

# HEREND

20<sup>18</sup>/<sub>02</sub>  
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MAGAZINE OF THE HEREND PORCELAIN MANUFACTORY



CURIOSITY

*The People of the Sea*

LIFESTYLE

*Shinrin-Yoku—Forest Bathing*

CULTURE

*The temples of coffee*

# HEREND

PORCELAIN



TRADITION-INNOVATION  
FROM GENERATION TO GENERATION

*Herend*

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Fertőd, Esterházy-kastély Autumn statue

*Dear Herend Readers,*

## Encounters!

They shape our life, mark the milestones on our journey and make us who we are. The beauty of the first encounter with our partner, child, parents; the four seasons, rainbow, tune, smile and teardrop, the cycle of days and nights, the fertile soil, soaring birds in the sky; encounters with good and evil, truth and falsehood, beauty and ugliness, cognition and feelings, life and death, happiness and sorrow; encounters with hostility and friendship; all of them are single, unique and never repeating experiences that weave their invisible thread around our lives. We may think that we are the creators of our encounters, but in fact, we are their beneficiaries. When we look back from the plateau of halfway point of our life only then it opens our eyes to see that none of these encounters were superfluous on our journey, every one of them gave us something and left its mark on us. Accidental encounters are gifts that allow us to experience miracles. The experience and knowledge imparted by our encounters give us the strength to scale the mountains on our way to the next plateau. Encounters are our signposts, since we are all heading to the same destination even if we approach from different directions. Every encounter is a celebration and living through them enriches our experiences. The first encounter lasts till we understand each other's words and, while thinking of experiencing the joy of meeting - upon tomorrow's sunrise - all over again.

## Encounter Herend!

First sight, first touch, to marvel at its colours for the first time, to contemplate its uniqueness at first, to wonder at the art of hand crafting for the first time, to dream about it for the first time, to fall in love with it for the first time, to hold it in our hands for the first time, to take it home for the first time, to invite it to our table for the first time, to raise it to our lips for the first time, to be worried about it for the first time, to come back for it for the first time, to pass it on for the first time! Some say the first encounter stays with you forever, and so will your first rendezvous with Herend porcelain!

Thank you for your kind attention!  
Sincerely,

Dr. Attila SIMON  
Chief Executive Officer



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# Timeless Elegance IN MADRID

Herend porcelains made their debut in Spain at an exhibition entitled "Timeless Elegance" in the National Museum of Decorative Arts in Madrid. Within the selection of over 300 pieces, the exhibition prominently featured the three most famous Herend motifs; Victoria, Rothschild and Apponyi, which were named after the distinguished buyers of the manufactory. Nurturing arts is a mission for the Manufactory, since porcelain has connected people, eras, cities and geographical regions for thousands of years, therefore each and every exhibition is a celebration of this heritage.



# HEREND IN THE HEART OF ATHENS



Herend porcelains captured the War Museum in the heart of Athens. In the exhibition nearly 200 Herend creations, classic and innovative pieces, showed visitors the range and diversity of Herend. Dr. Attila Simon, managing director of the Herend Porcelain Manufacture, gave the opening address and the exhibition was opened by Erik Haupt, Hungary's ambassador to Athens.

# HAMILTON CLAIMS THE HEREND TROPHY ONCE AGAIN

Lewis Hamilton of Great Britain won the 33rd Hungarian Grand Prix ahead of his great rivals Sebastian Vettel and Kimi Räikkönen. Hamilton, the reigning and four-time world champion British driver of the Mercedes team, thus managed to acquire his 8th Herend trophy. Hamilton is one of the first drivers to be promoted by the F1 world since childhood.



Photo: Hungaroring Sport Zrt.

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## VICTORIA EVOLUTION IN PALERMO

The Artintavola Exhibition was organised by Ulderico Lepreri in the Palazzo Bonocore in Palermo. The Herend Porcelains were part of the Victoria Evolution concept co-designed by the event's host Ernesto Paci.

