

# ANNELIESE DOYLE KLAINBAUM

## The Boston Globe

### WORLD TABLE

#### Posh spice

The elegantly wrapped French bundles at Oliviers & Co. are not gift-wrapped, exactly. They're bouquets garnis (six for \$6), which contain dried oregano, thyme, and savory rolled together tightly within bay leaves and tied up with kitchen twine. The herb bunches will impart a pleasing taste to your pot of soup or stew, but if you use half a bouquet at a time — they're quite chubby — you'll still get lots of flavor. Cut them in half crosswise and tuck the twine snugly beneath the bay leaf to keep it all together, then remove it when your simmering pot is ready for the table.

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*Bouquets garnis are at Oliviers & Co., 161 Newbury St., 617-859-8841.*



GLOBE STAFF PHOTO/LANE TURNER

## Short Orders

### Bean town

The arrival of fresh haricots verts at the market means one thing — summer is well on its way. These thin green beans, also known as French green beans, are picked young so their pods are tender and much daintier than the regular variety. Haricots verts (about \$4.95 a pound) cook very quickly, and they're best a little underdone and crunchy, ideal for a warm night. Trim the ends of one pound of beans and drop them into a pot of boiling water for two minutes or until they are bright green and tender with a little bite. Drain, rinse with cold water, and pat dry. Dress the beans with 1 tablespoon of olive oil (unless you have hazelnut oil, which is glorious with the beans), then add salt, pepper, and 3 tablespoons toasted, chopped almonds or hazelnuts. Thin slices of caramelized onions, shallots, or roasted red peppers will make your dish fancy, even if you're cooking in flip-flops.

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*Fresh haricots verts are in most good produce sections.*



ILLUSTRATION/TODD LYON

# When life gives you lemons, eat lemon curd

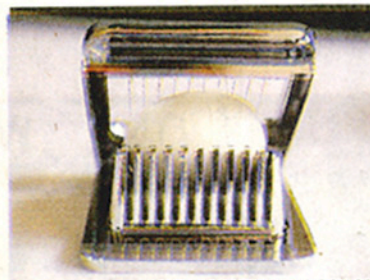
Lemon curd is a traditional English spread, like a thick jam, with a fruity and tart flavor and the most lively yellow color. It's a heavenly topping for toast, breakfast breads, or pound cake. Stonewall Kitchen's Fresh Lemon Curd (\$8.50 to \$8.99 for an 11.5 ounce jar), made in Maine, is a velvety custard of sugar, egg yolks, butter, and lemons. Once you open the jar you'll find other uses, such as adding a dollop to the top of blueberry pancakes or filling simple crepes and pastry shells. Or eating it right out of the jar on a spoon.

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*Stonewall Kitchen Fresh Lemon Curd is available at Stonewall Kitchen, the Mall at Chestnut Hill, Route 9, Chestnut Hill, 617-332-5258; Cardullo's Gourmet Shoppe, 6 Brattle St., Cambridge, 617-491-8888; and A. Russo & Sons, 560 Pleasant St., Watertown, 617-923-1500.*

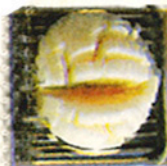


GLOBE STAFF PHOTO/LANE TURNER



GLOBE PHOTOS/LAURIE SWOPE

## COUNTER POINT Device is a cut above



Leifheit's Pro Line Egg Slicer transforms a humble egg into a perfectly cubed masterpiece. Chrome with stainless steel cutting wires, which are as taut as guitar strings, this slicer costs a pretty penny for perfection (\$17.95). But it's one of those gadgets that revamp life in the kitchen. The slicer looks unassuming but can play multiple roles: Use it for mushrooms or small rounds of mozzarella. For a fluffy egg salad, cook 6 eggs in boiling water for 12 minutes exactly. Plunge in ice water and peel. Place each egg on the slicer bed and pull down to cut into rounds. Lift the egg, open slicer, then slice again at a 90 degree angle to create cubes (above left). Toss with ¼ cup mayo, a spoon of Dijon mustard, a squeeze of lemon, and chopped tarragon or parsley. Suit your mood by adding chopped celery, red onion, scallions, capers, or crispy bacon.

