

Tianjin Crepes
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by ... Carlos Acevedo
photography ... Pete Krumhardt
food stylist ... Janet Pittman

LONG BEFORE
THE RISE OF
FRANCHISED
FAST FOOD,
VIBRANT AND
DELICIOUS
STREET
FOOD WAS
BEING SOLD
CURBSIDE IN
EVERY FLAVOR
AND SHAPE—

fried, boiled, baked, barbecued, grilled, or skewered. It's a practice that goes back to the dawn of towns and cities, when burgeoning populations needed grub on the go. Enterprising cooks provisioned pushcarts and wagons to meet demand, and they've been hawking portable munchies ever since.





Mini Shawarma

The shawarma, a close cousin of the Greek gyro, is a fast-food staple throughout the Middle East, Europe, and North Africa.

Prep: 35 minutes **Broil:** 5 minutes

Marinate: 1 hour

- 1 to 1 1/4 pounds boneless butterflied lamb leg
- 3/4 cup plain Greek yogurt
- 1/4 cup white wine vinegar
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground cloves
- 12 mini pita bread rounds or 3 regular pita bread rounds, quartered
- 2/3 cup hummus
- 1 cup shredded lettuce
- 6 tomato slices, halved crosswise
- 1/4 cup finely chopped red onion
- 1 recipe Yogurt Sauce

1. Trim fat from meat. Thinly slice meat across the grain into bite-size strips. Place meat in a resealable plastic bag set in a shallow dish.

2. For marinade, in a small bowl, combine yogurt, vinegar, garlic, salt, cumin, cardamom, pepper, and cloves. Pour marinade over meat. Seal bag; turn to coat meat. Marinate in the refrigerator for 1 to 24 hours, turning bag occasionally. Drain meat, discarding marinade.

3. Preheat broiler. Place meat on the unheated rack of a broiler pan. Broil 4 to 5 inches from the heat for 5 to 8 minutes or until slightly pink in center (you do not need to turn the meat).

4. Spread pita rounds with hummus. Top with meat, lettuce, tomato, and red onion. Serve with Yogurt Sauce. Makes 12 appetizers.

Yogurt Sauce: In a small bowl, combine 1/2 cup plain Greek yogurt, 2 tablespoons lemon juice, 1 tablespoon olive oil, 1 tablespoon snipped fresh parsley, and 1 clove garlic, minced.

Per appetizer: 141 cal., 6 g total fat (2 g sat. fat), 30 mg chol., 307 mg sodium, 11 g carb., 1 g fiber, 10 g pro.

Bánh Mì Minis

In Vietnam, this sandwich can feature chicken, tofu, or even shredded pork skin.

Start to Finish: 40 minutes

- 1/4 cup sugar
- 1/4 cup rice vinegar
- 1 teaspoon toasted sesame oil
- 1/2 teaspoon salt
- 1 1/4 cups seeded and coarsely shredded cucumber (1 small)
- 1 cup coarsely shredded carrots (2 medium)
- 1 cup coarsely shredded daikon
- 1/4 cup chopped green onions (2)
- 1 1-pound pork tenderloin
- 1/2 cup mayonnaise
- 2 teaspoons Asian chili sauce
- 1 clove garlic, minced
- 1 loaf baguette-style French bread, cut diagonally into 1/2-inch slices
- 1 fresh jalapeño chile peppers, sliced*
- 2 tablespoons snipped fresh cilantro

1. In a medium bowl, combine sugar, vinegar, sesame oil, and 1/2 teaspoon salt, stirring until sugar is dissolved. Stir in cucumber, carrots, daikon, and green onions; set aside.

2. Trim fat from meat. Cut meat crosswise into 12 pieces. Press each piece with the palm of your hand to make an even thickness. Sprinkle meat pieces with additional salt and *ground black pepper*. In a greased grill pan or extra-large skillet, cook meat over medium-high heat for 4 to 6 minutes or until slightly pink in center and juices run clear, turning once.

3. In a small bowl, combine mayonnaise, chili sauce, and garlic. Drain vegetable mixture.

4. Spread one side of each bread slice with mayonnaise mixture. Top with meat, vegetable mixture, jalapeño pepper slices, and cilantro. Makes 12 appetizers.

