

A Well-Rounded Tuna Sandwich

From Tom Souers, Tisch Library, Tufts

Ingredients:

- Tuna [solid white albacore; 6 oz. cylindrical can, if you can still get that size in this era of tuna can downsizing]
- Mayonnaise [the real thing, not some substitute]
- Bread [whole wheat]

Instructions:

1. At 5:55pm, just before the start of the local tv news, open the can of tuna with a standard can opener.
2. Drain the tuna by pressing the lid against the can's contents and inverting the can.
3. Put the tuna in a circular bowl, and break it [the tuna, not the bowl] up into small pieces with a fork.
4. Add 3.1416 tablespoons of mayonnaise.
5. Mix the tuna and mayonnaise with the fork.
6. Put half of the tuna on a slice of bread.
7. Put the other slice of bread on top of the tuna, thus completing the sandwich-making per se.
8. Put the rest of the tuna into a closed and tightly sealed circular container.
9. Put the container in the refrigerator so as to preserve the tuna for tomorrow's sandwich.
10. Put today's sandwich into a plastic baggie, then a lunch bag, and take it to work for lunch.
11. Repeat the cycle every other day, using the refrigerated tuna on intervening days, but skip step 10 on weekends!