

Cafe CAF: Of fresh brews and all-day breakfasts

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There are a few things that make a coffee shop worth spending time at—a cosy atmosphere, good music, a delicious bakery, a decent breakfast menu and of course, a selection of excellently brewed coffee. While many coffee places fall short on a few of the aforementioned criteria, Cafe CAF has definitely rejuvenated my love for a hearty breakfast and coffee.

I went to the quaint little shop in Banani on a sunny afternoon. What I learned from doing a bit of snooping on their Facebook page, the food and decor looked quite high end. So, naturally, I was sceptical about the price of the food.

Upon entering, I couldn't help but appreciate the stunning interior, consisting of black walls and glass doors and windows, with soft, warm lighting, for a sombre black-gold theme. A waiter brought me the menu and as I went through it, I realised that all the items were reasonably priced, considering how good the menu and the place looked.

So far so good, I thought, it was time to put the food to test. I started off with a caramel latte along with what they called "The Breakfast". As I waited I learned that the shop offers personalised coffee art and I couldn't resist but try it out. I sent them a picture of my friend's pet dog and once my cup of coffee arrived—a complimentary cookie on the side—I was ecstatic. The



cream was topped with a clear image of the dog, done in edible ink. The presentation was also pleasing, with brass cutlery and wooden trays.

The coffee itself was creamy and rich in texture and tasted quite smooth. The caramel flavour was prominent and yet subtly infused with the freshly brewed coffee. The cookie that came with the coffee was a treat on its own, and I hope they start selling them separately soon.

While I was sipping down on the coffee, the breakfast arrived. The platter included a fried egg, sausages, beans, mushrooms,

grilled tomato, hash browns, and toasted bread. The bread used is multi-grain, making it both delicious and healthy; the hash browns went perfectly with the fried egg and beans and the mushroom was bursting with flavour. Overall, the meal was filling and most importantly, very fresh.

Next, I ordered their Oreo Cheesecake, and a Green Apple Mojito. The melt-in-your-mouth cheesecake was soft and delectable while the mojito was refreshingly tangy and delicious.

I was particularly fond of the presentation of each of their items and how neatly



everything was plated and prepared. I also enjoyed the little details like the white and brown sugar cubes that came with the hot coffee drinks. You also get a wide view of the road, which brings in a lot of natural light into the shop, adding to the charm of this coffee shop.

Personally, I am very excited to visit Cafe CAF again, and I would highly recommend it to anyone living around Gulshan and Banani. The shop opens at 8 AM in the morning and closes at midnight. So drop by Cafe CAF and treat yourself to some good coffee and food any time of the day.

Judging yourself with the Dunning-Kruger effect

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"One of the painful things about our time is that those who feel certainty are stupid, and those with any imagination and understanding are filled with doubt and indecision."

