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## CASE STUDY

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### Slow Food - health, peace, rest and hospitality as a chance for development.

The selected restaurants, after passing the verification procedure, are marked with the snail - Slow Food sign and are promoted by Slow Food Poland. You can enjoy excellent dishes of traditional Polish cuisine as well as delicacies from around the world.

Slow food is the opposite of fast food and literally means slow food. Slow Food is an international non-profit organization that defines its purpose as "protection of the right to taste" in the manifest. The organisation was established in 1986 in response to the proliferation of fast food bars. It all began in Italy, where Carlo Petrini (Italian culinary critic) formulated a protest opposed to the opening of McDonald's near the Spanish Steps in Rome.

Currently, just as it was over 20 years ago, McDonald enjoys popularity and attracts crowds. However, Petrini tried to let people know that it is diversity and difference that is the real value, not mass production. Initially, Slow Food operated only in Italy, supporting local products and small producers, but over time, the range of traffic crossed the state borders. And so, the organisation began to grow to this day, when it is already operating in over 100 countries, including Poland.

The idea of Slow Food is a protest against the current way of life, meaning "life on the run". It is not without reason that a snail has become a symbol of movement, a being by its very nature slow. It is a praise not only for rest and relaxation that are lacking in our lives, but also penetrate into the sphere of food consumption. Based on natural ingredients, no preservatives and traditional and unique production methods this is the basis for the production of food promoted by the Slow Food association.

The movement fights with a uniform taste of dishes and mass production, in return it proposes to stop for a moment and savour the taste of good food in peace. The organisation also gathers lovers of recreating and saving old recipes and flavours. The main objective of the Slow Food movement is to celebrate and nourish the taste of dishes and to promote regional food. Foods of the Slow Food type

are supposed to cause us to momentarily break away from daily duties, so that we can eat something tasty and healthy in a leisurely way. So, the choice is "eating in fast food bars, on the run or in peace, completely unhurried?".

Pleasure, which gives a moment of rest, peace and time spent among friends; and finally, the pleasure of tasting - both good food and simply the depth and diversity of life. Discovering flavors rather than passively accepting them is a new way of being, promoted by Slow Food. Every day, hundreds of species of plants and animals disappear from the biosphere, and every day new elements are removed from the world culture - this is perfectly visible on the example of regional dishes, which are, after all, an important and probably the most fleeting part of our material culture. For this reason, small, food producers who are in danger of getting lost, get a chance to find themselves on a huge global market, preferring mass products lack in taste, aesthetic and cultural values.

Slow Food has become a way for many Polish restaurateurs to acquire new customers, as well as a way to business success. More and more often, many customers want to eat healthy, tasty dishes and ecological, often with a traditional taste, reminiscent of the irretrievable times of childhood. This is closely related to the growing ecological awareness of society and a change in the way of life, and greater attention to health. Clients choosing a restaurant, hotel or guesthouse want to be sure that they will be able to have a good rest, but also eat healthy and tasty at the same time. Hence, the number of tourist and gastronomic establishments is increasing, and is applying for the Snail sign - the symbol of the international Slow Food movement, in order to become recognizable on the market, as a place where the customer can eat healthy and tasty. Gaining this prestigious distinction allows the company to stand out in the environment and confirms the high quality of services provided. Below is a presentation of selected tourism and gastronomic enterprises that own the Snail- Symbol of Slow Food.

#### **SIERAKÓW Manor- Near Krakow, with the Slow Food Recommendation**

On Friday, 6 December 2013, Jacek Szklarek, president of the Slow Food Polska Association, handed over to the owners of the Sieraków Manor, Karolina Grabowska and Paweł Gąsiorka and chef Janusz Fica, a diploma entitling them to put the snail symbol at the entrance to the building.

Restaurant Sieraków Manor is the first slow-food venue in Małopolska, which together with Ancora

Restaurant from Krakow received this prestigious award. This old, noble residence is located 22 km from Krakow, surrounded by an idyllic landscape with a view of the Beskid Wyspowy. You can not only eat well and drink good wine, but also relax away from the noisy city.

The menu of the restaurant opens the following sentence: *Combine tradition and modernity, Polish and foreign flavours, cook healthily, dietetically - but tasty and abundant. Only use fresh and local ingredients. Herbs from your own garden, mushrooms from nearby forests, fruits from nearby orchards. This task was given to the chef in the Sieraków Manor.* Subsequently, the products are calculated and the suppliers that provide them.

Here are some of the dishes offered by Sieraków Manor cuisine: dumplings made of wholemeal dough with lentils, chanterelles and asparagus, Fish of the day from Lake Dobczyce (depending on the catch) in various ways or old Polish slips with buckwheat and pickled cucumber.