ANNELIESE DOYLE

*Leifheit egg slicer is at Kitchen Arts, 161 Newbury St., 617-266-8701.*

# For new cafe, keeping it simple has great appeal

By Anneliese Doyle  
GLOBE CORRESPONDENT

SOMERVILLE — Ben Dryer and Karyn Coughlin planned to open a cafe last summer, but construction and permit requirements delayed the project. For months, passersby in Union Square peeked into the soaped windows and witnessed the gradual overhaul of the space.

Among the couple's other worries was the idea, says Dryer, that "people think of Union Square as a place where nothing happens." They did not want to be perceived as just another hipster coffee shop.

Their concerns are over. White china plates, chic Japanese iron teapots, a storefront where the sun pours in, and some fine food characterize Sherman Cafe, which opened in January.

What's most appealing about the place is that it's daring — not because of a gourmet sensibility or a cooler-than-thou factor, but because of a genuine simplicity. There is no formal wait staff, but once you order a meal, someone brings it to the table. Then there are

SHERMAN CAFE, Page E4



GLOBE STAFF PHOTOS/SUZANNE KREITER

## Sherman Cafe makes standards into standouts

► SHERMAN CAFE  
Continued from Page E1

those stunning teapots, filled with top-quality leaf teas, and an array of homemade baked goods. The menu is straightforward, with few choices — these include an egg salad sandwich with homemade mayonnaise on seven-grain bread and a beet salad with goat cheese — but they seem to be exactly what customers want. A platform on one side of the cafe has a living room appeal.

Dryer, 29, and Coughlin, 30, who were married in 2001, have solid New England roots. She went to Mt. Holyoke College, he to Hampshire College (they met in the Pioneer Valley); they managed the Toscanini's ice cream chain for several years, and Coughlin still puts in hours there. They also founded the Weekly Week, a local newspaper now out of print that resembled The Onion in comedic absurdity. Although Coughlin is an Army brat, her extended family has long lived in Somerville. Her cousin, Jonathan Reis, 17, works the espresso machine, and her 2-year-old niece, Meredith Chasse, scampers around on weeknights.

Sherman Cafe makes customers feel right at home, though home doesn't look like this. Muted sage and blue-gray painted walls are a contrast against a hammered brass counter. Dryer's architecture degree was put to the test when he designed and built the cafe with consultant Brian Spinks. With his black-rimmed glasses and dark hair swept across his forehead, Dryer looks more like an architect than a barista.

Coughlin has her own do-it-yourself approach. She slipcovered the sofas and, with Spinks, developed the menu. She is not professionally trained in baking but makes all the confec-

### Sherman Cafe's egg salad sandwich

Fluffy and smooth because the yolks are blended with mayonnaise before the whites are stirred in, this egg salad is made with the cafe's own mayonnaise and house dressing. You'll still have a good sandwich filling with commercial mayonnaise and your own vinaigrette. *Serves 2.*

- 4 eggs
- ½ cup mayonnaise
- Salt and pepper, to taste
- 1½ tablespoons fresh chives, chopped
- 1 cup mixed salad greens
- 2 tablespoons vinaigrette
- 4 thick slices seven-grain or whole wheat bread
- 4 slices bacon, cooked until crisp (optional)

1. Bring a saucepan of water to a boil. Prick the eggs with a straight pin on the rounded ends. Lower the eggs into the water, let it return to a boil, then lower the heat so the water bubbles steadily. Cook the eggs for 10 minutes. Lift them from the boiling water and transfer to very cold water. Crack the eggs and peel a strip of shell off each. Return to the cold water until the eggs are

no longer warm. Remove remaining shells.

2. Halve the eggs lengthwise. With a spoon, scoop out the yolks and transfer to a bowl. Chop the whites and set them aside in another bowl.
3. Mash the yolks with the back of a spoon. Blend in the mayonnaise, salt, and pepper.
4. Add the mayonnaise-yolk mix and the chives to the chopped whites and mix gently.
5. In another bowl, toss the greens with the vinaigrette.
6. Set 2 slices of bread on the counter. Divide the egg salad, greens, and bacon between them. Top with the remaining bread and cut the sandwiches in half.

