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SHORT ORDERS

The Boston Globe

## A fancy Fluffernutter

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Senator Jarrett Barrios wanted to ban it from school lunchrooms, then Representative Kathi-Anne Reinstein lobbied to declare it the state sandwich. Now the Beacon Hill tussle over the Fluffernutter sandwich has landed the childhood classic on the lunch menu at Grotto restaurant. "I'm right down the street from the State House, so the debate intrigued me," says chef Scott Herritt, a Midwesterner who got his first taste of the famous peanut butter and Fluff combination on a visit to cousins in Pennsylvania. Herritt, who refused to take sides in the debate, lets his sandwich (\$7) do the talking. He makes his own fluff, really a type of marshmallow cream, and adds caramelized bananas to the mix. On homemade bread with creamy peanut butter, grilled until warm and gooey, it's the classy older brother of the lunchroom Fluffernutter. *Grotto, 37 Bowdoin St., Boston, 617-227-3434, or [www.grottorestaurant.com](http://www.grottorestaurant.com)*. -- CAITLIN O'NEIL

### Crack one open

Coconut water, one of the most popular drinks in the Philippines, South India, Thailand, Indonesia, and Sri Lanka, has made it onto domestic grocery store shelves. The makers of Harvest Bay Coconut Water (\$1.79 for an 11-ounce Tetra Pak) break open fresh coconuts, extract the water, and package it, for a natural drink high in electrolytes that carries only 65 calories a serving, with no fat or cholesterol (unlike coconut milk, which is made from the fruit's flesh). It tastes fresh and sweet -- in fact, just like it came out of a tender green coconut. Drink it chilled or on the rocks, or use it as the base for a rum cocktail or as a stock for soups, stews, sauces, and rice pilaf. *Available in the Wild Harvest section of Shaw's supermarkets.* -- VISI TILAK

### Hot cakes

On weekend mornings at the Paramount, the line starts at the door and shuffles up one side of the Beacon Hill restaurant and down the other. Cooks take verbal orders from the customers and prepare meals without writing anything down, and busers slip through the dining room, clearing and wiping tables to get them ready for the next round of diners. Uncaffeinated customers squeeze by one another with trays of eggs, sausage, and hot coffee. What ought to be chaotic feels choreographed, even calm. When you finally carry your tray of blueberry pancakes (\$4.95) to your table, you'll spend less time there than you did in line. But you'll be glad you waited. *The Paramount, 44 Charles St., Boston, 617-720-1152.* -- LEIGH BELANGER

### A small-scale operation

"What sets us apart is that it's just me doing this, not 4,000 fish coming out of a vat," says Peter O'Donovan. At Nantucket Wild Gourmet & Smokehouse, which he and partner Marco Protano opened in a Chatham storefront this summer, the Cork native is using traditional Irish and Scottish cold-smoking techniques to turn out an amazingly clean-tasting, balanced product (\$18 for 4 ounces). The company uses line-caught, wild Alaskan salmon, organic kosher salt from the South Pacific, and white oak and maple from Canada. O'Donovan, a former private chef in New England and Florida, studied with the renowned Sally Barnes of Woodcock Smokery in Ireland. The operation isn't based on Nantucket, but O'Donovan used to live there, and its "natural beauty" and "unspoiled surroundings" remind him of his Irish home. *Nantucket Wild Gourmet & Smokehouse, 1223 Main St., Chatham, 508-945-2700, [www.nantucketwildgourmet.com](http://www.nantucketwildgourmet.com). Also available at Savor's Market, 160 Charles St., Boston, 617-723-6328, and 92 Kirkland St., Cambridge, 617-576-6328; Formaggio Kitchen, 244 Huron Ave., Cambridge, 617-354-4750; and Wilson Farms, 10 Pleasant St., Lexington, 781-862-3900.* -- JOE YONAN ■

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