THE STIRRING LIFE

Mom's Old School Tuna & Shells Remixed

Cold pasta salad with dill, capers and cornichons

The tuna gets smashed down with a fork until it disappears into the dressing
Sweet, tangy and loaded with dill — it needs a few hours in the fridge before it tastes right

INGREDIENTS

The Salad

- 1 lb box medium shells
- 3 cans tuna, drained — water or oil
- 12 oz bag frozen peas
- 1 large carrot or 2 small, grated
- 7–8 scallions, sliced
- ½ cup fresh dill, chopped
- ¼ cup cornichons, chopped
- 1–2 Tbsp capers
- ½ cup fresh parsley, chopped

The Dressing

- ½ cup sour cream
- ½ cup mayonnaise
- 2 Tbsp extra virgin olive oil
- 1 Tbsp Dijon mustard
- 1 Tbsp mustard seed
- 1 Tbsp pickle juice
- 3–4 Tbsp sugar
- A dash or two of hot sauce

INSTRUCTIONS

1. Boil the shells. Cook to al dente, drain and let them cool.
2. Smash the tuna. Drain it and mash it really well with a fork. You do not want chunks — it should go fine enough to fold all the way through.
3. Mix the dressing. Whisk together the sour cream, mayonnaise, olive oil, Dijon, mustard seed, pickle juice, sugar and hot sauce.
4. Combine. Add the tuna, frozen peas, grated carrot, scallions, cornichons and capers to the cooled shells.
5. Dress it. Fold the dressing all the way through so everything is coated.
6. Dill and parsley. Fold in the dill and parsley once everything else is mixed through, right before it goes in the fridge.
7. Chill. Refrigerate 2 to 3 hours before serving. It needs the time.

The sugar is doing real work here — it is what keeps it from tasting like plain mayonnaise. Taste it after it has chilled, not before; cold flattens the sweetness.