

Tuna Tetrazzini & Creole Seasoning

Serves 10-12

- 1 medium onion, chopped
- ½ large red bell peppers, chopped
- 105 g unsalted butter
- 1 clove minced garlic
- 450 g white button mushrooms, ends trimmed, sliced
- 1½ tsp Creole seasoning (*see below*)
- ½ tsp chopped fresh thyme
- 32 g all-purpose flour
- 60 ml dry white wine
- 475 ml chicken stock
- 400 ml heavy cream
- 340 g wide egg noodles
- 510 g white tuna, drained and broken up (or use turkey, chicken)
- 1 T chopped fresh parsley
- 1½ tsp salt
- ¾ tsp freshly ground black pepper
- 30 g freshly grated Parmesan cheese
- 156 g potato chips, crushed



1. Preheat the oven to **190°C**. (*30 minutes total baking time*)
2. Sauté the **onions** and **bell peppers** in **84 g butter** in a large skillet or Dutch oven over high heat until soft, **about 4 minutes**.
3. Add the **garlic** and cook **for 2 minutes**, stirring.
4. Add the **mushrooms**, **Creole seasoning**, and **thyme** and cook, stirring occasionally, until the mushrooms are soft and have released their liquid, **about 6 minutes**.
5. Sprinkle with the **flour** and cook, stirring, **for 2 minutes**.
6. Add the **wine** and **chicken stock** and cook, stirring, until smooth and thick, **about 2 minutes**.
7. Add the heavy **cream** and bring to a boil. Reduce the heat to medium and simmer, stirring occasionally, until the sauce is thick enough to coat the back of a spoon and very flavorful, **15 to 20 minutes**.
8. Meanwhile, bring a large pot of salted water to a boil and cook the **egg noodles** until al dente, about 10 minutes. Drain in a colander and set aside.
9. Butter a 9 x 13-inch casserole or baking dish with the remaining 14 g of **butter** and set aside.
10. When the sauce has thickened, add the **noodles**, **tuna**, **parsley**, **salt**, **black pepper**, and **Parmesan** to the skillet and stir until thoroughly combined. Transfer to the prepared casserole and top with the **potato chips**.
11. Bake uncovered until bubbly and golden brown, **about 30 minutes**. Serve immediately.

<https://www.emerils.com/126640/tuna-tetrazzini>

Creole Seasoning

- 2½ T paprika
- 2 T salt
- 2 T garlic powder
- 1 T black pepper
- 1 T onion powder
- 1 T cayenne pepper
- 1 T dried leaf oregano
- 1 T dried thyme

Mix together and store in airtight container.