#### SLOW FOOD Recommendation for ARUANA RESTAURANT IN SEROCK

Restaurant A'la Carte Aruana from Hotel Narvil Conference & Spa from Serock as the sixth in Poland received the recommendation of the eco-food organization Slow Food Polska. This is another distinction after Hermes in 2013 and the victory in all categories of this year's Wine & Food Noble Night culinary festival.

#### Certificate, logo and promotion

The silver snail was presented by Jacek Szklarek - the president of the Polish Slow Food branch. This took place at a press conference on the subject of the campaign "Gęszina na św. Marcina". The specialty of Aruana restaurant is modern Polish cuisine, and dishes served in it are based on seasonal products and from local suppliers.

In the restaurant menu you will find such delicacies as:

- risotto with vegetables from the garden, mushroom oil and slices of "Kumpiak" ham
- dumplings with crayfish, fried spinach, lovage essence and watercress

- slightly smoked tartare of seasoned Polish beef with tarragon, fried thymus and sourdough bread
- chicken soup from Wielkopolska's guinea fowl with eggs, boiled vegetables, fenugreek and home-made noodles.

A large selection, the locality of many ingredients, freshness and mastery of preparation will provide culinary delights to the most demanding gourmands.

### GŁĘBOCZEK VINE RESORT & SPA SLOW FOOD

The idea of slow life and slow food also hit fertile ground in Poland. The philosophy of the Slow Food movement is very close to the values professed in Głęboćzek Vine Resort & SPA. Głęboćzek is a place where great importance is attached to enjoying free time, mutual company and exceptional silence. This praise of unhurriedness also penetrated the local cuisine. Her boss - Marian Frankowski is a virtuoso of unhurried creation of culinary masterpieces. He creates unique dishes that are a fusion of flavours of traditional Polish cuisine and light Mediterranean cuisine. He uses regional and fresh products from local suppliers. Thanks to this, the menu Głęboćzek Vine Resort & SPA hosts unique, seasonal dishes, varied in taste, which can be tasted without hurry, in the company of good wine and loved ones.

Considering the fact that peace, silence and praise of relaxation are the essence of the atmosphere prevailing in Głęboćzek, it is natural to give the prestigious Slow Food recommendation for Morellino restaurant from Głęboćzek Vine Resort & SPA. This is certainly a huge distinction. The more so because in Poland, not many restaurants can boast of the recommendation given to them by Slow Food Poland. Restaurant Morellino is a restaurant that joined this elite group. "We are proud that our efforts to protect and popularise traditional, high-quality products have been appreciated. We hope that thanks to this recommendation, more and more people will discover the delicious dishes served here, enjoy the silence and experience the richness of various flavours of Głęboćzek without hurry" - says Chef Marian Frankowski.

## KITCHEN IN THE HORYZONT RESTURANT in the HOTEL SPA AQUARIUS in KOŁOBRZEG

The idea of the Horyzont restaurant cuisine is an aspect that distinguishes the object from others.

The aim of the restaurant Horyzont in the AQUARIUS SPA \*\*\*\*\* hotel is a slow dosage of pleasure, flowing from a high-quality service and chef's specialties, prepared with traditional methods that have not changed for ages - BACK TO THE BASIC.

Dishes prepared in the kitchen of the Hotel AQUARIUS SPA \*\*\*\*\* are associated with the childhood and taste of youth and the cuisine of our grandparents.

The kitchen of the Horyzont restaurant is based on ecological products, in the near future the SLOW FOOD idea will be the label of the restaurant.

SLOW FOOD restaurant Horizon is associated with regional cuisine, based on local products with the addition of seasonal products.

All dishes are based on the best Polish products using the latest knowledge and techniques, valid in canons of gastronomy.

## RESTAURANTS WITH THE SLOW FOOD RECOMMENDATION

### The Snail symbol for 99 (Warsaw)

Restaurant 99 is the second Warsaw restaurant that can boast a characteristic stamp of a snail - Slow Food. It means that you can eat organic and regional dishes here. In this way, the customers of this restaurant receive a guarantee that they will eat dishes from seasonal, regional, fresh and organic products.

