



THIS WEEK...

[Feature Columns](#)
[Food & Health Tips](#)

[SupermarketGuru](#)
[New Product Hits & Misses](#)

[Steal This Recipe](#)
[Gingered Duck Potstickers](#)

[SupermarketGuru](#)
[Grilling Sweepstakes](#)

[QuickPoll](#)
[Have recent events had an impact on your financial situation?](#)

[QuickPoll](#)
[Holiday Foods](#)

[Floral Answers and Gardening Guide](#)
[Passionate Gardening](#)

[Consumer Taste Panel](#)
[September 2005 Consumer Taste Panel: Your Supermarket - 2006](#)

[Furry Friends Recommends](#)
[The Dogsters Days of Summer](#)

[Food & Health News](#)

[New Products & Reviews](#)

[Consumer Panel](#)

[Feature Columns](#)

[TV-Radio-Print-Web](#)

[Phil's Fat Diaries®](#)

[Tools & Goodies](#)

[Birthday Greetings](#)

[Using the Site](#)

[For Marketers](#)

[Home](#) > [Feature Columns](#) > [Feature Columns](#) > [Herb Crusted Tuna Steak](#)

Herb Crusted Tuna Steak

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September 14, 2005

Chef Dale Barth has got true southern charm in his cooking! Redbone Alley Bar & Grill is affectionately named after his daughter's Redbone coonhound and located in the small town of Florence, South Carolina. Since it's opening in 1993, Barth has opened another location in Columbia, South Carolina, and five more locations are on the way. From Lowcountry Shrimp to Cajun Fried Quail with traditional southern sides like cheese grits, garlic mashed potatoes, and sausage gravy, a visit to Redbone Alley feels like grandma's home cooking with a gourmet touch! Here's something from Barth's kitchen for ya'll to try at home!



About the chef: Chef Dale Barth's career started in 1982 at the age of 23 with his purchase of a failing fine-dining restaurant, P.A.'s, in Florence, SC. After years of hard work, P.A.'s became a great success but Dale and his wife, Leslie, had a dream to create a unique dining concept. Stepping outside of the box, they created a kid-friendly restaurant in 1993 that brought an outdoor dining experience indoors. The more than

decade-old restaurant concept was named for Dale's daughter's Redbone coonhound, Clementine. Clem embodied the slow moving, quick witted style that every true Southerner portrays. Her mug has become the widely recognized symbol for Redbone Alley as a sophisticated Southern destiny restaurant.

Now one of the best-loved spots of the South, Redbone Alley was chosen in 2000 by Restaurant Hospitality Magazine as one of its "Concepts of Tomorrow" honorees. Redbone Alley was also voted #1 of the top ten eateries on the NASCAR racing circuit. That success spawned a second Redbone Alley in Sumter, S.C. Dale says his philosophy on preparing great food is the same in the restaurant as it is in his own home - "keep it fresh, simple and down right good."

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www.redbonealley.com

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Herb Crusted Tuna Steak

Herb Crusted Tuna Steak is served at Redbone Alley for \$16. This recipe is meant to serve 2 and can be adjusted as needed.

Ingredients:

- 2 2 inch thick yellow fin tuna steaks
- 1/2 c. each fresh basil, rosemary, thyme, oregano, and cilantro
- 1 1/2 Tbsp. chopped garlic
- 2 lemons, juiced
- 1 Tbsp. salt
- 1/2 Tbsp. fresh black pepper
- 1/2 c. olive oil

Steal This Recipe® step-by-step instructions:

- 1) Grind in a food processor the herbs, lemon juice, garlic, salt and pepper to make a rub.
- 2) Using your hands, press the herb rub into the tuna steaks well, being sure to coat all the sides of the fish.
- 3) Let them stand in the fridge for 4-6 hours so the flavors infuse into the steaks.
- 4) Prepare a hot charcoal grill.
- 5) Brush each side of the tuna steaks with olive oil and place them on the grill for 2-3 minutes on the first side.
- 6) Flip the steaks and grill them on the second side for 2-3 minutes for a good medium rare. If you'd like to baste the steaks while grilling, simply add a little olive oil to the leftover herb mixture and brush this on the fish as it grills.
- 7) Be careful not to overcook the tuna as it easily dries out. Enjoy!

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