Epicurean Cowboy Spice Rubbed, Cedar Planked, Salmon Tacos

Gluten Free Very Healthy

READY IN	SERVINGS	CALORIES
40 min.	8	1442 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 2 anaheim chiles fresh fire roasted chopped
- [ ] 0.5 head cabbage chiffonade fresh green
- [ ] 3 cedar grilling planks for 3 hours (soaked)
- [ ] 2 pasilla chiles fresh fire roasted stemmed seeded chopped
- [ ] 0.3 cup roast coffee dark
- [ ] 48 corn tortillas fresh homemade (preferably)
- [ ] 1 pound cotija cheese crumbled for topping tacos

- [ ] 0.3 cup curry powder
- [ ] 1 bunch cilantro leaves fresh chopped (yields approximately 1 cup)
- [ ] 1 bunch flat parsley fresh chopped (yields approximately 1 cup)
- [ ] 1 teaspoon garlic powder
- [ ] 3 cups brown sugar
- [ ] 1 bunch green onion fresh chopped (yields approximately 1 cup)
- [ ] 0.3 cup ground cumin
- [ ] 0.3 cup coarsely ground pepper black
- [ ] 0.3 cup ground turmeric
- [ ] 1 teaspoon kosher salt
- [ ] 1.5 tablespoons squeezed lime juice fresh
- [ ] 0.5 head cabbage fresh red
- [ ] 6 pounds salmon fillet wild boneless skinless
- [ ] 0.5 cup seafood seasoning (recommended: Old Bay)
- [ ] 2 serrano chiles diced finely

Equipment

- [ ] bowl
- [ ] grill
- [ ] aluminum foil

Directions

- [ ] Watch how to make this recipe.
- [ ] Thoroughly mix all of the rub ingredients in a glass bowl and set aside. Cooks Note: Can be sealed in storage bag or jar for up to 1 week. This will make about 6 cups.
- [ ] Combine all of the ensalada ingredients in a glass bowl and mix well. Set aside for tacos.
- [ ] Cut the salmon fillet into 3 equal parts and arrange on the pre-soaked cedar planks. Cover the salmon liberally with the spice rub (approximately 1 cup per pound). It is ok if some spice rub falls onto the plank.

- [ ] Heat the grill to high.
- [ ] Put the salmon planks over very hot mesquite/oak or hickory coals and cover the grill until the spice rub has melted to form a coating over salmon and plank, about 7 to 10 minutes.
- [ ] Remove the cover from the grill. If the planks flame up be sure the flames do not scorch the fillet, as the taste of burned sugar should not be the dominating flavor.
- [ ] Remove the salmon planks from the grill and loosely cover with foil. Allow the fillets to rest for 2 to 3 minutes.
- [ ] Add the fillets to a large bowl and set aside. In the meantime, toast the corn tortillas over the hot coals or on a preheated comal.
- [ ] Add the ensalada to the bowl with the salmon and stir lightly to combine.
- [ ] Using 2 overlapping toasted corn tortillas, scoop some of the salmon mixture onto the tortillas and top with some of the cheese. Repeat with the remaining tortillas and filling. For authentic Baja style service, use simple paper boats for serving vessels. The boats will allow the tacos to stand upright for better presentation.

Nutrition Facts

PROTEIN **24.55%** FAT **25.87%** CARBS **49.58%**

Properties

Glycemic Index:43.31, Glycemic Load:34.27, Inflammation Score:-10, Nutrition Score:74.485652166864%

Flavonoids

Cyanidin: 110.03mg, Cyanidin: 110.03mg, Cyanidin: 110.03mg, Cyanidin: 110.03mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 15.43mg, Apigenin: 15.43mg, Apigenin: 15.43mg, Apigenin: 15.43mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 1441.8kcal (72.09%), Fat: 42.44g (65.3%), Saturated Fat: 12.39g (77.43%), Carbohydrates: 183.08g (61.03%), Net Carbohydrates: 162.5g (59.09%), Sugar: 87.33g (97.03%), Cholesterol: 237.57mg (79.19%), Sodium: 1279.29mg (55.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 90.64g (181.28%), Vitamin K: 248.23µg (236.41%), Selenium: 146.51µg (209.31%), Vitamin B6: 3.99mg (199.49%), Vitamin B12: 11.78µg (196.27%), Manganese:

3.29mg (164.32%), Vitamin B3: 31.58mg (157.89%), Phosphorus: 1510.09mg (151.01%), Vitamin B2: 2.04mg (120.23%), Iron: 19.36mg (107.55%), Vitamin C: 84.19mg (102.05%), Potassium: 2992.24mg (85.49%), Magnesium: 335.01mg (83.75%), Fiber: 20.58g (82.3%), Vitamin B1: 1.19mg (79.17%), Calcium: 770.93mg (77.09%), Copper: 1.51mg (75.32%), Vitamin B5: 6.88mg (68.76%), Zinc: 7.44mg (49.59%), Folate: 184.87µg (46.22%), Vitamin A: 2161.83IU (43.24%), Vitamin E: 3.11mg (20.73%), Vitamin D: 0.23µg (1.51%)