely unique. During the busy season, they work very long hours. Their work is often physically demanding and they are under pressure, so they really must love the work.

Have you succeeded in pushing anything through since you started working here?

When I arrived, my priority was to improve the Fresh & Tasty school and office catering division so that it would be able to grow. I'm proud to say that I've succeeded in that – through finance, client contacts, synergy, a strategy for the next few years and a new Fresh & Tasty leader, Michal Debreceni, who I brought to the company. I believe that he will move Fresh & Tasty forward thanks to his experience from abroad. We are building a new Customer Relationship Management system to have a customer database on a modern platform. It helps us to look at our customers and their needs across all divisions. It's good to know how often a client comes to our restaurants, if his child has lunch in one of our Fresh & Tasty school dining rooms or if he orders our catering service for his business.

Who are your customers?

We daily serve, contact or meet up to 7,000 customers. They include Czechs, tourists, children at schools, people at work. We also know from the data that the average age of visitors to our restaurants is around 48. We're now trying to address younger people, too. To attract them, we're developing a fast food project and we want to extend our food services from schools and offices to public places as well. We've already put this model into practice at the Manifest Market, where you can taste noodles with duck meat prepared by Stáňa Marková, the Žofín Garden head chef. I truly recommend it!

What projects are you going to introduce in 2019?

Corporate social responsibility is my passion, especially running a sustainable business. We hosted the first sustainable event in collaboration with the Byznys pro společnost company, where clients were invited to come by public transport, the food was served in fully biodegradable dishes and at the end we were left with a minimum of waste. We also save more energy and keep unused food, which we then try to use in our catering service. We want to be a model and inspire others to follow our example.





Describe an interesting moment from 2018.

As company director I wanted to try to be a 'hands-on' leader and be a real part of the operation. So, I was asked to help out at an event for our client Kevin Murphy. My job was very special and demanding: I was supposed to decorate the salmon with petals. Until then, I had no idea how much work and synchronisation was required of our catering staff. To manage dinner for 2,000 people in just 10 minutes, the team needs to function like a symphony.

Our readers would like to know how you manage to run a company and have a family life. Do you have a secret recipe for balancing work and life?

What matters the most is flexibility. There are days when I get up at 5 a.m. My husband and I share looking after our 6-year-old son, Victor. We always plan who is going to pick him up at school, who is going to drive him to his afternoon activity classes, etc. If you enjoy your work, you have to think about it a lot, even at the weekend, so I sometimes have to sit down at my PC at home in the evening. On the other hand, I can say I'm a good mum who never misses any important event or moment in my son's life, not even the Christmas party at his school.

And what about cooking?

When I met my husband, I used to cook a lot, and often quite difficult meals. My husband remembers those days fondly. My time in the kitchen was much reduced after my son was born, and even my husband started to cook. We both love Asian cuisine, but our little one still prefers eating spaghetti with butter and ketchup.

How are you going to spend Christmas this year?

In our cottage. And we are really looking forward to it – especially the moment when we light the fireplace. We'll watch the snow fall from our big window, watch fairytales on TV and nibble homemade 'vanocka' Christmas bread. I'm happy that Victor can spend Christmastime and his childhood in the countryside.

We do eat potato salad and pea soup, but you won't find the traditional Czech carp on our table, because we prefer cod, which is tastier – and even our son likes it. Even some toast with the pea soup satisfies him.

What is your favourite meal?

Every time I go home to Ostrava, my mother cooks "kyselo" a sour soup according to the recipe of a family friend from Lipnice. I also love the recipes of Italian and Asian cuisine.



# MARTIN ROLLS

WITH WALNUT FILLING



36

ROLLS OF  
APPROXIMATELY  
7 CM

FROM

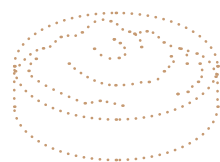
VÍT  
KURTEV

V ZÁTIŠÍ  
RESTAURANT  
CONFECTIONER



## DOUGH:

- 540 g plain flour
- 360 g cold butter
- pinch of salt
- 250 ml whipping cream (30%)
- plain flour for dusting



## FILLING:

- 250 g ground walnuts
- 150 g powdered sugar
- pinch of ground cinnamon
- 1 eggwhite



