



**Men Are Weird Sometimes**  
Like when they wear swimsuits as shorts **D3**

# OFF DUTY

THE WALL STREET JOURNAL.

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**The Seven Deadly Don'ts Of Wine**  
No. 2: Don't make it blue **D9**



FASHION | FOOD | DESIGN | TRAVEL | GEAR

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## This Summer's Grill Stars

How does a particular cut of beef rise from obscurity to celebrity status? Top butchers offer a glimpse into their business—plus pro tips on how to put a perfect sear on the steaks they're loving now

By KATHLEEN SQUIRES

**A FEW WEEKS AGO**, I found myself gazing at a bachelor, laid out next to a Merlot and a feather. No, I was not surfing a fetish site. I was at the butcher shop, gawking through the glass case at a rosy display of meat.

"Merlot," "bachelor" and "feather" were the names of well-trimmed cuts of beef. I'd never heard of these cuts. Could they possibly be new? Humans have raised cattle for 10,000 years, and butchery is just as ancient. Surely cows aren't suddenly sprouting new parts.

Some of the usual suspects—tenderloin, sirloin, New York strip—sat alongside these new-to-me steaks. I was scanning the case for one I'd enjoyed in a restaurant, bavette. Though this shop had a massive selection, I didn't spot it.

"Oh, that's the vacio," the meat cutter said when I asked. "Same thing, different name. It's becoming quite popular."

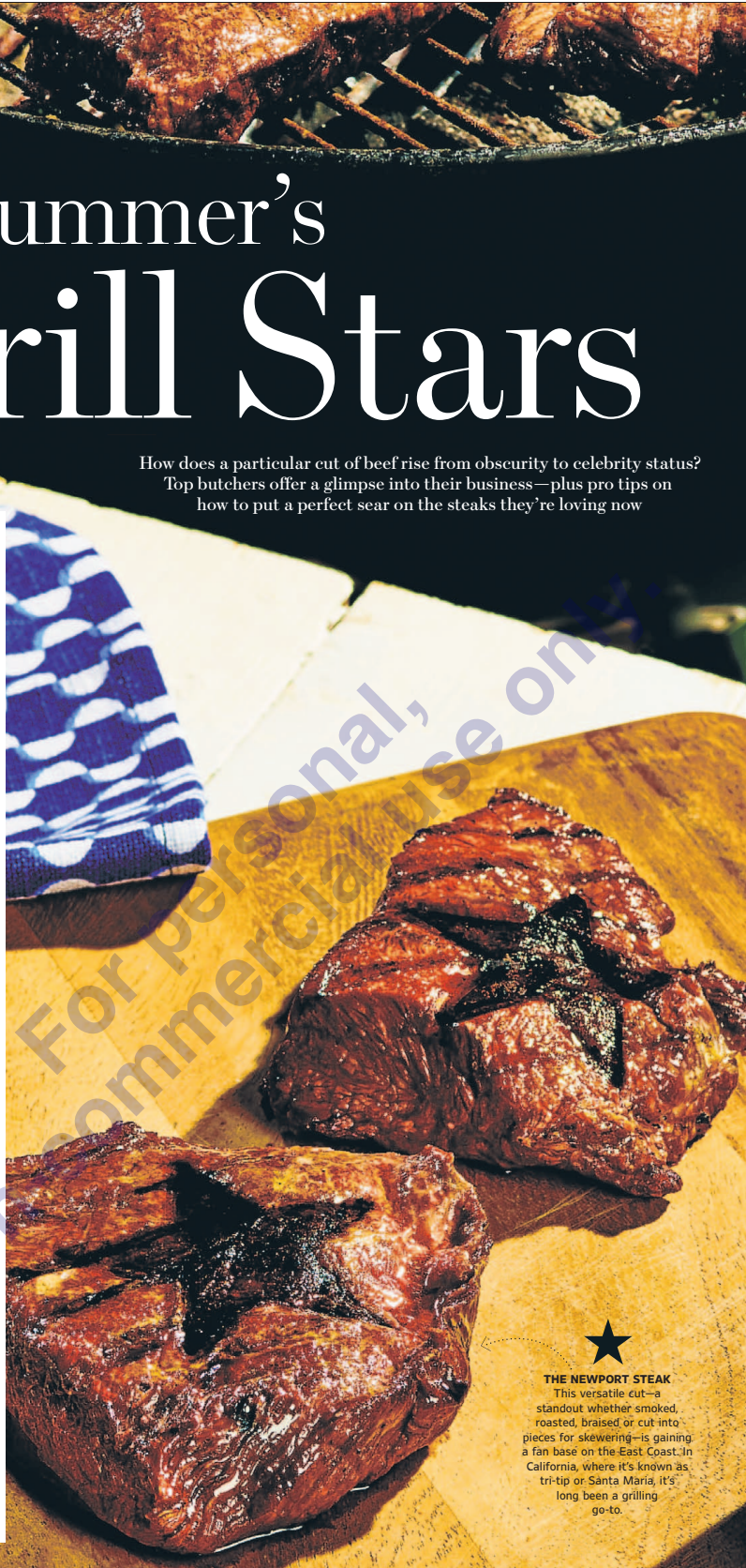
Talking further with meat suppliers, butchers and chefs, I learned that there's more to this next wave of steaks than simply doling out new names. Specialty cuts help make all the above points on the meat supply chain more sustainable, economically and environmentally.