***Tip:** Because chile peppers contain volatile oils that can burn skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands well with soap and water.

Per appetizer: 224 cal., 9 g total fat (2 g sat. fat), 28 mg chol., 422 mg sodium, 23 g carb., 1 g fiber, 12 g pro.

THE VIBRANT BÁNH MÌ SANDWICH IS A PRODUCT OF CULTURAL FUSION—VIETNAMESE FILLINGS ON A FRENCH BAGUETTE.





TIANJIN CREPE HOW-TO

Tianjin Crepes

Versions of this popular breakfast-on-the-go are made throughout China. Ingredients may vary, but crispy, fried wontons are a mainstay.

Start to Finish: 1 hour

- 16 wonton wrappers, halved crosswise
- 3 tablespoons vegetable oil
- 1 cup chopped napa cabbage
- 1 large shallot, finely chopped
- 2 tablespoons snipped fresh chives
- 2 tablespoons snipped fresh cilantro
- 1 tablespoon sesame seeds, toasted
- $\frac{2}{3}$ cup plum sauce
- 2 teaspoons Asian chili sauce
- 2 eggs, lightly beaten
- $1\frac{1}{2}$ cups milk
- 1 cup all-purpose flour
- 1 tablespoon vegetable oil
- $\frac{1}{4}$ teaspoon salt
- 5 eggs, lightly beaten

1. In an 8-inch skillet, cook wonton wrappers, a few at a time, in 3 tablespoons hot oil over medium-high heat until crisp and brown, turning once. Remove wrappers; drain on paper towels. Drain most of the oil from skillet, leaving a lightly greased surface. Reserve the excess oil.

2. In a small bowl, combine cabbage, shallot, chives, cilantro, and sesame seeds. In another small bowl, combine plum sauce and chili sauce. Set aside.

3. For crepe batter, in a medium bowl, combine 2 eggs, milk, flour, 1 tablespoon oil, and salt.

4. For each appetizer, heat the same skillet over medium heat. Spoon in 2 tablespoons of the crepe batter; lift and tilt skillet to spread batter. Cook about 1 minute or until nearly set. Spread 1 tablespoon of the 5 beaten eggs over surface of crepe. Cook about 45 seconds more or until nearly set. Sprinkle crepe with some of the cabbage mixture. Fold one-third of the crepe over filling. Drizzle with some of the plum sauce mixture; top with two wonton portions. Fold the remaining one-third of the crepe over filling. Fold crepe in half crosswise.

5. Repeat to make the remaining appetizers. If any plum sauce mixture gets into the skillet, carefully wipe with a paper towel. Grease skillet occasionally with some of the reserved oil to prevent crepe from sticking. Makes 14 to 16 appetizers.

Per appetizer: 176 cal., 8 g total fat (1 g sat. fat), 109 mg chol., 229 mg sodium, 20 g carb., 1 g fiber, 6 g pro.



1. Pour 2 tablespoons crepe batter into pan, tilting the pan as necessary to ensure batter coats the bottom evenly.
2. Once batter has set (about 1 minute), quickly spread 1 tablespoon beaten egg over the surface of the crepe and continue to cook until the egg is firm.
3. Sprinkle mixture of cabbage, shallot, chives, cilantro, and sesame seeds on top, then fold a third of the crepe over and drizzle with plum sauce.
4. Top the folded portion of crepe with two fried wonton wrapper halves, and fold over other side of crepe to cover.
5. Finally, fold crepe in half. Repeat process to prepare remaining crepes, then serve and enjoy!

AND "ACTION!": It's nearly as much fun watching these crepes being made as it is eating them, especially when the treats are expertly assembled by a crepe master. To find several cool videos online, search for "Shanghai street food" on YouTube.

Aloo Tikki with Choley

A tasty snack from northern India, aloo tikki simply means "potato croquette." It's often served with choley, a spicy chickpea mixture.

