

TUNA CRYSTALS

5 cans tuna
½ c. butter
½ c. cumin
¼ tsp. vanilla

Take water from 4 or 5 cans of tunafish. Microwave water for 30 minutes. Scrape off residue. Reconstitute residue with water or use milk for richer flavor. Microwave again for 30 minutes and repeat process 5 or 6 times or until crystals form.

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