

The Marian Quinn-Carter Memorial High Kings of Ulster Tuna Casserole



Jane Urquhart, Springsong's 2005 Guest Author, writes: "This casserole from my mother was traditionally made to feed lunch to all the Quinn relatives who came to the Northumberland County Cemetery on Decoration Day, the 2nd Sunday in June. 'High Kings of Ulster' was added to the name when I discovered the home farm in County Antrim, Northern Ireland. Local folklore suggests that an ancient rock overlooking Loch Neagh marked the spot where the High Kings of Ulster were crowned many centuries ago. What would the High Kings have thought of this dish, I wonder?"

INGREDIENTS

2 TO 4 CUPS macaroni pasta (or more depending on how many you want to feed)

1 CAN condensed cream of mushroom soup plus 1 cup milk (or 1 can ready-to-serve soup)

2 CANS solid white tuna

2 CUPS frozen peas

1 PACKET of button mushrooms

2 CUPS shredded cheddar or Swiss cheese (reserve a quarter cup for sprinkling on top)

2 cloves garlic

Fresh parsley, chopped

A couple of pinches of thyme

Salt and pepper to taste

2 TBSP lemon juice

Bread or cracker crumbs or corn flakes

2 TSP of butter

¼ CUP of reserved shredded cheese

METHOD

Preheat oven to 350°F.

Boil the pasta until soft. Dump it into a 60s retro casserole dish.

Open the can of soup and dump directly into the pasta. Pour in the milk.

Open the cans of tuna, break the tuna into pieces, and dump into pasta.

Dump frozen peas into pasta.

Wash and dry the mushrooms and dump these in, too.

Shake in shredded cheese, reserving a quarter cup for the topping.

Add minced garlic, parsley, thyme, salt and pepper, and lemon juice.

With a large, hard spoon (wood or plastic) stir it all together.

Sprinkle reserved shredded cheese on top, then bread or cracker crumbs or crushed cornflakes to cover. Dot with butter.

Throw it in the oven and cook for 30 to 40 minutes.

SERVES 4 OR MORE