Prep: 40 minutes Cook: 35 minutes

- 1½ pounds baking potatoes, peeled and quartered
- ¾ cup frozen peas, thawed
- 2 teaspoons grated fresh ginger
- 1 teaspoon garam masala
- 1 teaspoon snipped fresh cilantro
- ¼ teaspoon salt
- ⅛ teaspoon cayenne pepper
- 5 tablespoons vegetable oil
- ½ cup chopped onion (1 medium)
- 1 fresh jalapeño chile pepper, seeded and finely chopped*
- ½ teaspoon ground coriander
- ¼ teaspoon ground turmeric
- 1 large tomato, chopped
- 1 15-ounce can garbanzo beans (chickpeas), rinsed and drained
- ½ cup water
- 1 tablespoon tomato paste
- Plain low-fat yogurt
- Coarsely snipped fresh cilantro

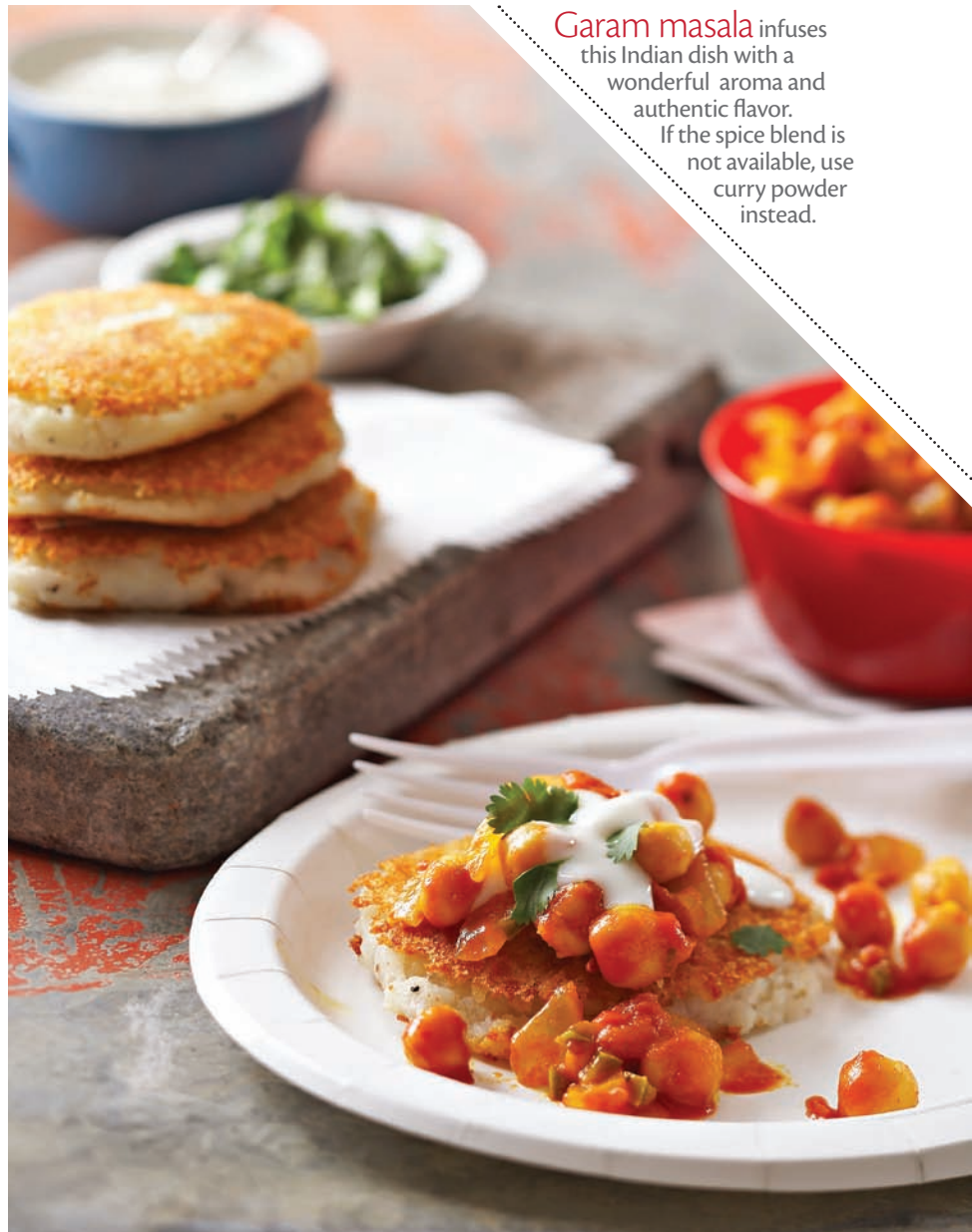
1. In a medium saucepan, cook potatoes in enough boiling salted water to cover for 20 to 25 minutes or until tender; drain. Mash with a potato masher. Season to taste with salt and ground black pepper. Cool until easy to handle.

