

VOLUME 8, ISSUE 6

SEPTEMBER 2004 \$3.99

COASTAL LIVING[®]

THE
MAGAZINE
FOR PEOPLE
WHO LOVE
THE COAST

40 pages of
inviting interiors

simple seafood
late-summer escapes
our 20
favorite inns

or until reduced to ¼ cup. Spoon glaze over tuna steaks. Makes 4 servings.

Stuffed Tuna Steaks with Zucchini Agrodolce

Zucchini Agrodolce

- ½ cup finely diced onion
- 5 tablespoons olive oil, divided
- 1 garlic clove, minced
- ½ teaspoon salt, divided
- ½ teaspoon pepper, divided
- 1 cup fine, dry breadcrumbs, divided
- ¼ cup minced fresh parsley
- 2 tablespoons minced fresh basil
- 2 anchovy fillets, rinsed and finely chopped (optional)
- 1 teaspoon grated lemon rind
- ¼ cup (1 ounce) grated Pecorino Romano cheese
- 6 (¾-inch-thick) boneless tuna steaks (2 pounds)
- 1 egg, beaten

Prepare Zucchini Agrodolce; cover and keep warm.

Sauté onion in 2 tablespoons olive oil in a large skillet. Add garlic, and sauté 1

minute. Remove skillet from heat; stir in ¼ teaspoon salt, ¼ teaspoon pepper, ½ cup breadcrumbs, parsley, and next 4 ingredients.

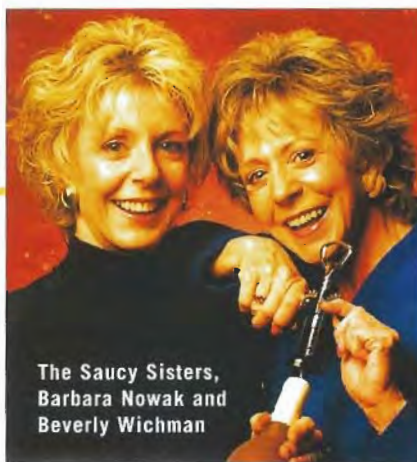
Cut a 1¼-inch-long horizontal slit through the thickest portion of each steak, cutting to, but not through, other side to form a pocket. Stuff cheese-and-herb mixture into pockets; sprinkle with remaining ¼ teaspoon salt and pepper.

Dip tuna into egg; dredge in remaining ½ cup breadcrumbs.

Pan-fry in remaining 3 tablespoons hot oil in a large nonstick skillet 4 minutes on each side or to desired degree of doneness. Serve with Zucchini Agrodolce.

Makes 6 servings.

Tip: Use a sharp, thin blade to make pockets in steaks. The point of entry should



The Saucy Sisters,
Barbara Nowak and
Beverly Wichman

THE CASE FOR WINE

Barbara Nowak and Beverly Wichman are media personalities who report on food, wine, and entertaining. They're also real life sisters and authors of *The Saucy Sisters Guide to Wine: What Every Girl Should Know Before She Uncorks* (New American Library, 2004). To order, visit saucysisters.com. Beverly is a "red" girl—and we're not just talking about her hair color. Barbara likes whites. And, yes, she's a blond. They've taken turns at matchmaking for these appetizing recipes.

Grilled Tuna Steaks with Spiced Soy Glaze

Barbara's Pick: Erath Pinot Gris 2002 (\$13–\$15). "I've paired this Asian-influenced dish with a wine from Oregon. It's rich and flavorful and a great match for anything spicy."

Beverly's Pick: Jezebel Pinot Noir 2002 (\$20). "Pinot Noir is a star, and the Willamette Valley Jezebel should receive an Oscar. The 2002 is young with raspberry flavors but powerful enough to stand up to the spiciness of the glaze."

Seared Tuna Salad with Mango Salsa

Barbara's Pick: Martini & Rossi Prosecco (\$13–\$15). "This dry, lightly sparkling wine from Italy is all the rage. You could drink this bubbly with anything, but

be no more than 1¼ inch wide, but fan the knife blade back and forth to create a large pocket inside the steak, being careful not to cut through the sides.

Zucchini Agrodolce (Zucchini in Sweet-and-Sour Sauce)

- ½ cup sliced onion
- 2 garlic cloves, minced
- ¼ cup extra-virgin olive oil
- 1½ pounds zucchini, cut into ¼-inch slices
- 3 tablespoons raisins
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon white wine vinegar

Sauté onion and garlic in hot oil over medium-high heat until garlic is lightly browned. Stir in zucchini and next 3 ingredients; sauté 8 to 9 minutes or until zucchini is crisp-tender. Stir in vinegar; cook, stirring constantly, 30 seconds. Remove skillet from heat.

Makes 4 cups. 🍷

it's dynamic as a partner with the Mango Salsa."

Beverly's Pick: Domaine Tempier Bandoi Rosé 2002 (\$27). "This dry, full-bodied French rosé blends three worthy reds—Mourvèdre, Grenache, and Cinsaut—and is as lusty a rosé as they come."

Stuffed Tuna Steaks with Zucchini Agrodolce

Barbara's Pick: McDowell Reserve Marsanne 2001 (\$16). "This luscious wine will tease you with a hint of flowers and a kiss of oak. And it pays off with a long finish."

Beverly's Pick: Bodega Budini Malbec Mendoza 2002 (\$11). "The wine is hearty yet crisp, and a fun complement to the Italian seasonings in this dish."

Tuna Confit with Warm Bean Salad

Barbara's Pick: Wente Vineyard Selection Riesling 2003 (\$9). "Riesling is like the ultimate party girl who gets along with all types of people and brings out the best in them. The Wente Riesling is slightly off-dry from fully ripened grapes and goes well with foods of all kinds."

Beverly's Pick: Casa Castillo Monastrell Jumilla 2001 (\$14). "While it's heavy and dry, the sweet flavor of black cherry brings out the flavor of the white beans and hint of fennel. The finish is long and lasting—just like your favorite party memory."