## COMPLETION:

- 100 g butter
- 2 tbsp. rum
- powdered sugar for sprinkling

1. Pour the flour into a bowl and grate the cold butter into it. Add a pinch of salt, pour in the cream and make a smooth dough – in a kitchen robot with a kneading hook or with a wooden spoon – then knead by hand.
2. Wrap the smooth non-stick dough with foil and store it for 1 hour in the refrigerator.
3. For the filling, mix all the ingredients.
4. Cut the dough into six pieces of the same size. Put one piece on a workspace dusted with flour and put the remaining dough back into the fridge. Roll it into a 4mm-thick circle and cut it into 6 equal triangles.
5. On the wide end of each piece, place 1 tablespoon of the filling, spread it gently towards the tip and roll it up from the wide end to the narrow end. Gently squeeze the tips and turn them gently towards each other.
6. Repeat steps 4 and 5 with the remaining refrigerated dough. Place all the rolls on a sheet of baking paper and bake them in an oven preheated to 180 ° C for about 20-25 minutes, until they are pink and golden.
7. Heat the butter in the saucepan, pour in the rum and gently spread this mixture over the hot rolls. Sprinkle with powdered sugar and let cool.



IF YOU LOVE SNOW AND DOWN-FILLED JACKETS AND YOU DON'T TAKE OFF YOUR SKIS UNTIL THE SUN SETS, YOU PROBABLY THINK THAT WINTER IS TOO SHORT! OTHER PEOPLE SEE WINTER AS A GOOD EXCUSE TO VISIT AN ELEGANT SPA OR DRINK MULLED WINE.

## THE BEARABLE LIGHTNESS OF WINTER

Staying warm when it's cold outside has been an issue for ages. The first thing that helped was fire, and much later it was alcohol. The earliest evidence of alcohol production dates back to about 7000 BC, when traces of a fermented drink made of grapes, hawthorn berries, honey and rice were found in jars from a neolithic village in northern China. In Europe during the Middle Ages, very weak beer was an everyday drink and often consumed instead of water, which was impure. Cider and wine made from the skin, pulp and seeds of grapes and other fruits were also widely available, but real grape wine was restricted to the upper classes.

### COFFEE ENCHANTMENT

Coffeehouses date back to the 16th century in the Ottoman Empire. The first coffeehouse in Europe appeared in Venice in 1645. The first registered coffeehouse in Vienna was founded by an Armenian merchant in 1685, but the café culture did not become

widespread there until the 18th century. Coffee soon replaced the common breakfast drinks of the time – beer and wine. Those who drank coffee instead of alcohol began the day alert and energized, and found that the quality of their work was greatly improved. On cold days coffee was sometimes mixed with alcohol to get that pleasant, warm feeling in the body. For example, in the Italian province of Pesaro and Urbino fishermen took to drinking moretta coffee, made with anise, rum, brandy and espresso. In 2004 it was recognized by the Italian Barman Association as an official cocktail.

### SPICY WINE

Wine was first recorded as spiced and heated in Rome during the 2nd century. Today, different versions of mulled wine are a tradition in most European countries, known in Germany as **Glühwein** and **glögg** in Scandinavia. In the 17th century, Europe discovered a new

fashion – **hot chocolate**. It was first introduced in Spain after the conquest of Mexico. Until the 19th century, hot chocolate was used to treat various ailments such as liver and stomach diseases. Europeans added honey, spices and cream to it. Nowadays chilli peppers, rum or liqueurs can be added.

### A SCOTTISH INNOVATION

In the 18th century, Scotland gave the **hot toddy** to the world. Made from liquor, water with honey or sugar and herbs and spices, it was widely believed to relieve cold and flu symptoms. A similar drink in other countries, but made with rum, is known as **grog**. In the Czech Republic, we drink

rum with hot water, lemon, honey and spices. The newest trend is to add buckthorn, rosehip or cranberries to the rum. In England, **wassail** is popular at Christmas. Its name comes from wassailing, a Medieval Christmas drinking ritual intended to ensure a good cider apple harvest the following year. It is made from apple cider with sugar, cinnamon, ginger and nutmeg. Today it is often served with caramelised apples or made from pear cider. No matter what the reason, after your first sip of a hot bombardino with cream, or a hot mead or pear wassail, winter immediately becomes bearable.

Hot cider from the Czech farm Tatuv sad with cinnamon, cloves, ginger, nutmeg and hazelnuts

V Zátíší restaurant





# ENTERTAINMENT

## CAN BE SUSTAINABLE

HOW ELSE SHOULD REFRESHMENTS BE SERVED AT THE TOP COMPANY OF THE YEAR AWARDS CEREMONY THAN ECOLOGICALLY? SUSTAINABLE CATERING WAS INITIATED BY THE ZÁTIŠÍ CATERING GROUP TO EXPLORE IT'S POTENTIAL. HOW DOES IT DIFFER FROM OTHER FORMS OF EVENT-CATERING?