2. In a food processor, combine peas, ginger, ½ teaspoon of the garam masala, 1 teaspoon cilantro, ¼ teaspoon salt, and cayenne pepper. Cover and process until nearly smooth.

3. Using wet hands, shape mashed potatoes into 12 balls; flatten balls. Divide pea mixture among mashed potato portions; wrap potato around pea mixture. Flatten balls into 2½-inch patties (some of the pea mixture may be visible).

4. In a large nonstick skillet, heat 2 tablespoons of the oil over medium-high heat. Cook half of the patties in hot oil for 4 to 6 minutes or until golden brown, turning once. Remove and drain on paper towels; cover to keep warm. Repeat with 2 more tablespoons of the oil and the remaining patties.

5. For sauce, in the same skillet, heat the remaining 1 tablespoon oil over medium heat. Add onion and jalapeño pepper; cook for 2 to



Garam masala infuses this Indian dish with a wonderful aroma and authentic flavor. If the spice blend is not available, use curry powder instead.

3 minutes or just until onion is tender. Stir in the remaining ½ teaspoon garam masala, the coriander, and turmeric. Cook and stir for 1 minute. Stir in tomato; cook for 1 minute. Stir in beans, the water, and tomato paste. Bring to boiling; reduce heat. Simmer, uncovered, until sauce reaches desired consistency. Season to taste with salt and black pepper.

6. Serve potato patties with sauce. Top with yogurt and sprinkle with additional cilantro. Makes 12 appetizers.

***Tip:** Because chile peppers contain volatile oils that can burn skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands well with soap and water.

Per appetizer: 123 cal., 6 g total fat (0 g sat. fat), 0 mg chol., 250 mg sodium, 16 g carb., 3 g fiber, 4 g pro.



Cemita Milanese Minis

The sesame-bun cemita sandwich was invented in the town of Puebla, Mexico. Milan-style pan-fried beef is traditional.

Prep: 45 minutes Cook: 4 minutes per batch

- 1½ pounds boneless beef top loin steaks
- ½ cup all-purpose flour
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 2 eggs, lightly beaten
- 1 tablespoon water
- ¾ cup fine dry bread crumbs
- ¼ cup vegetable oil
- 2 medium ripe avocados, seeded, peeled, and cut up
- 1 tablespoon lime juice
- 12 egg dinner rolls with sesame seeds (such as brioche), split and toasted
- 4 ounces panela, queso Oaxaca, or mozzarella string cheese, shredded or pulled into strips
- ½ cup thinly sliced red onion
- ⅓ cup packed fresh cilantro leaves
- 2 to 3 chipotle peppers in adobo sauce, chopped

1. Trim fat from meat. Place meat between two pieces of plastic wrap. Using the flat side of a meat mallet, pound meat lightly until ¼ inch thick. Remove plastic wrap. Cut meat into 12 portions.

2. In a shallow dish, combine flour, salt, and black pepper. In a second shallow dish, combine eggs and the water. Place bread crumbs in a third shallow dish. Dip meat into flour mixture, shaking off excess. Dip into egg mixture, then into bread crumbs, turning to coat.

3. In a large skillet, heat oil over medium-high heat. Cook meat, a few pieces at a time, in hot oil for 4 to 6 minutes or until golden brown, turning once. (Add more oil if necessary during cooking.) Remove meat; drain on paper towels.

4. In a medium bowl, combine avocados and lime juice; coarsely mash with a fork. Season to taste with salt.

5. Spread cut sides of rolls with avocado mixture. Fill with meat, cheese, red onion, cilantro, and chipotle peppers. Makes 12 appetizers.

