



Another week another category - [Tinned Fish Recipes](#) . I'm not sure how much this qualifies as a tinned fish recipe since you make the soup and then just throw half a tin of mackerel (in sunflower oil) into each bowl. I originally set out to make

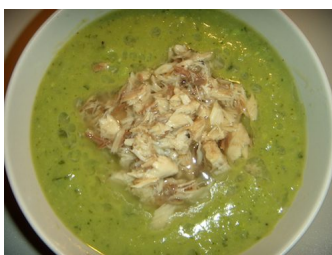
[an easy peasy Pea Mint Soup](#)

except that when I went to the supermarket today what I picked up was Cockscomb Mint (Kinh Gi i). It looks like mint. It's green and it's got those nettle type leaves but unfortunately it does not taste like mint. No. So what does Cockscomb Mint taste like? Well, it's actually quite hard to describe. I knew it reminded me of something but it took me a while to put my finger on it - it tastes a bit like red Strepsils. You know how they have this strange hard to describe taste and you're not sure if it really is a taste or just your taste-buds' reaction to the numbing agent? That's what it tastes of - except there is no numbing sensation. I know I'm not really selling this soup. Initially when I realized my mistake I thought "I'll make the soup with this stuff, take a photo but put up

[the pea-mint soup recipe](#)

". But then when I had it made I quite liked it. The Pea Mint Soup is sweet, refreshing and warming. This isn't all that sweet and I wouldn't describe it as refreshing (obviously it's warming it's hot soup) but I did like the taste, though it tasted more like an accompaniment to something rather than the whole dish. So I opened a tin of mackerel flaked it up, dumped half the tin in the bowl of my new green soup and drizzled half the oil over the soup as well. And I liked the result so much that I thought this will be this week's recipe.

So I decided to create this new category. And then I remembered this idea my brother had for a recipe book/site/restaurant - Cans - everything is made from canned food. I think it's a great idea. How great is it to just empty a few cans of different stuff, add some herbs, spices and seasoning and get something that tastes great? I don't have enough culinary imagination to come up with more than a couple of recipes though. I checked with my brother before posting his idea to the world (or rather to about 50 people) and he's says if someone wants to set up the restaurant he'll invest. Is he serious? Probably not, but he's the sort of person that you're never quite sure. So would-be Cans restaurateurs send enquiries to twimkat@twimii.com and I'll pass them on.



The way I make Green Mackerel Soup is

Ingredients

Serves 4

- 2 medium-sized onions, chopped roughly
- 3 cloves garlic, sliced
- 250g frozen brussel sprouts, sliced
- 400g frozen peas
- 1 tsp ground cumin
- pinch ground allspice
- 1/2 tsp grated nutmeg
- handful fresh cockscomb mint, leaves no stalks
- 250 ml water
- 1 tsp soft brown sugar
- salt & pepper
- 2 tbsp sunflower oil
- dot of butter
- 2 tins mackerel in sunflower oil

Instructions

1. Gently heat the oil in a large saucepan. add a dot of butter and when it's melted add in the onions and a spoon of water (or black tea if handy). Cover the pan and leave on gentle heat for 15 mins.

2. Add in the garlic, the cumin and the allspice - make sure to only use a small pinch of the allspice as it goes a long way. Stir around, cover and leave for a further 5 minutes.

3. Add in the brussels sprouts and the nutmeg. Add a pinch of salt and pepper. Turn up the heat a little, stir around and cover for another 5 minutes.

4. Boil 250ml water (about 2 cups) in the kettle. Add the cockscomb mint, then the peas and cover with the boiling water. Add the sugar. Stir around gently. Turn up the heat to max and leave to boil for 10 mins.

5. When it's ready, take of the heat. Leave to cool for a minute. Blend in a food processor or with hand blender. Taste again and add salt if necessary. Ladle the soup into 4 bowls.

6. Open the tins of mackerel and flake the fish. Spoon half a tin of the mackerel into each bowl and drizzle with the oil from the tins.