Communication with your client is very important to success, and if you stage an ecologically sustainable event, everything needs to carry that message. Unattractive produce and peels often end up in dustbins, but they could be used creatively for stuffing or as original chips. For example, washed carrot peels were turned into delicious crisps that were later added to our carrot salad.

In-season produce tastes best, so you don't need to add extra seasoning or to enhance them in any way. Guests can enjoy their authentic taste and chefs can be creative in their presentations. 'The produce was chosen primarily from Czech suppliers', Jan adds. 'The short transport distance means you can use less packaging, which means minimising waste'.



Imagine no plastic bags filled with rubbish, plastic containers, straws and plates, but only clean tables and enjoyment. The result is that your event or any important party will not add unnecessary waste to our planet. To cater ecologically makes sense. It enables us to use natural products and introduce them creatively in a 'fine dining' experience. Sustainable catering is a sign of humility and respect for nature – which is essential today.

# TOGETHER SUSTAINABLY



*'When putting together the menu, you need to think about every ingredient, which means using only local and seasonal produce. In addition, they need to be used without creating any waste'*

Jan Šmelhaus, managing director – Zátíší Catering

Trends 20–21

## BREATH TAKING IDEAS

Byznys Platforma supports conscientious entrepreneurship in terms of environmental and social responsibility. The awards ceremony for the TOP company of the year 2018 was organised by the Zátíší Catering Group as a sustainable event. There were nearly 250 guests in the ZOOM room at the Prague Congress Centre. One of the goals was to minimise greenhouse gas emissions; guests could travel to the event only by public transport. When they arrived, they were treated to a breathtaking view of Prague. 'We used the windows in the ZOOM room for communication, which was a creative way to minimise the use of paper for menus or motivation slogans, for example, and to support the principle

of sustainability', says Jan Šmelhaus, Zátíší Catering's managing director. The theme of the event was celebrating nature, and presentations and menus were designed accordingly.



ZERO WASTE  
ZEROS ARE  
WELCOME



# BIODEGRADABLE PLATES

Disposable dishes and utensils, such as plates, cutlery and straws, become waste. The Zátíší Catering Group organises all events in the ZOOM room at the Prague Congress Centre without any plastic. What's more, we introduced meals that do not require dishes, and when they do, it's only one small bowl for the entire evening. 'Starters were served in ceramic bowls or they were served so that they did not leave any waste', Jan Šmelhaus explains. 'Guests were able to use their bowls for their main course as well. And they were able to eat their desserts

without using any dishes or cutlery'. The fewer dishes you use, the more creative the service needs to be. The best strategy is to make the food 'live', in front of the guests, which also minimises waste. 'We usually offer our evening menu with 700g of food per person, but here we agreed on 500g because we wanted to have clean tables at the end of the event', Jan Šmelhaus notes. 'We try to explain to our guests that the



**Showing the natural ingredients and their preparation displays the chef's skills and creativity – and dazzles the guests with an unforgettable experience.**

**Take your bowl and use it all evening.**



## WHAT YOU DON'T EAT CAN TAKE HOME

DON'T PUT OFF  
UNTIL TOMORROW  
WHAT YOU CAN EAT  
TODAY

best way is to eat all the food in one sitting. This also leaves no waste for us'. On one of the tables we placed boxes which guests could use to take leftovers home. What they will surely remember from our events is the skill and imagination of our chefs and how our sustainable approach added to their enjoyment.

NOTHING LEFT  
OVER MEANS  
NO WASTE

Sustainability has become a permanent part of the offers of Zátíší Catering. The Prague Congress Centre and Zátíší Catering also agreed to host major conferences and congresses in 2019 and will try to ensure that at least half of them are sustainable.



# A S W E E T K I S S

Going on a gourmet trip to taste local delicacies or to visit famous restaurants has become so popular that many travel agencies now offer it as part of their service. But what about taking a trip to taste sweets? That sounds too good to be true. We would like to share our ideas of where to go for a very sweet time...



## BERLIN, GERMANY CODA

There is no need to introduce Berlin because you get there easily in a couple of hours and you can take in modern exhibitions, experimental art, music clubs, local shops with craftwork or unconventional fashion. But make sure you book a table at the CODA restaurant in advance. Their dessert menu includes the creations of master confectioners and come in

a breathtaking assortment of colours, tastes, fragrances, textures and shapes. Evenings it changes into a big bar which offers a special dessert menu to accompany your drinks! And if there's no table for you there, pop into the Röntgen Café at Alexanderplatz to taste the best cakes in the world.