## Herend works of art in JASLO

The opening of the exhibition of the Herend Porcelain Manufacture in Jaslo, Poland was a great success with 500 objects on display in the Regional Museum. In addition to the history of the development of the best known Herend patterns, bravura pieces as well as classic and modern objects also played roles. The opening ceremony, which attracted tremendous interest, took place within the framework of the traditional Jaslo Wine Days.



## This year's blue ribbon concludes with a shower of prizes

The prizes for the 50th Blue Ribbon Erste Grand Prix were handed out at a festive event in Balatonfüred. 681 boats entered the jubilee regatta and 545 boats completed the course, which is a record for the event. Safram of Switzerland won the more than 150 kilometres long race on Lake Balaton claiming both the Blue Ribbon of the Balaton and the Trophy of the Herend Porcelain Manufacture.



## Portuguese success on the CSIO BUDAPEST grand prix

The most prestigious event at the Longines FEI Nations Cup™ Jumping of Hungary CSIO5\* Budapest was the 140-160 centimetre EXIM Grand Prix. In the 30,000 Euro contest, riders could earn qualifying points for the 2018-2019 World Cup series final to be held in April in Gothenburg, thus a lot was at stake for the competitors. The competition was a very international affair, with ten riders representing eight different nations,

including Hungary. History repeated itself, as a Portuguese rider took first place at the Budapest CSIO's Grand Prix for the second time after two decades with Luis Sabino Goncalves completing the fastest round in the saddle of the 9-year-old Dominka Van De Lucashoeve (Cardento 933 / Chin Chin). Beyond the glory of victory, the winner was also rewarded with a beautiful Herend vase.



# Forest Bathing

*Look deep into nature, and then  
you will understand everything better.*  
Albert Einstein

There is medicine in herbs and trees—says the Hungarian proverb. However, nature has much greater influence on our health than what we absorb in the forms of herbal infusions and preparations. Nature talks to us through forests and trees like a loving mother whose simple closeness is enough to make her child feel better. The forest, according to the Japanese, is not just for walking but “bathing” because submerging ourselves in the tranquillity of the woods returns us to where we most belong.

## THE FOREST IS WAITING

More and more people live in big cities, according to UN reports it's over half of the world's population today, and this proportion is steadily increasing. Paralleling that increase is the number of people suffering from some form of stress-related disease, technostress, or from a world that has become addicted to technology. At the same time, human life functions developed in and adapted to a natural environment. In other words, we carry the

resonance of nature in our genes, which is why we need to connect with nature, our ancestral home, from time to time.

## THE TREASURE BENEATH OUR FEET

Literal translation of shinrin-yoku is “forest bathing”, which was originally launched as a marketing concept aimed at attracting more and more people into the magnificent Japanese forests. Later, however, the method caught the attention of a growing number of researchers from Japan and elsewhere thanks to the remarkably positive research results.

After forest bathing we feel relaxed, which boosts and repairs immune system function and thus creating a preventative effect. Among its measurable effects are a decrease in the activity of the sympathetic nervous system, lowering blood pressure, and increases in the activity of the parasympathetic nervous system (which is responsible for regeneration) as well as in the number of natural killer cells (which fight tumours and infections).

Shinrin-yoku is no more than a casual walk in the forest for a few hours or all day long. In fact, just sitting in the forest and enjoying the view can relax us. Today there are forest-therapy centres that attempt to take advantage of the tranquillity of the forest through numerous programs. Participants can view the forest from hammocks, meditate under waterfalls, have direct contact with trees, enjoy the tactile feel of the variety of barks, and admire the cherry blossoms, stars, clouds and snow-covered mountains. There are active programs as well, such as Nordic walking, tea harvesting, horseback riding and dog therapy.

## FOREST BATHING AT HOME

But we should not lose hope if we can't take walks in a nearby forest every day. Research shows that home and workplace furniture and accessories made of wood also have relaxing effects especially if they are untreated. The traditional aim of growing bonsai is to bring conscious activity and presence into everyday life by way of sustained, careful attention and care. At the same time, looking at a bonsai might have the same effect as a walk in the forest. Filling our living space with indoor plants can also bring us closer to greener life. And we must not forget essential oils, especially ones from trees, since almost all of them have positive physiological effects.



