



## Ingredients

Serves 6

For the yellow omelette

- 5 eggs
- 1 tablespoon of single/light cream
- Salt and pepper
- Olive oil
- 1 small onion, peeled and finely chopped
- A few threads of saffron, soaked in a little hot cream or water

For the green omelette

- 5 eggs
- Salt and pepper
- Olive oil
- A handful of baby spinach
- 3 tablespoons of fresh chopped tarragon
- 1 tablespoon of fresh chopped parsley
- 25g/1/4 cup of grated Parmesan

For the red omelette

- 5 eggs
- Salt and pepper
- Olive oil
- 8 cherry tomatoes, quartered
- 25g/1/4 cup of crumbled goat's cheese
- Fresh chopped soft herbs, to garnish

## From Season to Season

### *Crespou*

Crespou is a Provençal omelette cake in essence, with each layer offering a different colour and flavour. It is a useful thing for a big brunch-type occasion where you have many to feed; make it the day before and pop in the fridge overnight. You can be creative with a Crespou and mix and match the fillings – the ones I've picked are the things I happened to have to hand.

To make the yellow omelette, whisk the eggs with the cream and season. Heat a splash of olive oil in a small to medium-sized non-stick pan, add the onion, and to it the soaked saffron. Stir and cook until the onion is translucent. Pour in the whisked eggs and cook until set. When it is totally set, take the omelette off the heat and plate.

To make the green omelette, whisk the eggs and season. Heat the oil in the pan and add the spinach, tarragon and parsley. Add the eggs and the Parmesan and cook until set. Place on top of the yellow omelette.

To make the red omelette, whisk the eggs and season. Heat a splash of olive oil in the pan. Fry the tomatoes for a minute or so, then add the eggs, moving them around with a spatula. Add the goat's cheese and cook until set. Remove and place on top of the green omelette.

Wrap the three omelettes in greaseproof/wax paper and then wrap in a layer of tin foil, pressing them down. Refrigerate overnight and unwrap just before serving with a few more chopped herbs thrown on the top. Cut as you would a cake and serve with a green salad.



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