Per appetizer: 406 cal., 22 g total fat (5 g sat. fat), 93 mg chol., 684 mg sodium, 30 g carb., 4 g fiber, 20 g pro.



Arepas Reina Pepiada

These overstuffed corn cakes from Venezuela are made with masa arepa, a precooked corn flour that can be found at Mexican grocery stores.

Prep: 45 minutes Cook: 6 minutes

Stand: 15 minutes

- 2 cups precooked (instant) corn flour (not masa harina)
- 1 teaspoon salt
- 2 cups hot water
- 2 tablespoons butter, melted
- 1 cup shredded Manchego cheese (4 ounces)
- 2 tablespoons vegetable oil
- 1½ cups shredded cooked chicken
- 1 medium avocado, seeded, peeled, and chopped
- ⅓ cup mayonnaise
- ¼ cup chopped green onions (2)
- Several dashes bottled hot pepper sauce

1. In a large bowl, combine corn flour and 1 teaspoon salt. Stir in the hot water and melted butter. Stir in cheese. Cover and let stand for 15 minutes. (The dough should shape easily without cracking or sticking to your hands. Add additional corn flour or hot water if needed to adjust consistency.)

2. For arepas, shape dough into 12 balls (use about ¼ cup dough for each ball). Flatten balls into 2½-inch rounds.

3. In an extra-large skillet, heat oil over medium heat. Add dough rounds; cook for 6 to 7 minutes or until golden brown, turning once. Remove and drain on paper towels. When cool enough to handle, split each arepa in half horizontally, cutting to but not through the other side.

4. In a medium bowl, combine chicken, avocado, mayonnaise, green onions, and hot pepper sauce. Season to taste with salt and ground black pepper. Fill arepas with chicken mixture. Makes 12 appetizers.

Per appetizer: 239 cal., 15 g total fat (4 g sat. fat), 30 mg chol., 439 mg sodium, 17 g carb., 4 g fiber, 8 g pro.

Cheese Pastizzi

The Mediterranean Island of Malta, close to Sicily, is famous for stuffed pastries called *pastizzi*, traditionally baked in wood-fire ovens.

Prep: 30 minutes Bake: 20 minutes Oven: 400°F

- 1 egg, lightly beaten
- 1½ cups ricotta cheese
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 17.3-ounce packages (4 sheets) frozen puff pastry sheets, thawed
- Coarse salt (optional)
- Freshly ground black pepper (optional)

1. Preheat oven to 400°F. Line a large baking sheet with parchment paper; set aside. In a medium bowl, combine egg, cheese, ¼ teaspoon salt, and ¼ teaspoon pepper.

2. On a lightly floured surface, roll each pastry sheet into a 10-inch square. Cut each sheet into six 3½-inch rounds.

3. Place 1 tablespoon of the cheese mixture in center of each round. Bring up two opposite edges of dough over filling and pinch to seal. Place pastries, sealed sides up, on the prepared baking sheet.