## DID YOU KNOW?

- Singapore is the greenest city on earth (29.3%). Cities where the proportion of natural areas is at least 20% are considered green. (Examples are Oslo, Sidney, Cambridge, Frankfurt, and Budapest as well.)

# Shinrin -yoku



Could we live in the sea? Or, like the fabled man of Atlantis, stay continuously under water for thirteen minutes? Could we give birth in a boat? In Borneo, the northern Philippines and Malaysia we find the self-sufficient Bajau people who live their everyday lives outside civilisation even today.

MIHÁLY KAL PINTÉR

# The People of the Sea

## ADAPTED TO THE SEA

Many call them mermaids because they are able to stay under water three to four times longer than an average human, and are able to dive to a depth of thirty or even sixty meters where they hunt the fish and sea cucumbers that live on the sea floor. Throughout the centuries their bodies have adapted to their environment, they see very well in the depth of the sea, and most of them suffer perforated eardrums at an early age. Their spleen is one and a half times bigger than that of an average human, which makes their immune system stronger. Most of their diet is derived from the sea. They sell their own products, which are, in general, the only occasions they leave the sea but, even then, it's only for a short period of time.



## BELIEFS AND SPIRITS

The nomadic way of life, absent of civilisation, brought them closer not only to nature but the transcendental world too. Although many have converted to Islam or even Christianity, many others still believe in the spirits of the sea and deeply respect the waters. They are unaware of the concept of time therefore hardly make plans. Their life is becoming harder and harder as days go by because industrial fishing is depleting fish populations over an ever increasing area. In addition, the coastal areas they call home keep being sold. Environmental pollution and the destruction of coral reefs force them to migrate continuously.



Herend porcelain painting



## EVERYDAY LIFE OF THE BAJAU

Today, Bajau live in diasporas on several small islands. They sail the sea from dawn to dusk, with up to seven or eight of them crammed into small boats, fishing for the day's food. Since a lot of them commonly live together in a small area, most houses are built on stilts driven into the sea or are erected over the sea. For a long time they built their dwellings on coral reefs, but more and more of them find their home on coastlines these days. They mostly live in extended families, and having ten to twelve children is not rare. Kids are taught how to live on the tumultuous sea at an early age. Usually, those who are born into this community will also die here.



## GASTRONOMY

Although their main diet is fish from the sea, Koling-Koling is also a very popular delicacy. This special kind of bread is usually served during festivals, wedding and banquets. This pastry speciality is made of rice flour, egg, coconut milk and sugar tastes somewhat like a donut. The snake-shaped yummy dessert is fried to a golden brown colour in a generous amount of shortening.

## HOW LONG WILL THEY REMAIN?

Today Bajaus are barely able to survive in Malaysia. Although their products are in great demand, they are under continuous pressure by the authorities to finally settle somewhere and live according to civilisation's norms. Their handmade products are boycotted on more and more occasions, which have hurt sales. Should the fishing industry make their lives untenable, the day that many fear could come, when a unique seaborne culture will finally sink beneath the waves for good.



MIHÁLY KAL PINTÉR

# The temples of coffee

Letting off a little steam, conversations, passing care-free time in good company... As early as the 1500s, these were the services provided by the first cafés that opened their doors in Istanbul to the considerable chagrin of the sultan. These community places could not be banned because the emperor could hardly afford to forgo the customs duties assessed on coffee, which were quite high.

The first café in Europe opened in the 1600s in Venice, under the name of La Bottega del Caffé. And later, after Great Britain, Germany and the Netherlands, the first real café appeared in the city of Pest in 1714. By the beginning of the 1900s almost 500 establishments were welcoming their customers in rooms filled with smoke and political discourse. In the 19th century Café Pilvax was the rendezvous point of the revolutionary youth of 1848. The Petőfi Society and the Society of Ten were also established in cafés. The lively environment was inspiring for writers, too. It is not a coincidence that the cabaret of the first half of the 20th century, as well as lyrics of songs, operettas, and even poems

that have since become classics were born in Cafés New York or Hadik.

