

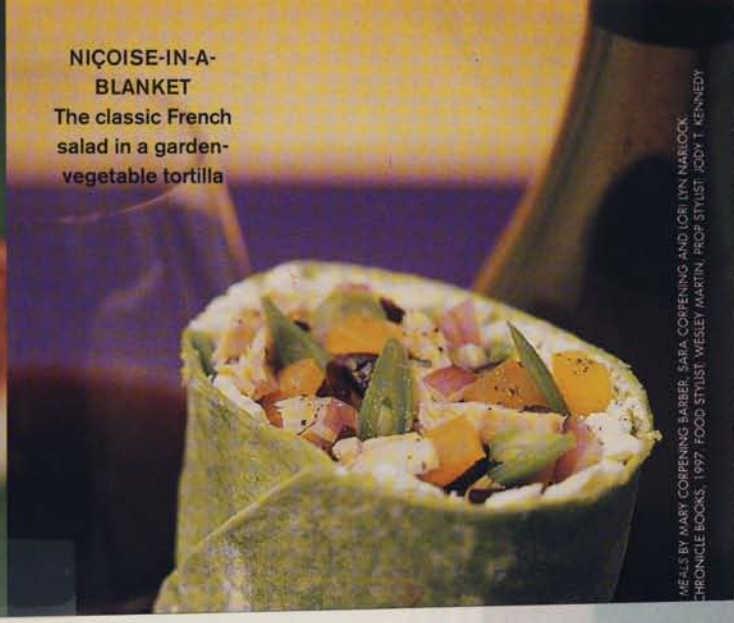
**PIZZA WHEEL**

A new calzone:  
pepperoni, oregano  
and sun-dried  
tomatoes



**NIÇOISE-IN-A-BLANKET**

The classic French  
salad in a garden-  
vegetable tortilla



MEALS BY MARY COFFENING, BARBER, SARA COFFENING AND LOU IWN MARLOCK.  
CHRONICLE BOOKS, 1997. FOOD STYLIST: WESLEY MARTIN, PROP STYLIST: JODY T. KENNEDY

26-Page Complete Kitchen & Bath Remodeling Guide


# AMERICAN HOMESTYLE & GARDENING

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**ASIAN ACCENT**  
A sensory wrap—  
maifun noodles,  
fragrant, colorful  
mango and mint



A photograph of two women, Sara Corpening and Mary Corpening Barber, sitting at a table. They are both smiling and looking towards the camera. The table in front of them is set with various items, including a white pedestal dish filled with colorful vegetables like bell peppers and jalapeños, a yellow pitcher, a white bowl of dark olives, a plate of tortillas, and a plate with a wrap. A white faucet is visible in the foreground. The background shows a window with a view of a building.

## Serving up convenient meals with flair, this pair of California caterers are on a roll

**m**ost food trends are like El Niño, rolling in from the West Coast, sending everyone scrambling, only to eventually fade from sight. But every once in a while, a trend shows real staying power. Such is the case with the wrap.

A pinwheel of color and savory ingredients, the wrap's rich string of predecessors suggests that it's more than just a flash in the pan. The concept of neatly encasing food in its own edible container has proven appeal—think burritos, gyros, souvlaki, even egg rolls. Yet, while many cuisines can claim a variation of the handy meal, what makes the newfangled wraps so winning is that they're the culinary consummation of our mobile, global, multicultural world.

Wraps can range from Thai-inspired fare packed into a tortilla to an American BLT all curled up in an Armenian lahvosh. In fact, there are few ingredients that couldn't respond to the roll call—resulting (in the best versions) in a seamless melding of rich flavors and textures.

As for the “wrapper,” the lahvosh and pocketless pitas are frequent choices—but tortillas have taken a commanding lead, say San Francisco caterers (and sisters) Sara Corpening and Mary Corpening Barber, coauthors of *Wraps: Easy Recipes for Handheld Meals* (Chronicle Books). There's a real surge in the tortilla market—especially in California, where the humble Mexican flatbread is now flavored with spinach or tomatoes and sharing shelf space with the traditional corn and flour varieties. There's even a trend toward tortillas going sweet, with flavors from fruity to chocolate coming soon to a specialty gourmet shop near you. This can mean only good news for the sweet-tooth contingents. Chocolate mousse in a wrap? Just think of the possibilities.

Wrapsody in two:  
sister chefs  
Sara Corpening and  
Mary Corpening Barber.

WRITTEN BY LAUREN PURCELL  
PHOTOGRAPHY BY FRANKIE FRANKENY

# Wraps perform equally well as handheld meals or ethnic-inspired cocktail party fare

## Pizza Wheel

SERVES 4

- 6 ounces pepperoni, cut into ½-inch dice
- 2 large green bell peppers, cut into ½-inch dice
- 2 tablespoons olive oil
- 2 teaspoons minced garlic
- ½ teaspoon coarse salt
- Freshly ground pepper to taste
- 2 cups cooked long-grain white rice
- 1 cup marinara sauce
- 1 cup sun-dried tomatoes, drained and chopped
- ¼ cup toasted pine nuts
- 2 teaspoons balsamic vinegar
- 1 teaspoon dried oregano
- 2 cups grated Jack cheese
- Four 10- or 11-inch flour tortillas

1. Heat oven to 350°.
2. In a large nonstick skillet, cook pepperoni over medium-high heat, stirring until crispy, about 5 minutes; drain.
3. Wipe skillet clean. Return skillet to stove, reduce heat to medium and heat olive oil. Add bell peppers, garlic, salt and pepper and cook, stirring, 8 to 10 minutes, or until softened. Transfer to a large bowl and stir in pepperoni, rice, marinara sauce, sun-dried tomatoes, pine nuts, vinegar and oregano.
4. Lay out tortillas. Sprinkle cheese evenly over tortillas. Place on a baking sheet and bake until cheese melts, about 2 minutes. Remove from oven and divide the pepperoni mixture among the tortillas.

