

# Crespéou provençal

## Ingredients (serve 6):

- . 13 eggs
- . 1 soupsoon tomato coulis
- . 1/2 green bell pepper, grilled
- . 1 teaspoon black olive tapenade
- . 100g/3.52oz spinach, cooked in butter and garlic
- . 1/2 red bell pepper, grilled
- . Parsley, chives
- . Salt and pepper

**Preparation time:** 20 minutes

**Cooking time:** 25 minutes

**Cooling time:** minimum 2 hours

**Tool:** non-stick frying pan 20 cm/8 inches diameter

## Preparation

Mix the tomato coulis with 2 beaten eggs.

Mix the spinach with 2 beaten eggs.

Mix the green peppers with 2 beaten eggs.

Mix the red peppers with 2 beaten eggs.

Mix the tapenade with 2 beaten eggs.

Mix the parsley and chives with 2 beaten eggs.

Cook each omelette in non-stick frying pan in some olive oil.

Season with salt and pepper.

Pile them on top of each other, brushing a little beaten egg between layers.

Cook the omelette cake for 5 minutes in an oven at 160°C (320°F). Remove

from oven and leave to cool.

Keep in the refrigerator.

## Presentation

When cold, this omelette can be sliced easily.

You can serve little cubes on a stick for an aperitif or party. This omelette cake also makes a nice starter when accompanied with a green salad and olive oil dressing.



«My favorite wine:  
Côte de Provence Rosé, seductive and  
refreshing»

## TASTING NOTES

Red berries notes on the nose. An  
explosion of fruits on the palate  
with a nice refreshing finish.

  
My cheese selection  
MUNSTER  
FRANCE - ALSACE COW