Budapest was already called the city of cafés in the 18th century. Even then, people spoke of so-called café-waiters, who were the predecessors of today's baristas. They not only made excellent coffee but were excellent hosts, too. Perhaps not coincidentally, Café New York in Budapest had become the most elegant café in the world, leaving behind among others the Imperial in Prague, the Central in Vienna or the Florian in Venice.

Cafés were always considered the most democratic of communal gathering places. No one was too poor or too low in social ranking to be excluded from the community. Thus guests of cafés were often tradesmen and labourers. However, sooner or later even café culture developed a hierarchy. The underlying reason was that guests preferred cafés close to their residence and place of residence principally determined social status.

Nowadays big cities are almost overcrowded with cafés. Obviously, each country has its own

coffee drinking habits. Greeks, for instance, prefer frappé with whipped cream. Germans and the French often enrich their coffee with milk. Italians drink lattes only in the morning, otherwise they prefer espresso, which in their case means bitter coffee without sugar or milk. On the contrary, Brazilians add sugar directly to the boiling water and often flavour the black beverage with alcohol. Scandinavians made changes in the design, instead. Their designer coffeepots and saucers make their coffee so special. Turkish coffee remains one of the most exotic examples to this day, since it is generally brewed combined with sugar, poured into cups with the grounds, and no milk is added.

## DID YOU KNOW?

- Since 2014 the largest coffeehouse of the world is Al Masaa Café in Riyadh, the capital city of Saudi-Arabia with seating for 1050 guests.

## DID YOU KNOW?

- Francesco Illy, the entrepreneur in Trieste who discovered that vacuum packaging preserves the aroma of coffee, was of Hungarian origin. Illy is still one of the most popular coffee brands. The secret is that it is made with hundred percent Arabica coffee.
- The job of a barista or coffee waiter is brewing and serving the perfect coffee. A true expert who helps with choices, moreover a really excellent coffee master can tell the coffee preference of a customer as soon as they walk in from the street, and will prepare it to order when requested.



# *In Black and White*

ÉVA PÁLVÖLGYI



Just like in fashion, black and white will never go out of style in interior design, since these are everlasting classics and not fashion colours. Thus, if we use them as the base colours of our home, we need not worry whether our place will remain fashionable in the future.

However, one must be careful not to use these two colours to equal extent. Here again, the art is in the proportions. If we strive to achieve equal usage of the two colours, the overall impact will be overly intense and disturbing.

As circumstances permit, one of the colours should be dominant while the other is used to provide

balance. White base colour makes the space feel larger, cools down overly bright rooms and brightens dark ones. A dark background, used in the correct proportions, can dramatically highlight special pieces of furniture and decorative objects.

Using splashes of exciting colours can help soften the rigidity of black-and-white. With the help of red, yellow, purple or green, one can easily freshen or transform the feel of a home.

Herend porcelains make outstanding accessories for black-and-white homes of any style, be it classically elegant, romantic, ultramodern or minimalist spaces.

## DID YOU KNOW?

- It may seem surprising but the zebra's black and white stripes serve as camouflage. Although these stripes are quite apparent to the human eye, they are not at all obvious to lions, which are colour blind (just like leopards and hyenas).



# Moving Red Carpet on Christmas Island

ÉVA PÁLVÖLGYI

Christmas Island, an external territory of Australia, is an isolated island in the Indian Ocean, at a distance of 350 km from Java. Its dangerous and hostile coastline kept it out of the focus of colonists' interest for centuries.

It was named by the captain of the Royal Mary, a British East India Company vessel, who arrived at the island on Christmas Day in 1643.

This small island is the home of the world's largest red crab population and the mass migration of those crabs has become a real tourist attraction.