[www.coda-berlin.com](http://www.coda-berlin.com)  
[www.kaffeehausroentgen.com](http://www.kaffeehausroentgen.com)



Marek Šáda, Bellevue  
restaurant head chef

## VIENNA, AUSTRIA HOTEL SACHER

The original Sacher Torte (or cake) was first baked in the luxurious Hotel Sacher, a living memento of the Austro-Hungarian Empire and its aristocratic society. The Sacher cake tastes fantastic there and your experience is enhanced by the marvelous ambiance, caring service and extraordinary views. And while in Vienna don't miss



Jan Jeřábek, V Zátíší  
restaurant confectioner

## ROME, ITALY POMPI

The city of love, eternal youth, renowned gelato and great pizza offers an exciting escape from the daily grind. Discover locations from Fellini's films, enjoy the magnificent ancient palaces, wander along its quaint streets and taste delicious foods and drinks. You will taste the best tiramisu at the

the exhibition at the Albertina Museum, which currently has works by Claude Monet as well as a large permanent collection that includes work by Picasso, Chagall and Richter. Also visit the Imperial

Crypt (Kaisergruft) at the Capuchin Church or the unbelievable Vienna Imperial Carriage Museum in the grounds of Schönbrunn Palace Park.  
[www.sacher.com](http://www.sacher.com)



Pompi café near the Spanish Steps. You can choose from the traditional version with coffee, strawberries, pistachios and banana, or have a lactose-free version. If you don't like tiramisu, you're sure to find some other sweet cake to tickle your fancy, as there are so many.  
[www.barpompi.it](http://www.barpompi.it)



Karina Tomash,  
Mlýnec restaurant hostess

Martina Hubálková,  
Bellevue restaurant hostess



## TRIPOLI, LEBANON HALLAB 1881

Tripoli is Lebanon's second-largest city and a Mediterranean port. It was settled as early as 1400 BC and became a financial centre and main port of northern Phoenicia with sea and caravan trade. The name means 'three towns', after the three towns that were jointly granted the right to mint coins. On your way to the Crusade fortress, stop at the Khan al-Saboun soap market, which has been there since the 15th century and where soap is still made in the traditional way, from olive oil, honey and aromatic oils. Around the castle is another market – or 'soukh' – with various Oriental goods on sale, including sweets. Look for the Kasr El Helou brand, a very popular and famous confectionary founded in 1881, also known as Hallab 1881. You will find their branches and products throughout Lebanon. They

produce traditional Arabic sweets in innovative forms that resemble little works of art. Baklava and other desserts, such as maamoul with almonds, pistachio, dates, walnuts and pralines, are sold by weight. If you travel in a group, consider buying an entire cake. It will be a totally new sweet taste experience.

[www.hallab.com.lb](http://www.hallab.com.lb)



# HALLAB



Nikola Tkáčová,  
online marketing  
manager



# MANTEIGARIA

## LISBON, PORTUGAL MANTEIGARIA

Lisbon has become a favourite weekend destination, but if you fly there during the week and outside the summer season, you can enjoy the wonderful Portuguese hospitality, excellent wines (not only port), a walk through the narrow, charming streets or just meditating undisturbed at the seashore. For breakfast, try a pastel de nata, a delicious custard tart.

The best are made at Manteigaria, on Rua do Loreto, 2, near the Royal Palace - but you can get a good version at almost any bakery or pastry shop. Fortunately, they are open from 8 a.m. to midnight, because the craving for a pastel de nata can overcome you at any time.

[www.facebook.com/manteigaria.oficial](https://www.facebook.com/manteigaria.oficial)



Kristina Záborská,  
copywriter  
Zátiší Group

## BARCELONA, SPAIN FABORIT CASA AMATLLER

The sea, beaches, pleasant winter temperatures above 10°C, great wines and delicious tapas. How many more reasons do you need to fly to Barcelona for the weekend? When you take a walk around town, or a guided tour of the Sagrada Familia church and other Gaudi gems, and you wonder what to bring home, visit the Amatller shop. Chocolate has been produced here since 1797, and the original hot chocolate drinks have been transformed, with an amazing variety of flavours and aromas, into thin tablets that melt in your mouth. We recommend trying the original hot chocolate with spices. [www.chocolateamatller.com](http://www.chocolateamatller.com)