Jake Dickson of Dickson's Farmstand Meats in Manhattan broke down the "popularity cycle" of meat cuts. "When something happens economically, like a recession, restaurants seek out lower-priced items. Instead of New York strip, they'll serve skirt steak," he said. "The consumer is introduced to this value cut, then looks to cook it at home."

If cuts like the bavette are on the rise, I wondered, why weren't they more common in supermarkets? "Math," said Anya Fernald, co-founder and CEO of Belcampo Meat Co. Supermarkets operate on a much larger scale than neighborhood butchers and profit on volume. "The strategy is to sell as many popular cuts like rib-eyes and New York strips for as much as they possibly can," Ms. Fernald explained; the rest becomes ground beef. A carcass, she explained, has 700 to 800 pounds of available meat; of that about 70 pounds is rib-eye and New York strip, and less than 1 pound is something like a flat iron or Denver cut. (For a guide to these and other specialty cuts, see "Heat Index," page D8.) "So getting enough of those is not worth the trouble to supermarkets," she said.

For butchers, however, extracting niche cuts rather than tossing them into the grinder makes sense: They can charge a higher price for the steaks than they would for ground beef, and they're still using as much of the carcass as they can. "These cuts keep my butcher case

*Please turn to page D8*



### THE NEWPORT STEAK

This versatile cut—a standout whether smoked, roasted, braised or cut into pieces for skewering—is gaining a fan base on the East Coast. In California, where it's known as tri-tip or Santa Maria, it's long been a grilling go-to.

TOP: CHELSEA CAVANAGH FOR THE WALL STREET JOURNAL; FOOD STYLING BY SARAH KARASIEWICZ; PROP STYLING BY CARLA GONZALEZ-HART

## Inside



### A VERSION OF PERSIAN

This Middle Eastern recipe doesn't just photograph well. It tastes great, too **D9**



### EYES THAT SPARKLE

Shades with rhinestones—summer glamour that's just OTT enough **D2**



### MEDITERRANEAN ISLANDS THAT AREN'T MOBBED

We found five. You're welcome **D4**



### BRIGHT SPOTS

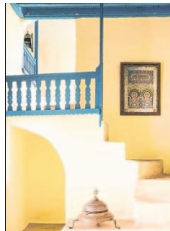
How an infusion of color made a routine D.C. condo special **D6**



## ADVENTURE & TRAVEL

# Isle Be Waiting

Attention: Summer-vacation procrastinators. We've identified five Mediterranean islands that offer fabulous food, accommodations and seascapes but remain well-kept secrets—for now