— Bertrand Russell

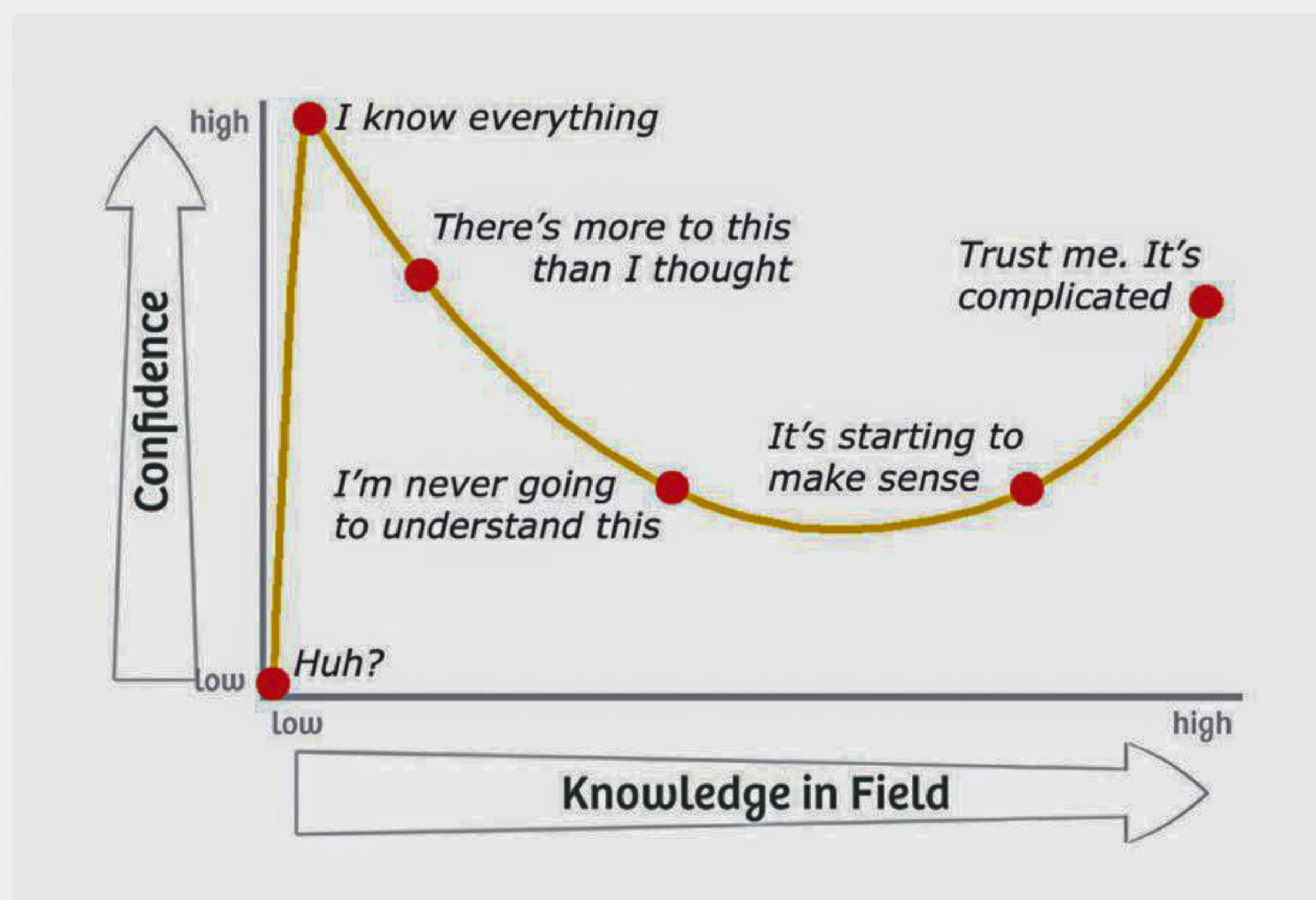
Self-reflection isn't the easiest task to take on. Neither is the concept of self-critique, but it is one of the core components of what helps artists improve.

However, people often have difficulty, even lapses in judgment when looking over one's own work. And the problem isn't limited to artists. The failure to judge your own personal development objectively can be a barrier in the way to self improvement.

It doesn't require rocket science to figure out why we're terrible at judging ourselves, and so fail to properly estimate our own skills and talent. Criticism is hard to digest when coming from a third party. Actively criticising yourself seems like improbable hyperbole.

However, if you're someone who would like to understand the science behind it, let me present to you the Dunning-Kruger (DK) effect. Similar to most cognitive biases, you're most likely to be unaware of the DK effect.

The basic idea of the DK effect is that



you overestimate your own abilities at any number of variables – your humour, intelligence and writing skill – the end result being that your overconfidence will get the best of you.

David Dunning and Justin Kruger used 65 participants in their experiment. The participants were required to judge a series of jokes. What Dunning and Kruger observed was that some of these participants

were extremely bad at judging the jokes.

This group of participants was also the one that claimed to have excellent judgment of humour. Dunning and Kruger attributed these people at being incompetent at assessing what other people would find funny.

As a result, the study showed that these incompetent group and poor performers in general, tend to overestimate their own

abilities. To further add to the problem was the fact that, this group also failed to recognise the skill of other people.

The combined effect resulted in the incompetent group of people not only overestimating themselves, but also underestimating more skilled individuals.

Now, whether you're an artist, writer, musician or just a student trying to improve your grades, being self-aware enough to realise the DK effect can help you accelerate your progress in your field.

An easy way to counter the DK effect is to first drop any inflated value of self worth. Bring yourself down to ground zero, where you see yourself as someone with no skill. Then, ideally, get feedback from your peers as well as experts in the field.

Even after these steps, you might still find yourself unwilling to take the criticism that others have given you. Don't. If there's anything the DK effect should leave you with, is breaking down your perception of your own skill and taking a more humble approach results in better long term effects.

Experts in their field attest to the fact that, when they look back on their past work, they find themselves disappointed to the point of cringing. Self-reflection and the realisation of the DK effect are stepping stones on the way to success in any field of work.