#### Client reviews:

- Good kitchen will always defend itself

*I visited "Nines" for the first time (not very originally) during a business meeting, but I also come back there in private and I bring friends. The decor is quite cold, but the tables are set at a perfect distance from each other, so that you can talk freely. From the starters unforgettable turns out to be Home-*

*made pate, gently "puffed up" Porto. I've tried salmon before and it was impeccable, while steaks are some of the best ones in Warsaw. Deeply fried according to your wishes, aromatic and portions just right. It is also worth to order a dessert - a mango mousse and a banana-chocolate cake - both of these desserts taste great. The service, always appearing at the right moments, also deserves a great appreciation. Prices, yes, higher than average, but as in the title - good kitchen will always defend itself.*

- **Restaurant for the weekend?!**

*I was convinced by weekend promotion to visit Restaurant 99. Before the visit, I heard only good reviews, but for the "Sunday dinner" with my family, the prices were far too high. I have to say that if prices in the week were a bit lower, I would definitely become their regular customer. There was 6 people, of which 2 are children and surprise here - maybe a special menu for children does not exist, but the chef effortlessly conjured up in front of my children (they have an open kitchen) a simple dish of chicken. A lot to describe about our order, but I will certainly praise the place - nota bene, I paid exactly PLN 29.50 for it. It was great - delicate inside, and on the outside, crispy breadcrumbs from the edible soil, i.e. from what I heard from the waiter, it is bread coloured with sepia. A friend ordered a sturgeon (PLN 34.50) cooked in a sous vide, which did not beat my plate. Gentlemen, of course, they could not resist and chose the famous steaks - well marinated, the degree of roasting exactly as they ordered, they liked the option of matching the listings. For dessert, we moved to the terrace and we ordered ice cream, which is made in a restaurant - we came across great flavours: white chocolate ice cream with chili, apple or whiskey flavoured. The decor may look a bit cold at first glance, but the chefs are bustling around in the open kitchen. Nice service, tried very hard and advised in choice. They also took care of children - they got something to paint and cook hats.*

**Classic at its best!**

*Maybe 99 is not the cheapest, but the taste sensations completely compensate for the spent money. Dinner for four people with two bottles of wine and a little over PLN 700 bill. I will mark that everyone ordered a starter or soup and a main course.. In my case, there was a dessert. I ordered beef carpaccio with rucola and parmesan cheese. Excellent meat which melted in your mouth. Rucola with thin almost transparent slices of cheese perfectly matched the meat. My husband ordered an octopus salad. Grilled octopus was reportedly cooked earlier. I've never eaten such brilliantly prepared seafood*

before. My husband is a fan of the octopus and said he did not eat better in Spain or Italy. For the main course we ordered steaks from Argentinian sirloin. We like lightly bloody meat, so we ordered medium rare. The cook hit the point perfectly. And again, the meat melted in my mouth. No chewing or similar stories. Looking at the plates of our friends they probably also liked them because they gave it almost clean. They both ate pheasant broth and plaice. A great place with the opportunity to watch the chefs at work. The open kitchen means that with more freedom and trust we expect what will land on our plates. I recommend this place.

### Brilliant food, great service!

A few days ago, I visited this restaurant with my husband, and we were both very pleased. Food full of complex, well-composed flavours, beautifully served, just wonderful. We were happy to use the November menu, from which we ordered foie gras goose pate and pistachios served with baked bread and caramelized onions and cucumbers. As the main course we ordered a November goose with pear and potatoes - fantastic, although the baked potatoes were a bit too fat and thick - and a risotto with mushrooms - a very aromatic and filling dish, for me a bit too large portion. For dessert, a classic creme brulee with a crunchy crust on the border, and a mild, creamy interior. Regarding the food, it was only Hungarian wine recommended for goose that we considered deviating from the level. The waiter was happy to advise, provide comprehensive information and support our decisions. The problem arose only when we wanted to pay, when we had to wait for a waiter for quite a long time, although we had clearly indicated to him that we wanted to stay a little longer, so it was possible at our own request. Elegant decor, no pompousness, open kitchen was a great idea, especially since the ventilation works perfectly and the smell of cooked dishes was undetectable. Regarding the decor, the only thing that surprises is the disorder in the bathrooms, although in the evening on Sunday, after freshly completed party events with alcohol you can understand a slight mess, because the cleaning is probably done after the restaurant is closed.

### RESTAURANT PARK HOTEL IN SZCZECIN- RECOMMENDED BY SLOW FOOD

The culinary traditions of many regions of the world are not alien. We offer you several dozen varied dishes and a wide range of fine wines. Our chef Mariusz Siwak, an outstanding expert on flavours and aromas, participant of the Culinary World Championships supervises the composition of our menu

and the exquisite taste of the dishes. Excellent cuisine has won a number of awards in culinary competitions, as well as recognition of gourmets from around the world.