Red crabs live primarily in the forests of the island but when the breeding season arrives they begin their annual migrating to the seacoast. The migration of 50 to 60 million crabs is like a huge, red carpet that covers a significant portion of the island. This is the world's longest mass migration performed by land crabs. They typically reach the ocean in 7 to 10 days and during this period most of the affected roads are closed to vehicular traffic. Where road closures are not possible, migrating crabs are funnelled with plastic fences towards temporarily erected "crab bridges".

Males hit the road first and the females follow later. After mating, females lay their eggs in burrows dug into the ocean floor while some eggs drift ashore and perish. The remaining eggs mature for one month in the ocean where they are exposed to a thousand threats, the most severe ones being morays and filter-feeding whale sharks. The surviving individuals, that are at this time the size of an ant, head for dry land to set off on their journey home. Upon reaching the forest, they hide under rocks and trees while they recover from the trials of the initial period of their lives. They reach sexual maturity in 4-5 years and can go on to live for up to 10 years.

The red crab marathon is timed to the phases of the moon each year. Water conditions are optimal before the new moon when the low sea states do not impede mating. The other factor taken into consideration is the beginning of the wet season. They need at least 22 mm of rain to initiate their

## DID YOU KNOW?

- Christmas Island is the largest atoll on Earth.
- The world's largest terrestrial insect is the coconut crab. They live on islands in the Pacific Ocean and can grow up to one meter in length from leg to leg, and their weight can reach 4 kilograms. They stalk at night and feed primarily on coconuts using their claws to crack the strong shells.

migration. In times of drought, crabs start late or do not migrate at all. Consequently, climate change poses a threat to them, because if they are unable to reach the shore they cannot breed. The diet of the primarily forest-dwelling red crabs consists mostly of fallen leaves, branches, the corpses of dead animals, and even human rubbish, and thus they play an important role in the ecosystem of the forest and of the island in general.



## ROYAL COURT ETIQUETTE IN THE 16TH AND 17TH CENTURIES

The rules governing our social coexistence, which on one hand facilitate and on the other put boundaries on behaviour, have been developing from the very beginnings. The most important factor controlling community order is hierarchy, as demonstrated by the early example of the ancient Greek Gods. Zeus was the King of the Gods, Hera his wife was seated at his right, and the others followed in order with Hermes (the god of trade, travellers and thieves) and his wife Hestia at the end.

### SPANISH ETIQUETTE

Spanish etiquette was one of the defining stages of cultural behaviour. It was Alfonso X (1252-1282) who formalized the manners of refined, courteous conduct and adapted it to the European mentality. Meticulous and considered edicts codified hierarchy, the formalities of greetings, manifestations of courtly interactions, and the formal choreography of ceremonies and celebrations. The reign of Charles V (1500-1558) may be considered the age of the classical Spanish etiquette. The iron-fisted emperor, who used all means necessary to prove his power and wealth, strictly regulated dress code, hairstyles, posture, gestures, speech, conversation as well as writing. The king's service was considered a privilege and could only be performed by

noblemen and members of the highest ranks. To belong to the King's night guard was an especially distinguished privilege. The path to the king's chamber led through several antechambers and the doorkeepers' rank determined their distance from the royal studio. However, overly strict regulation sometimes led to tragicomic outcome. On one occasion when Philip III (1578-1621) fell ill, he had a stove brought to his bedside. When he was sufficiently warmed up, he asked prince Alba in vain to take the stove away. The prince refused because he believed the court's protocol required that another prince performs that task. By the time the other prince arrived Philip III contracted erysipelas and he died a few days later. A similar situation befell the queen of Spain when she fell off her horse and no one would give her a helping hand because touching the queen was considered treason punishable by death. At long last, two noblemen came to her aid, one held her horse while the other rescued the queen, and then both quickly fled the court.

### THE ROYAL COURT OF FRANCE

The French made a deliberate distinction between the practical and formal means of power. Essential parts of the latter were opulence, ceremonies, garden parties, hunts and feasts. In the court of Louis XIV, the Sun King (1638-1715), there were 150 different ranks; on top of the hierarchy, of course, were the king and the queen themselves. When

JUDIT MOLNÁR

# RANK *and* ORDER *Above All*



one simply addressed another, rank had to be taken into consideration necessitating long, long lists in etiquette books.