*Adapted from Sherman Cafe*

tions daily. She's after real appeal. "Sometimes you want something simple to eat," she says. You can spot her hurrying around the kitchen in a vintage apron or arranging small bunches of daisies and tulips in water glasses.

Old copies of the Weekly Week serve as wallpaper in the restroom. The couple use that same wit and sarcasm on this venture, joking that they should change the menu from "hot/cold sandwiches" to "yuppie sandwiches." But at \$4.50 to \$6 for a generous serving with flavorful spreads and organic meats, the sandwiches seem more

like bargains. Everyone, from the graduate students who study here to the teachers and administrators who work at nearby public schools, seems to appreciate the menu.

Fruit scones (\$1.75) aren't bulky or dry, but rather fluffy and moist. The fantastic egg salad sandwich (\$4.65) gives this old-fashioned favorite the good name it deserves. Slices of roast chicken in a sandwich are seasoned with Parmesan cheese, roasted tomatoes, and chipotle mayonnaise (\$5.95). Carrot bisque (\$2.95 and \$3.95) is smooth and creamy. And

there are plenty of vegetarian and vegan choices, along with a children's PB&J (\$3.95) on scallion or seven-grain bread.

Except for bread and Toscanini's ice cream, everything is made in house. There are no bags of chips or name brand colas. Plans for the future include developing their own flavor syrups and making fresh Italian-style sodas, selling books, and hosting movie nights.

The couple is still working out details of how they organize the cafe. Dryer worries about where to store surplus boxes of napkins and bags of sugar, but the fact that they're just stacked in the corner is what gives Sherman Cafe a down-to-earth feel. There's no promise of perfection here.

Although Union Square is home to Toast, the Independent, and Neighborhood Restaurant, it has always lived in the shadow of Davis Square. Skeptics worry that food businesses can't survive in Union Square, especially after the recent closings of Eat and Maccondo restaurants.

Sherman Cafe, named for Union Square's Civil War involvement and also after Dryer's grandfather, opened during the week in January when temperatures dipped well below zero, schools were closed, and news reports cautioned against going outdoors.

Coughlin remembers thinking, "There's no one in Union Square," not realizing that the cold snap affected business. "We made a terrible mistake!" she told her husband.

As the weather has warmed up, so have the customers. And spring is just around the corner.

*Sherman Cafe is at 257 Washington St., Union Square, Somerville, 617-776-4944.*

# Crazy for Kashi

The hottest thing  
in cold cereal

By Anneliese Doyle  
GLOBE CORRESPONDENT

Those fretting about weight and cholesterol, but still stopping at the corner store for Danish and coffee each morning, haven't heard the inside tip from natural food enthusiasts: Kashi cereal. Yes, another choice in the flood of breakfast options. But this one is different. You can get people to sing its virtues (low in sugar, low in fat, high in fiber), and you could stand in the cereal aisle in some markets and watch customers fill carts with eight or 10 boxes at a time — even when there's no sale.

Heaps of New Englanders have made it possible for Kashi products to gain supermarket shelf space faster than any other natural food. More Kashi is sold

in Boston than anywhere in the country, including California, where the company originated. "We sell almost double the Kashi than our west coast stores," says Coleen Cummings, Trader Joe's cereal products manager. Stores like Trader Joe's, where assorted Kashi products — mostly cold cereals — are least expensive and take up nearly half the cereal aisle, first started carrying the products in response to the high demand from Weight Watchers and other dieters who love Kashi because it is low in calories. Seeing shopping carts piled high with boxes of Kashi products, clued in large supermarkets to stock the products, too.

Kashi — a blend of seven whole grains (oats, long grain



GLOBE STAFF PHOTO/DAVID L. RYAN

**KASHI, Page E3**

Shoppers buy 10 boxes at a time.