DJERBA, TUNISIA

The Tunisian island of Djerba is hardly your typical beach getaway. Ancient souks cram between whitewashed houses, while Speedo- and bikini-clad Euros, yarmulke-capped teens and turbaned Berbers astride camels all share the palm-lined beaches. Founded in 586 B.C., multicultural Djerba has one of the largest Jewish populations in the Arab world (around 1,000 as of 2011). In 2002, after a deadly bombing outside the synagogue, the island slid off the tourist radar. Now, after more than a decade of calm, tourists are coming back. According to Fahim Masoud, regional intelligence manager for WorldAware, a risk management firm, "The Tunisian government maintains elevated security [on Djerba] to minimize any threat posed to travelers by militant groups."

**Staying There** Five 600-year-old houses connected by alleyways and courtyards comprise Dar Dhiafa. Berber rugs and fireplaces adorn each room. Some have rooftop patios; others come with pools. *From about \$85 a night, dardhiafa.tn*

**Getting There** Daily flights link Djerba to Paris, Zurich, Milan and other European cities.

**HEADED** to the Mediterranean this summer? You and everyone's nona and zio. The tranquil and breezy Med, birthplace of bikinis and burqas not to mention la dolce vita and Dionysus, has been luring demigods and mortals to its turquoise lagoons and olive-tree-lined shores since Helen and Homer were tweens.

In recent years, the Mediterranean vacation scene has become fraught

with ever-increasing crowds and prices, scorching heat waves and anti-tourism demonstrations, making a temperate, tranquil and affordable patch of seascape hard to score. But fear not: The Med also gave birth to democracy, and can still provide a quiet place for everyone who knows how to look. Here, we chart five lesser-known islands where you can stake out some space and escape the throngs and thongs. —Adam H. Graham

NAXOS, GREECE



ALAMY (NAXOS); PRINCE NEVO DOZ (MAZZORBO); MATTEO CARASALE (SALINA); GAIMI MELOW (DJERBA)

At 164 square miles, Naxos is the largest of Greece's Cyclades Islands. Others in the chain—Mykonos and Santorini, namely—tend to flaunt their attributes on social-media feeds, but based on looks alone, more subdued Naxos could easily compete for suitors. Aquamarine coves and chilled-out beaches encircle the island. Olive and fig trees blanket the verdant interior. The island's biggest star, mythic Mount Zeus (or Zas), stands 3,300 feet high and lets you

complete a heroically strenuous trek to the summit. Lazier bones can explore by rental car, flitting from one off-off-piste mountain village to the next. Halki is known for its food-forward tavernas and bohemian galleries run by local artists and potters while Sangri's 2,700-year-old Demeter Temple and 7th-century Byzantine monastery frescoes beckon pilgrims and archaeologists alike.

**Staying There** Three miles from the

port and adjacent to the ruined Ionic columns of Dionysius' Temple, the Naxian Collection resort snakes around a boulder-strewn ridge of the Stelida Peninsula. Earlier this year, the 20 rooms, including 8 adobe-like villas—all bathed in creams and whites—emerged from a refurbishment with polished-granite tubs and basket lanterns. The grounds feature walnut groves, contemporary yellow-and-white Naxian marble sculptures and a few private pools. The family who

runs the hotel can arrange bird-watching hikes, kitesurfing or sailing excursions. The hotel also offers cooking classes and culinary tours that take in fishing ports, cheesemongers, wineries and hidden tavernas. *From about \$290 a night, naxiancollection.com*

**Getting There** From Athens, Naxos is a five-hour ferry ride. From Mykonos, trips take 50 to 30 minutes depending on the ferry operator. *is-ferry.com*

SALINA, ITALY



The seven Aeolian Islands off the northeast coast of Sicily enjoy cooling sea breezes when mainland Italy roasts in the heat. One of the loveliest and most serene is Salina, a 10-square-mile cluster of six dormant volcanoes. The island is known—by the few who know it at all—for its caper farms, vineyards growing Malvasia grapes and low-key trattorias. The latter tend to serve up vegan-friendly caponata and spaghetti with bergamot-scented swordfish.