The court life was built, as much as possible, around the person of the king. Even the King's morning getting-up routine, which was a public event, could be considered a significant ceremony. During the age of Louis XIV the number of assistants was quite limited, but by the time of Louis XVI (1754-1793) the number of assistants grew to forty and several hundred people were in attendance. The nightly going-to-bed ceremony was similarly choreographed; the royal garments were handed over and received by ever changing array of noblemen. The audience knew the ceremony was over when the valets removed the king's boots and dropped them to the floor with a loud crash. The multitude of ceremonies and rules were, of course, binding for the king as well, but the only specific one that became legendarily well-known was "Punctuality is the politeness of kings", which is an expression attributed to Louis XVIII (1819-1824).

## DID YOU KNOW?

- In most cultures, the handshake is a symbol of being unarmed and an expression of good intentions; nodding one's head, which is used as a greeting today, comes from bowing to a person of power.

ÉVA PÁLVÖLGYI

# *Fantastic* FESTIVALS *from Around the World*

If you find yourself bored and longing for a fine adventure, a really extraordinary experience, consider giving a fantastic festival a try. Here is a taste of what is on offer.

## Yi Peng Lantern Festival, Thailand

Yi Peng is the traditional festival of northern Thailand celebrating the beginning of winter, the end of the rainy season and the end of work in the rice fields. Although it is celebrated in many places around northern Thailand, Chiang Mai's name has become synonymous with the lantern festival.

The festival lasts for three days with spectacular processions, dance performances and special fireworks. Houses and temples are decorated with coconut leaves and flowers. Every year, the main attraction is the symbolic release of lanterns at full moon. By releasing the lanterns, people rid themselves of the problems of the current year and may also share their wishes for the next year, but the light of the lantern also symbolises the transition from the darkness to the bright future. The lantern, called khom loy, is a one-and-a-half metre tall balloon made of rice paper that has a candle at its bottom, which heats the air inside and thus lifts the lantern into the air.

The ritual release was traditionally the task of monks, although these days anyone may participate.

Nowadays, in the morning, monks release large lanterns with firecrackers attached to them (khom fai) into the air, whose bangs can be heard from afar. When night falls, khom loy lanterns take the centre stage, masses of which are released towards the sky everywhere in the Chiang Mai province. All night long, people release lanterns, whose lights gild the night sky of the full moon.

## Winter Light Festival, Japan

The largest and most spectacular winter festival in Japan is the Winter Light Festival held in a botanic garden called Nabano No Sato in the city of Kuwana.

Each year, the festival requires four-months of preparations as several thousand workers erect support columns and install 8 to 10 million light bulbs.

Visitors are greeted by a marvellous view: a veritable sea of lights billowing in the park. The most popular and remarkable experience is crossing under the so-called "tunnel of lights".

## The Dirtiest Festival in the World – Boryeong Mud Festival

Boryeong Mud Festival is a summer event organised each year in South Korea, about 200 kilometres from Seoul, in the city of Boryeong.

Boryeong is an attractive seaside city, which is not only beautiful but beautifying because the local mud is rich in minerals. Thanks to its unique, natural composition, it beautifies the skin, a fact that has captured the attention of cosmetics manufacturers, as well.

Visitors to the festival have the opportunity to cover themselves in mud from head to toe, jump headfirst into mud, slide down mud slides, or even test their skills at mud wrestling.



During the festival, approximately two-three million local and foreign tourists visit the beach.

## Busójárás in Mohács

The oldest and best-known end-of-winter festival of Hungary is held at the first full moon after the spring solstice.

At the boom of the old, muzzle-loading busó cannon, groups of busós start their procession down the main street making terrible noise all around. At dusk they dance around the bonfire lit on the main square, and mess about with people. Parts of the typical busó attire are short, sheep-skin coats worn with fur side out, cowbells, ratchets and flanged maces. The most important one, however, is the quintessential prop of the busó: the mask, carved out of willow and traditionally dyed with animal blood, surrounded by a sheep-skin hood.