# Kashi cereal craze just might bowl you over

## ► KASHI

Continued from Page E1

brown rice, rye, hard red winter wheat, triticale, buckwheat, barley) and sesame — provides the basis for a host of spinoff products, including Puffed Kashi cereal, Kashi Good Friends cereal, Kashi Medley cereal, and Kashi GoLEAN cereals, bars, and shakes.

You must be thinking what I'm thinking: eight boxes is a serious commitment to cereal. Does Kashi taste that good? If you're substituting your bacon and eggs for Kashi, then the cereal may take some getting used to. It tastes like it's good for you, without evoking memories of wheatgrass or cod liver oil.

Most Kashi fans come to the cereal with an established interest in natural foods. Or, they're switching from another, similar cereal that is not as high in fiber or low in sugar. When you're taking about Kashi, you're talking about serious fiber (delicately put: it will recall old-fashioned expressions like "one of life's regulators" or "nature's little broom"). GoLEAN cereal contains 10 grams per serving, or 40 percent of the recommended daily intake.

Fiber is filling. For dieters and natural food buffs, that's what is so attractive about the products. Whole grains, as opposed to refined grains, maximize your nutritional intake and can hold you over until the next meal so that you aren't tempted to buy a mid-afternoon candy bar or french fries. Kashi fanatics who have lost weight swear that the cereal has played a big part in their success (some use the cereal as their breakfast and mid-afternoon snack, too.)

Nutritionists like seeing their patients lean towards a diet higher in fiber, rather than a regime of refined grains. "Americans eat a

wheat-based diet of foods like bagels and pasta," says nutritionist Debra Wein, president of sensiblenutrition.com, based in Hingham.

"Multigrain cereals like Kashi," says Wein, "are a good reminder that we need a variety of grains in our diet. She expects to see more medical research on the benefits of a multigrain diet and of soy protein, one of the heralded ingredients in the GoLEAN line of Kashi products. Early research suggests that whole grains and soy protein may help lower cholesterol and prevent cardiovascular disease.

And as with any craze, come the crazies: Internet confessions such as "I first bought Kashi when..." "I lost 124 pounds with Kashi..." and the kicker: A Kashi haiku. Talk about devotion.

The Kashi Company has begun an online Kashi Club in response to the hype (kashi.com). You get the feeling that one day there will be a junk e-mail virtual Kashi stadium wave.

The cereal was invented in 1984 by Philip and Gayle Tauber, of La Jolla, Calif., who wanted to satisfy their own health conscious lifestyles and offer a whole grain product. They named the blend of grains by combining the word kashruth (kosher) with the name Michio Kushi (the founder of the macrobiotic movement). The company, says Philip Tauber, "took 12 years to take off. It was like pushing a rock up a hill to get people in America to eat grains." Tauber says that Kashi began as a

natural food, then became a specialty food, then a food for athletes, then a vegetarian product, and in 1996, a diet food. "Kashi can do all that," he says.

The couple had been working all along with dieticians, who began introducing it to various diet programs, including Jenny Craig and Weight Watchers.

Kashi Breakfast Pilaf, the first creation, gained popularity as chefs incorporated the versatile blend into recipes at health resorts like Canyon Ranch in Lenox and Tuscon, Ariz.

Last July, Kellogg Co. bought the Kashi Co. for just under \$40 million. The Taubers decided on Kellogg after a bidding war between that company and Kraft.

To everyone's surprise, Kellogg has kept Kashi separate from their mainstream cereals, and has subscribed to the Kashi philosophy: to

bring the products into the mainstream without adopting aggressive, conventional production and marketing approaches. The company relies on low-key advertising and word-of-mouth, according to Kashi Company general manager Blaine McPeak. "We reach a segment of consumers that care about the foods they eat."

Being backed by a corporation

with money to spend doesn't hurt product development. The company continues a steady release of new products, like KashiGo Portable (microwavable breakfasts), and even a Baby & Me instant cereal for six-month-olds. Debuting this month for adults: GoLEAN ready-to-drink shakes.

Will there be room on the supermarket shelves?

**Does Kashi taste that good? If you're substituting your bacon and eggs for Kashi, then the cereal may take some getting used to. It tastes like it's good for you.**