



COHASSET FARMERS MARKET: 'To Dine For' features Middle Eastern specialties

By Cohasset Mariner

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The first time Paula Cofman and Rafca Cardoos met almost 20 years ago, it was to enjoy a simple meal based on their shared heritage of using fresh, naturally aromatic and tasty ingredients. Not only did they share a legacy of culture, but a passion for culinary traditions passed down over generations from their Lebanese and Greek families.

The foundation of each recipe? Use the best ingredients and let them shine in simple recipes that have stood the test of time. Enter the mission for "To Dine For," a gem of a shop located on Nantasket Avenue in Hull which would introduce the surrounding communities, restaurants and farmers market to Paula and Rafca's unique variety of Middle Eastern Specialties.

This season at the Cohasset Farmers Market, Paula's daughter Gigi, and Rafca's daughter Miriam, offer their mothers' creations at the "To Dine For" stand. Large, ice filled bowls display tabbouleh and some of their almost 30 specialty hummuses from handmade chickpea puree flavored with lush lemon flavor, Bulgarian feta and lemon rind, red bell pepper, cilantro with cardamom and coriander, or za'atar, a Middle Eastern herb and spice blend, cayenne, avocado and black bean.

Each mix is sold in sealed containers and drizzled with olive oil. At times, there may be other items from their Nantasket store menu including salads, olives, filled grape leaves, dressings and desserts. Pita bread from a local purveyor is a staple. Remarkd one excited customer as she approached the stand, "I'm obsessed with the Bulgarian feta and lemon hummus. My kids love it too. It's a win-win all the way around."

Visit To Dine For each Thursday, 2 to 6 p.m., through Oct. 4th, at the Cohasset Farmers Market on the Common.