# A colourful and wild land

MIHÁLY KAL PINTÉR

It is not a coincidence that the second largest and most meandering river of Africa, the Congo, is called the river of monsters. Not only are the impenetrable jungles and wetlands of the Congo Basin habitats for unique species not found anywhere else in the world, but the basin is also one of Africa's most fertile regions. This is the second largest rain forest on Earth where new animal species were discovered within the last few years and we can still find undisturbed and exotic areas that remain untouched by human hands.

From its source, a small creek in North Zambia, the mystical Congo River flows along a course of 4700 kilometres and

crosses six countries (Republic of Congo, Democratic Republic of Congo, Angola, Zambia, Cameroon and Tanzania) before finally reaching the Atlantic Ocean. Measured by discharge volume, the Congo ranks second only to the Amazon. Its depth in the gorges can measure up to 245 metres, which makes it the deepest river in the world. This is why it is hard to estimate how many and what kind of species live in the depth of the river. However, we do know that at least 686 unique, native species of fish live here in symbiotic relationships. Since almost the entire length of the Congo is navigable, it plays important role in trade in Middle Africa.

#### GIRAFFE, ZEBRA, HORSE

This is the exclusive native range of the okapi, an immediate relative of the giraffe that more closely resembles a zebra or a horse. It looks as if this special, secretive creature were sculpted from all three species. Since it roams alone, it is rarely seen, and its camouflage colours also help it blend into its environment. Its diet contains several hundred plant species that are poisonous to humans.

#### FAKE STORK

If there was a competition for birds, the shoebill stork would undoubtedly stand on the imaginary podium since it is one of the most striking birds in Africa and one of the

largest in the world. It is an exceptionally patient predator; spying down at the fish among the paper reeds from its height of one and a half metres it can stand motionless for long hours waiting for the perfect moment to strike. It is sometimes considered funny looking owing to its showy crest. In fact, it got its name based on its appearance alone because the pelican is actually considered to be its closest relative.

#### KING KONG, THE KING OF CONGO

Gorillas are rarely seen because they avoid humans due to poaching. The best estimates regarding their population are based on the number of abandoned nests. They build new nests to sleep in every night high in the trees using soft leaves.

In 2006, following a major expedition, researchers were happy to learn that twice as many gorillas live in the Congo Basin than previously thought. Gorillas are true vagabonds. They travel an average 2.5 kilometres every day but stop immediately when they find a wild mango grove. Gorilla groups are actually harems, they are made up of one male and as many females as he can keep.

#### LIKE A FISH OUT OF WATER

Even the West African lungfish does not always feel safe in the river of monsters. When certain areas of the Congo dry out, the lungfish burrows itself into the soil and folds its body into a pear shape with its head toward the outside world. During this time a layer of mucus protects it against the effects of dry land and thanks to its two lungs it can survive for up to a year until the dry season comes to an end and the rainfall swells the river. If a predator finds it in this state, its chances for survival are of course minimal. Therefore it would rather live in the river, especially where the water is warm and slow moving.

#### PYGMY OF THE WATERS

Today, the only two species of hippopotamuses on Earth both live

in Africa: the Nile hippopotamus and the pygmy hippopotamus. The pygmy hippopotamus is native to the wetlands of the Congo. While it is a good swimmer, it cannot stay under water for more than one to three minutes. They live in groups during the mating season but otherwise lead solitary lives. With its length of 180-185 centimetres it is pygmy only in comparison to their Nile relatives. Apart from humans, it needs to fear leopards alone.



Tokyo, the host city of the next Summer Olympic Games, asserting its right as the organizer has elected to include surfing along with four other disciplines among the events at the 2020 Olympics.

It's been said that surfing is one of the most complicated and difficult sports in the world. There are no two identical "surf tracks", nor are there two identical waves at any given location, thanks to the elements, the wind, and changes in the rising and falling tides.

