

WILLIAMSON: ABOUTTOWN



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Saucy Sisters Barbara Nowak, left, and Beverly Weichman prepare Saucy Pineapple Salsa, pictured below, in Franklin on Tuesday.

Saucy Sisters nurture bond through food, wine

By VICKI STOUT
For Williamson A.M.

Barbara Nowak and Beverly Wichman are as bubbly as champagne. Sisters and best friends, the two have authored several books on wine and are hosts of a weekly radio show centered on their love of good food and wine.

Professionally, they're known as the Saucy Sisters, and it's an apt moniker. Spirited, effervescent and, indeed, saucy, these gals are a dynamite combo whether on the air or in the kitchen. But it wasn't always that way.

"In high school, we each had our own circle of friends. There is two years' difference in our ages, but at the time, that seemed pretty huge," Nowak says.

They became best friends later on, when both sisters ended up living in Washington, D.C. In the years to come, they would hopscotch across the country but continue to land in



the same city. Los Angeles was their last stop before Nashville.

"My husband, Paul, is an attorney. We were living in L.A., and he decided he wanted to pursue songwriting," Nowak says. "Nashville was the obvious choice to follow his dream. Beverly just packed right up and moved on out here even before we did."

These apples didn't fall far from their family tree. Their parents were great cooks who loved to entertain.

"We grew up in New Jersey, just 25 miles outside New York City. We went to the city often and usually ate international cuisine. At home, Mom and

Dad would have themed dinners, even just for the family. They were all about good food and fun," Wichman says.

Wichman and Nowak entertain often, usually together, at Nowak's Franklin home or at Wichman's in Bellevue. For large groups, they opt for cocktail parties. For smaller groups, intimate seated dinners.

"Barbara throws great parties," Wichman says.

"Beverly does fabulous presentations, both with the food itself and on the buffet table," Nowak says.

The gals are complimentary of each other whether in the kitchen or in the studio at WLAC-AM 1510 for their show, "Sauced."

Airing from noon to 1 p.m., the show features interviews with area chefs, musicians and wine experts.

When they're not working out together at the county recreation center in Franklin, cooking together, speaking at

conventions or working on their radio show or book, they may well be cooking in their own homes — solo.

"I've been single most of my adult life; I was married only briefly. But I don't let that keep me from having a nice evening meal," Wichman says. "I usually prepare dinner, complete with a pretty presentation, and enjoy it either on a tray in front of the TV or at the table with candles and a good glass of wine."

Nowak, though married, often makes a meal for one in her Franklin home.

"Paul eats a big lunch and is not much of a dinner guy, so I make something nice for myself at dinner," she says.

These gals live what they love: good food, wine and company — either their own or that of their friends and fellow foodies.

Their books are available at SaucySisters.com, local bookstores and Amazon.com.