



Tuna Salad

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 can tuna (preferably solid white albacore, packed in water) - pinch onion powder - pinch garlic salt - ground pepper 4 grinds on a mill - two pinches Fines Herbes (french blend of dried thyme, oregano, sage, rosemary, marjoram and basil) - 1 tablespoon mayonnaise (or substitute a whipped emulsion of 1 teaspoon dijon mustard in 1 tablespoon extra virgin olive oil) - 1 tablespoon sweet pickle relish (or substitute rough chopped capers) - 2 tablespoons grated parmesan cheese

Instructions

This variation on the standard Tuna Salad comes from many years of experimentation with it, and from my friend Rob who introduced me to the joys of Fines Herbes. That is the kicker - it adds a wonderful blend of herbs to the mix that just go really well with the tuna. sometimes its best to let the mixture sit and 'steep' for 15 minutes before serving.

1. open and drain the tuna can of its water. some residual is ok
2. empty tuna into a mixing bowl
3. add the remaining ingredients
4. carefully mix together, preserving some of the larger chunks of fish for texture
5. serve on toasted bread, or over broad leaf lettuce