Surfing is based on the lifting and thrusting forces of waves. Close to the shore, the inrushing water interacts with the uneven and creased seafloor to create breaking waves, which generate a lot of thrust towards the shore.

Surfers ride these waves after laying on their boards and paddling past the whitewater where the waves break. Then they pop up to stand on their boards at the top of an arriving wave and begin their ride punctuated with sharp turns and jumps.

The only equipments they need are boards which are available in countless types of varying shapes and sizes. The two main types are short

and long boards. Short boards are limited to a maximum length of 6 feet (1.8 m), whilst long boards are about 9 feet (2.7 m) in length. Separate competitions are organised in these two categories because different board types demand completely different skills and styles.

Today professional competitions are held not only in open waters but in man-made, long pools where the waves are made by machines. The competitors' performances are scored based on the following criteria: commitment and degree of difficulty, innovative and progressive manoeuvres, combination of major manoeuvres, variety of manoeuvres, and speed, power and flow.

Hawaii is the home of surfing and thus competitors from the Hawaii Islands are the best in the world. Other outstanding surfers hail from Australia, Brazil and the American Mainland. Europe can be proud, too, primarily of the French and Portuguese surfers.



## APICIUS RESTAURANT RECOMMENDS

# CHOCOLATE TRUFFLE, MOUSSE AND CREAM WITH MANGO AND FIG

### SERVES FOUR:

#### CHOCOLATE CREAM BASE:

- 200 g chocolate containing min. 70% cocoa
- 1 dl cream with 30% fat content
- 50 g butter

#### CHOCOLATE CREAM:

- ½ of the prepared chocolate cream base
- 1 dl whipped cream

#### BRITTLE:

- 40 g sugar
- 60 g almonds, coarsely chopped

#### CHOCOLATE MOUSSE:

- 125 g chocolate containing min. 70% cocoa
- 15 g butter at room temperature
- 2 egg yolks
- 2 egg whites beaten to a stiff foam
- 1/2 Tbsp rum

#### CHOCOLATE SPONGE:

- 2 egg yolks
- 2 egg whites beaten to stiff foam
- 40 g powdered sugar
- 30 g flour
- 10 g cacao powder

#### MANGO SAUCE:

- 30 g sugar
- 250 g mango, cubed
- 0.5 dl water

#### PREPARATION:

For the chocolate cream base melt the cream and the chocolate in a double boiler, remove it from the heat, blend in the butter and set it aside to cool.

For chocolate mousse melt the chocolate in a double boiler, add the butter and let it cool. Combine the egg yolk, sugar, rum and egg foam with the cool cream, and chill it in the fridge.

Chocolate cream: add half of the whipped cream to half of the chocolate cream base and pour the mixture into a decorating bag.

For the sponge, add sugar to the egg yolk and whip it until becomes white. Whip the egg whites. Add a little of the whipped egg white to the yolk mix, then mix in the mixture of flour and cacao powder. Carefully blend in the remaining whipped egg whites. Bake a 1 cm thick sponge in a greased and floured pan, cool and cut out circles.

For the truffle, heat the sugar until it becomes golden-yellow, stir in the almonds and spread it on a silicon sheet to cool. Break into small pieces and roll balls made from the cream base in it.

For the mango sauce, make syrup out of the sugar and water, add 2/3rd of the mango, mix it in a blender and chill.

To assemble the dessert, put the sponge circles in a cylindrical form and layer in the circles, the chocolate cream and the whipped cream (sponge, chocolate cream, sponge, whipped cream, sponge).

Put the assembled dessert bases on plates and serve it with mango sauce and figs.

# Wave riders

ÉVA PÁLVÖLGYI



### DID YOU KNOW?

- Aeronautical engineer Jim Drake is credited as the inventor of windsurfing. He began to contemplate the idea and practical aspects of riding waves in 1962. It took him 5 years until he created the first windsurfer equipped with a universal joint and a fixed mast. During the next 10 years the sport of windsurfing gained popularity, as Hawaii became the engine behind the progress. The funboard was a later development, which incorporated foot straps that allowed more fun with less effort.



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