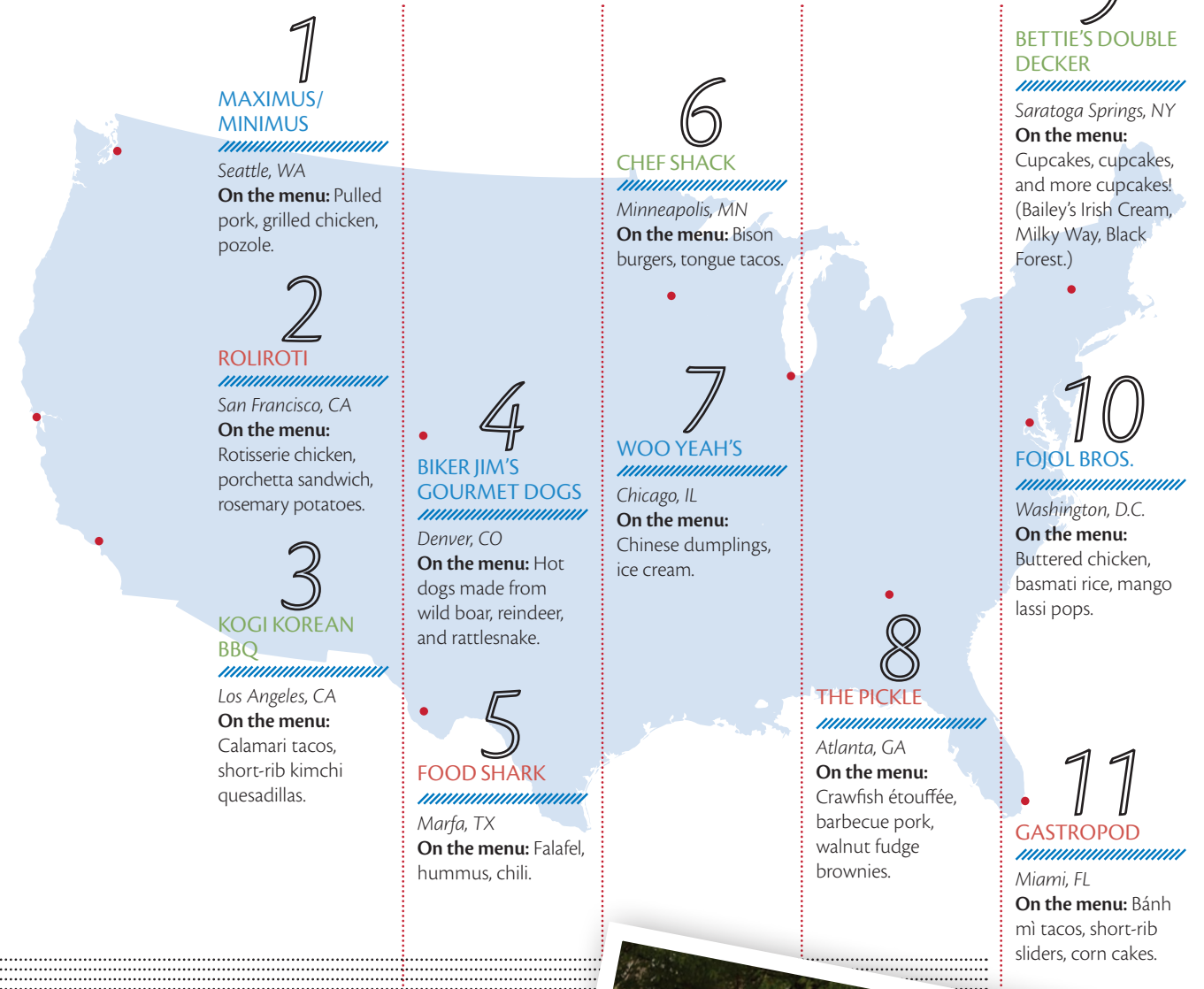
4. Bake for 20 to 25 minutes or until golden brown. Serve warm. If desired, sprinkle with coarse salt and freshly ground pepper. Makes 24 appetizers.

Make-Ahead Directions: Prepare as directed; cool completely. Place pastries in a single layer in an airtight container; cover. Freeze for up to 1 month. To serve, preheat oven to 350°F. Place frozen pastries on a large baking sheet lined with parchment paper. Bake for 15 to 20 minutes or until heated through.

Per appetizer: 255 cal, 18 g total fat (5 g sat. fat), 17 mg chol., 142 mg sodium, 19 g carb., 1 g fiber, 5 g pro.

ROVING RESTAURANTS

America's street food is elite food, thanks to a recent explosion of gourmet grub on wheels. These days, it's not uncommon for taco trucks to share curb space with more exotic mobile eateries. Here are just a few of our favorites:



DUDE, WHERE'S MY FOOD?

When your favorite lunch spot is mobile, just finding it can be a challenge. Most trucks, like Mr. Bibb's BBQ in Des Moines, IA, move around for farmers markets, ball games, and rush-hour commutes. Great for business, bad for regulars.

Enter Facebook and Twitter. Social media has revolutionized street food. Computer-savvy vendors post their whereabouts online, ensuring that fans know right where they are. Meanwhile, there are more than a few websites—*roaminghunger.com* and *mobilecravings.com* are two popular ones—that track food trucks and even allow you to post reviews.