**Staying There** Two miles from the port town of Santa Marina and just outside the village of Malfa lies Capofaro Locanda & Malvasia, a small resort and restaurant set on vineyards that plunge down to the Tyrrhenian Sea. Owned by Sicilian winemak-

ing family Tasca d'Almerita, Capofaro offers 27 guest quarters, including a few that occupy a 19th-century lighthouse. Each room comes with a private terrace, overlooking the sea or volcanoes. The hotel has a tempting swimming pool and a beach, a 10-minute shuttle ride away, but should you ever feel restless, staff can arrange guided hikes along sea-cliff trails or sunset aperitivos in the scenic village of Pollara, where 1994's "Il Postino" was filmed. *From about \$290 a night, capofaro.it*

**Getting There** The easiest way to access Salina is from the Sicilian capital of Palermo; the Liberty Line hydrofoil from Milazzo port reaches the island in 90 minutes. *englibertylines.it*

PRVIC, CROATIA



The azure Adriatic waters off Croatia's Dalmatian Coast have a rocky island for every type of traveler: beach party-seeker, snorkel junkie, yoga retreat and sun-worshipper (solo or with family). Some of the isles have been ruined by mass tourism, but not sweet, one-square-mile Prgovica, ideal for low-maintenance visitors. Car-free, the island is home to just 400 residents and one hotel. It does, however, host a few churches furnished with baroque altars, as well as a convent built by

Glagolitic monks. But the real draws are the 6 miles of craggy coastline and solitary beaches.

**Staying There** Parked at the island's kayak landing, the Hotel Maestral is a former schoolhouse offering cozy rooms with stone walls, wooden floors and green shutters that fling open to the harbor. Its owner, a former photojournalist who covered the region's wars, also runs the restaurant, with tables so close to the water you can dangle your feet in while nursing an ice-cold glass of Ozujsko beer and waiting for plates of tangy goat cheese, stuffed olives and crispy fried calamari. *From about \$75 a night, hotel-maestral.com*

**Getting There** From Dubrovnik, it's a 3.5 hours drive (or from Split, a 70-minute drive) to Šibenik, a medieval seaside town where you catch a one-hour ferry to Prgovica. *jadrolinija.hr*

While sightseers pack Piazza San Marco and the Grand Canal logjams with gondoliers, the other 100-plus islands in the 210-square-mile Venetian Lagoon remain largely overlooked. Case in point: Mazzorbo, a half-mile long island in the northern lagoon connected to the island of Burano by a wooden foot bridge. When the thundering #12 Vaporetto passes Mazzorbo, a bait ball of tourists spills from its windows jockeying for the best spot to snap photos of the island's low-slung, pastel homes, complete with laundry hanging from lace-curtained windows. After it passes, the canal's wake is reduced to an audible trickle, and Mazzorbo's still life study of canal-lined sidewalks, high-walled gardens, creaky boats and leaning campaniles absorbing the sunlight, quietly continues.

**Staying There** Matteo Bisol, the youngest son of the Italian Bisol wine dynasty, opened Venissa in 2010. Billed as a "wine resort," it consists of six minimally furnished rooms, a walled vineyard of rare Doro di Venezia grapes and two fine restaurants. The more formal of the

MAZZORBO, ITALY



two, a Michelin-starred ristorante, upgrades typical Venetian dishes, offering, for example, cuttlefish in a nest of smoked seaweed and pine nut-stuffed ravioli with bitter herbs. A few years ago, Mr. Bisol converted five former gondolier homes into stylish guesthouses on Burano, the more bustling, even more colorful neighboring island, a short walk away. At Casa Burano, each house features modern furnishings like Ar-

clinea desks, as well as mosaic tiles and canopy beds. *Venissa from about \$200 a night, venissa.it; Casa Burano from about \$122 a night, casaburano.it*

**Getting There** From Venice Marco Polo Airport or San Marco train station, water taxis directly to Mazzorbo or Burano take about 40 minutes. The Vaporetto lines #12 and #14 also run regularly to Mazzorbo.