#### Client reviews:

- **Good restaurant**

*The restaurant at the Park Hotel is, in my opinion, one of the best places in Szczecin. I like both the decor and service. Last year, I was here 5 times. The first two visits are great memories. I especially remember the pumpkin soup and salmon. The other dishes were also very good. Recently I participated in an organised meeting before Christmas, it was supposed to resemble Christmas Eve. On this day the restaurant was closed to other guests. Unfortunately, while the dishes I ordered so far were delicious, those traditionally served have left much to be desired. Uszka in borscht had a thick dough and unfortunately it prevailed over stuffing which there wasn't much of. Dumplings - boiled in little salted water and most of us had to add salt. Fish Greek style was dry, though nicely served. The biggest defeat is herring with apples - watery nightmare. I hope it is just a temporary stumble and I am waiting impatiently for the next dinner. I hope it is as good as usual.*

#### Best restaurant in Szczecin

*Absolutely the best restaurant in Szczecin. Genius food, a very high standard, you can easily compare with the best restaurants in Warsaw. Against the background of Szczecin's gastronomy, especially the golem pulp, it stands out very much. Very good quality products and craftsmanship of the chef cause that you can taste dishes almost ideal and original. Excellent tartare, recently with delicious vodka. Outstanding duck on a bushy cabbage, great slips from wild boar. Quite a decent wine list, although this is the weakest point of the restaurant. When it comes to service, very discreet and professional. A bright star on the barren map of Szczecin's restaurants.*

#### HUGO RESTAURANT IN POZNAN

It is a space born of a long-standing culinary passion and the idea of creating a place of a completely dedicated celebration of the sense of taste.



Every aspect of the kitchen is guided by the RESPECT FOR FOOD principle. We create dishes from scratch, we respect every product from which they are created, we cooperate with the Slow Food organisation, thanks to which we mainly use regional products. The priority is for us the freshness and the highest quality of the offered dishes. Menu changes seasonally.

#### Client reviews:

##### Tasty and interesting original dishes.

• *The idea for a supper on the occasion of Grandma's and Grandfather's Day in Hugo turned out to be a hit. Excellent food and great service complemented the family's holiday. An interesting and healthy menu conceived in harmony with the spirit of SLOW FOOD turned out to be equally suitable for seniors and grandchildren. Amuse bouche - a delicious carrot cream - has become a great introduction to a meal. Then we were served bread baked on the spot: scones and bread with butter enriched with buttermilk. For the starter I chose "foie gras, yellow and red beets, roasted walnuts, buttery bread". Very nice presentation of dishes. Tastes interesting. Intriguing connections, giving a lot of joy to discover. For the main course, I chose "low-temperature veal, chickpea, roasted celery, marinated buckwheat and porto sauce". Veal very juicy and soft, perfectly seasoned. Chickpeas in the form of breaded and fried fingers pleasantly surprised the way of serving and taste. Roasted celery in salt, I think it would convince even those who dislike its taste. The marinated scallion and porto sauce perfectly complemented this dish. For dessert, I was tempted by creme brulee served with orange purée - perfectly crunchy, perfect for a light but sweet meal ending. Nice and kind service. The waiter willingly and skillfully talked about served dishes. The decor is very raw, minimalist. I recommend Hugo for those who like interesting, original ideas on a plate, which puts quality above quantity.*

##### Without fail

*Cool! Everything is served, original and very tasty. Feeling that the ingredients are of the highest quality, and the cook makes the best use of them - well, the experiences with El Bulli do their job. The portions are rather small, so that two dishes plus dessert will fit. The decor is very pleasant, modern, rather minimalist, location in lofts. Service, although professional, very friendly - no embellishment*

*found in many similar premises in Warsaw. I will definitely come back there regularly in Poznan!*

### SLOW FOOD BISTRO – WROCŁAW

Slow Food Bistro, a modern cooking school with interesting culinary courses and a restaurant with an open kitchen - live cooking. The only such place in Wroclaw - an amazing experience of staying in a bistro, where you can watch live chefs in action and watch how our dish is made. Interesting, industrial, loft interior.

#### Client reviews:

- *Super simple food*

*For the first time I had the opportunity to be in the Slow Food Bistro in Bielany Wrocławskie, healthy, tasty food and an affordable price. I would recommend.*

The memory of traditions and caring for them is gaining more and more importance nowadays. In the era of eternal rush and innovative solutions, it is worth stopping for a while and remembering "how it used to be". Food is becoming more and more artificial and we are looking for a return to beautiful times when only fresh and healthy products were available, without any chemical or genetic modifications. Introducing the idea of Slow Food in restaurants is the result of the constantly changing tastes of customers, the desire to implement new trends, often changing their beliefs and preserving tradition and health care.