## Niçoise-In-A-Blanket

SERVES 2

- 4 cups water
- 1 teaspoon coarse salt
- 1 cup trimmed green beans, cut diagonally into 1-inch lengths
- 3 tablespoons lemon juice
- 2 teaspoons Dijon mustard
- ½ teaspoon celery salt
- Freshly ground pepper to taste
- 1 tablespoon olive oil

- 1 can (6 ounces) solid white tuna packed in water, drained
- ½ cup chopped yellow bell pepper
- 2 tablespoons chopped, pitted black olives, such as Niçoise
- 2 tablespoons finely chopped red onion
- 2 tablespoons finely chopped fresh tarragon
- Two 10- or 11-inch flour tortillas
- ½ cup crumbled feta cheese

1. In a large saucepan, bring water and salt to a boil over high heat. Add beans and cook until crisp-tender and bright green, 2 to 3 minutes. Drain and refresh beans under cold water to stop cooking. Drain.
2. In a small bowl, whisk together lemon juice, mustard, celery salt and pepper. Drizzle in oil; whisk until mixture is creamy.
3. In a medium bowl, combine green beans, tuna, bell pepper, olives, red onion, tarragon and lemon juice mixture.
4. In a large nonstick skillet, over medium-high heat, warm each tortilla about 15 seconds per side (or heat in microwave, 10 to 15 seconds). Sprinkle feta cheese over tortillas and gently press into a circle in the center, leaving at least a 1-inch border. Divide salad evenly.

## Paella Style

SERVES 4

- 3½ cups cold water
- ¼ cup uncooked long-grain white rice
- 2 teaspoons plus 1 tablespoon olive oil
- 1½ teaspoons coarse salt
- ¼ teaspoon saffron threads, crumbled
- ¼ teaspoon turmeric
- 2 cups dry white wine or water
- 2 bay leaves
- 1 pound bay scallops
- 1 jar (6½ ounces) artichoke hearts, drained and chopped
- ¼ cup chopped roasted red pepper

## how to make a wrap



**STEP 1** Working with a warm tortilla, spread 1¼ cups filling on the bottom half. (If recipe calls for sauce, spread that on the tortilla first.)

**STEP 2** Fold right and left edges in over filling, then fold bottom edge toward center.

**STEP 3** Roll until filling is entirely enclosed. For an open-ended wrap, roll bottom edge first, then roll from one side.



- ¼ cup chopped, pitted black olives, such as Kalamata
- 1 tablespoon lemon juice
- 1 tablespoon chopped thyme
- 2 teaspoons chopped rosemary
- 1 teaspoon minced garlic
- Four 10- or 11-inch flour tortillas

1. In a medium saucepan, combine 1½ cups water, rice, 2 teaspoons olive oil, ½ teaspoon salt, saffron and turmeric. Bring to a boil over high heat, reduce heat to low, cover and simmer until liquid is absorbed, about 20 minutes.
2. In a large saucepan, heat remaining 2 cups water, wine, bay leaves and remaining 1 teaspoon salt. Bring to a boil over high heat. Add scallops and cook until opaque, about 2 minutes. Drain scallops and return to saucepan. Stir in warm rice, artichokes, roasted pepper, olives, lemon juice, thyme, rosemary, garlic and remaining 1 tablespoon olive oil; cook, stirring, over low heat until warmed through, 2 to 3 minutes.
3. In a large nonstick skillet, over medium-high heat, warm each tortilla about 15 seconds per side (or heat in microwave, 10 to 15 seconds). Divide rice mixture among tortillas.

## Asian Accent

SERVES 4

- 5 ounces maifun rice noodles
- 5 tablespoons seasoned rice vinegar
- ¼ cup fresh lime juice
- 1 tablespoon Asian fish sauce
- 1 teaspoon finely grated lime zest or 3 drops lime oil
- ¼ teaspoon crushed hot red pepper flakes
- 1½ cups grated carrot
- 1 cup chopped ripe mango
- ½ cup thinly sliced green onions
- ¼ cup chopped fresh basil
- ¼ cup chopped fresh mint
- 2 tablespoons sesame seeds
- Four 10- or 11-inch flour tortillas
- 4 large Boston lettuce leaves

1. In a medium bowl, cover noodles with hot water; let stand 10 minutes. Drain thoroughly.
2. In a large bowl, combine vinegar, lime juice, fish sauce, lime zest and pepper. Add noodles and toss to coat. Stir in carrot, mango, green onions, basil, mint and sesame seeds; mix well.
3. In a large nonstick skillet, over medium-high heat, warm each tortilla about 15 seconds per side (or heat in microwave, 10 to 15 seconds). Place 1 lettuce leaf in center of each tortilla; divide noodle mixture evenly.