

Tuna and Pepper Egg Crepe

On a recent brunch outing, my husband had an egg crepe filled with white fish and veggies. When he got it, it looked pretty similar to an omelet, but after one bite, he could tell a difference, and the next time I made him an omelet, he wanted to know if I could make something similar.

Challenge accepted.

I've made crepes plenty of times, and while they are made with eggs, the addition of flour and milk turns into more of a thin pancake. The egg crepe was thinner and lighter than an omelet, but it was definitely an egg dish. I had a few ideas on how to make something similar.

I'll spare you the details of the many eggs I cooked up (with flour, with too much milk, etc.) and just share the end result, which was a little bit of milk, no flour, and an extra egg yolk, which added richness.

I cooked it in Ava Jane's Kitchen Avocado Oil, and if you've ever made crepes before, the process is pretty similar. You'll need a very nonstick skillet — not necessarily a crepe pan, but something that you know eggs won't stick to. I used my 9-inch well-seasoned cast iron skillet, and it worked well, but flipping will probably take practice.

For filling, I used a combination of Barnacle Bill's Oregon Hook and Line Caught Albacore Tuna, roasted tomatoes, sliced peppers, and capers. Lots of fresh ground pepper and Colima Sea Salt rounded it off. The filling makes enough for about 2 crepes, so fill your crepe with half and make another one tomorrow.

All in all, my husband said it was pretty close to what he had at brunch that day, but delicious nonetheless.

Tuna and Pepper Egg Crepe

Prep time: 15 minutes

Serves 1

Ingredients:

Crepe:

2 whole eggs

1 egg yolk

3 tablespoons milk

Pinch salt

2 tablespoons Ava Jane's Kitchen Avocado Oil

Filling:

1 package Barnacle Bill's Oregon Hook and Line Caught Albacore Tuna
1/2 cup sliced bell peppers, any color
1/2 cup roasted tomatoes (or just use halved cherry tomatoes)
1 tablespoon capers
2 green onions, sliced
Colima Sea Salt and fresh ground pepper

Directions:

Beat the eggs, egg yolk, and milk with a pinch of salt until well combined and frothy. Heat a 9-inch nonstick skillet over medium heat. Add the oil, and pour the eggs into the pan. Swirl the pan until the eggs are spread out, and cook the crepe for about a minute. Carefully, flip with a spatula and cook until eggs are done. Slide onto a plate.

Combine the filling ingredients in a bowl and spoon into the crepe. Fold in half and enjoy!