Svatava Dvořáčková,  
marketing manager  
Zátiší Catering



# AMATLLER



# I like getting to know culture through food and art

ABOUT 250,000 VISITORS COME TO THE ŠKODA MUZEUM IN MLADÁ BOLESLAV EVERY YEAR. THE EXPOSITION IS HOUSED IN BUILDINGS IN WHICH CARS WERE PRODUCED UP TO THE 1920S. AFTER A TOUR OF THE MUSEUM, MANY VISITORS STOP IN AT THE CAFÉ BISTRO/VÁCLAV RESTAURANT RUN BY ZÁTIŠÍ CATERING. THAT'S WHERE WE SPOKE TO ŠKODA MUZEUM MANAGER ANDREA FRYDLOVÁ.



**How does the ŠKODA Muzeum differ from other museums?**

It is basically the biggest company museum in the Czech Republic and records the history of a car brand with an exceptionally rich tradition. In our permanent exhibition you can see more than 70 cars from the first models by Laurin&Klement, the predecessor of the Škoda company, dating from the beginning of the 20th century, to the prototypes and design drafts of today. This is supplemented by shorter thematic exhibitions. The current one, which runs until April 2019, shows the history of automobilism in the Czech Republic. It is called The First Kilometres in the First Republic. For example, we show facsimiles of old petrol stations, how the driving schools worked in the past and the period's compulsory car kit.



**ANDREA FRYDLOVÁ**

was born in Bratislava (Slovakia) and came to Prague to study archeology and the history of art. She has worked at several museums, but also for international advertisement agencies. With her team at the ŠKODA Muzeum, she has been organising exhibitions, accompanying programs and interesting cultural and educational events for five years. They have welcomed many people from the Czech Republic and from abroad.

**What program are you going to have at the museum this winter?**

The museum visit can be enhanced with a visit to adjacent halls, where visitors can see how cars are produced now. The ŠKODA Muzeum not only presents the history of the brand, but also serves as a cultural centre. There are conference halls – the biggest one has a capacity of up to 1,000 people – a restoration workshop, the company archive and of course the Václav Restaurant/Café Bistro, where our guests can relax, have lunch or take a coffee break.

We tend to create programs which would be interesting for all visitors, adults and children, amateurs and professionals – for the general public basically. They are not necessarily related to cars. We also organise Christmas concerts, such as Lucie Bílá on 20 December. In 2019 we will have Michal Hrůza, on 8 March, and the Mig 21 band, on 6 April. On 18 March we are going to host the Czech Philharmonic, and on 17 May there will be a different kind of museum event because Museum Night will be taking place throughout the Czech Republic.

**What is the biggest challenge for you and what is the most interesting part of your work?**

Apart from my daily tasks, we also enlarge our vintage car collection by acquiring new additions. My team and I monitor the market, look for good opportunities and evaluate the offers. That's why we have in our collection all the important models from the very rich history of ŠKODA cars. Visitors really like our car restoration activity and we do too. It's very interesting to see how a car gets a new coat of paint, starts to shine again and begins to look like it did originally. Vintage cars are beautiful when they are in motion, so we try to renovate them to a fully functional condition. What I like best is the creative part of my work, when my colleagues and I plan new themes and create a new concept for an exhibition or program. We even make changes to our permanent exhibition, to catch our visitors' eyes and make them discover something new whenever they are here.

**How do you relax?**

I love traveling and getting to know foreign countries through their culture and gastronomy. I travel with my son to see architecture and art. We also look for good food and good wine, especially for me. Our last trip was to Val d'Elsa and the Chianti region for three weeks. By the way, I learnt how to evaluate good-quality wine as well thanks to the Wine Club experience at the Bellevue restaurant. I like it when the sommelier offers me interesting and little-known wines, and especially if he recommends the right food to pair with it.

**How do you choose a restaurant?**

I enjoy gastronomy. I like discovering new dishes, flavours and combinations. I eat at restaurants a few times a week and I choose the place according to my mood or the seasonal offer. My favourite is the Bellevue restaurant. I have been visiting this restaurant for a long time and I appreciate the caring service, pleasant environment and the food served in harmony with the wine.



# DESIGN ON A PLATE



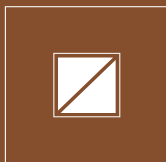
Hazelnut, rum,  
orange ice cream  
Mlýnec restaurant



Pikeperch, fried Jerusalem artichoke  
salad, brown butter, chives  
Mlýnec restaurant



[wow.zatisigroup.cz](http://wow.zatisigroup.cz)



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