

Somerville
14 Bow St.
Union Square
617-629-2296



Cambridge
2285 Mass Ave
Between Porter Sq.
and Arlington
617-354-0599

Store Hours
M-F 8-6
SAT 10-5
SUN closed

Store Hours
Cambridge
M-F 10-7
SAT 10-6
SUN 12-6

A Long Time Ago

It's Tuesday at 7:30 a.m. My mission this morning is to thicken a mushroom sauce, made from 80 pounds of mushrooms, shallots, garlic, thyme and other spices, that started cooking the night before. As I arrive, the roasted mushrooms have been drained, and the flavorful liquid is almost boiling. To my left, on the stove, a shiny saucepan filled with duck fat and crisp, purple-outlined pink and translucent shallots — a key ingredient in our chicken sausages — begins to sizzle. In the oven, bright orange-colored chunks of butternut squash, destined to become soup, glisten with melted Plugra butter and bake with sliced shallots and a few hands of fresh ginger mixed in. To my right, fresh basil and — guess what? — more shallots are being coarsely chopped for our plum tomato and basil sauce. Finally, behind me, I hear the pasta machine start humming as it extrudes dough to be made into linguine, which, a long, long time ago, was the first thing we ever made. As I walk back to my office to jot down these thoughts, I can't help thinking that at least in our own little food world, we have come a long way, and everything is alright.



Dear Friends, Capone Foods opens second location in North Cambridge !

Homemade fettucini, tortellini, ravioli, lasagna, and other frozen entrees ... pesto, plum tomato-basil sauce, and alfredo sauce with shallots ... olive oils, cheeses, cured meats, chocolate, and make-your-own gift boxes.

This is only a sampling of what's available at a new specialty food store, Capone Foods Cambridge, which opened Saturday, April 21. Albert Capone and Jennifer Capone Hegarty, proprietors of Capone Foods in Somerville (14 Bow St.), opened their second location at 2285 Massachusetts Ave. in north Cambridge. The original Capone Foods will continue doing business as a retailer and wholesaler (to area restaurants and stores) as it has since 1985.

"Homestyle food for busy people," is how Capone sums up the new store's offerings. He and Hegarty decided to expand their business when they saw the success of the frozen lasagnas and other entrees they began producing three years ago. "People stock up on them. They love being able to go home, put an entree in the microwave, and sit down to a really well made dinner," Hegarty said of the meals, which can be microwaved or heated in a conventional oven. Some of Capone Foods' frozen entrees include Lasagna Bolognese, Mushroom Napoleon (a bechamel sauce- based lasagna), and Spinach and Mushroom Strata (a savory bread pudding with cave-aged Gruyere and shallots). They feed 3-4 people and cost between 8.95-12.95. There are also larger-sized versions if you're feeding a crowd.

In addition to the entrees, all of the other foods produced in the Somerville store -- fresh noodles, plus frozen ravioli, tortellini, gnocchi, sauces, side dishes, empanadas, and more -- will be available at the Cambridge location. Also in stock: fine chocolates from around the world, cheeses and salamis wrapped "to go," and a large variety of olive oils and vinegars. Easily customizable gift boxes will make for easy shopping on birthdays and holidays.

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