

Wild Alaska Salmon and Egg Breakfast Tacos



Preparation Time: 5 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

For the tacos:

Avocado oil for the baking sheet

1 pound center-cut piece wild Alaska salmon

1 tablespoon olive oil

1/2 teaspoon salt

1/4 teaspoon fresh ground black pepper

1 lemon, sliced

1 teaspoon ancho chili powder (optional)

8 (5- to 6-inch) corn tortillas

1 tablespoon butter or ghee

6 large eggs, lightly beaten in a bowl with a pinch of salt

Optional toppings:

1 lime, cut into quarters

1 medium avocado, pitted, sliced, and scooped

1 medium ripe tomato, chopped or sliced

1/4 cup chopped red onion

1/4 cup chopped fresh cilantro

1/2 cup crumbled queso fresco

Jalapeno slices

Description:

1. Preheat the oven to 325°F. Line a rimmed baking sheet with foil and brush or spray with avocado oil.

2. Prepare and bake the salmon: On the baking sheet, place the salmon fillet. Brush all over with the olive oil, and sprinkle with salt, pepper and chili powder (if using). Top with lemon slices.

Roast for 15 to 18 minutes, or until the fish is cooked through and opaque.

Remove from the oven and rest for a few minutes. With a large spoon, break the salmon into large chunks, leaving the skin behind.

At this point, the salmon can be served immediately while warm, or you can cool, store, and serve the tacos another day.

3. Meanwhile warm the tortillas: Turn a gas burner to medium-low. When the burner grate is hot, place a tortilla directly on the grate for about 20 seconds, or until it starts to puff slightly. With tongs, turn it over and let it heat for a few more seconds on the other side. A little charring at the edges adds flavor.

Remove and immediately fold each tortilla in half. Tuck them inside a tea towel or cloth napkin to keep them hot.

Alternatively: Set a dry skillet over medium heat and heat until hot. Lay one tortilla at a time on the hot pan and warm, fold, and cover as above.

4. Scramble the eggs: In a skillet over medium low heat, melt the butter or ghee. Add the eggs and whisk in small circles, moving constantly, all around the bottom of the pan. Do not stop stirring. The eggs will begin to thicken fairly quickly and then mysteriously thin out. Don't panic; they will begin to thicken again.

If you see the eggs at the bottom of the pan begin to cook faster than the rest, move the pan off the heat. Keep stirring in small circles until the cooked eggs in the bottom of the pan are incorporated. Return the pan to the heat. Continue to cook, moving the pan on and off the heat as needed, until the eggs scramble into soft, small curds. (This only takes a minute or two.)

When the eggs are almost fully cooked, but still a little wet, take the pan off the heat and stir just until they are cooked enough for your liking.

5. Assemble the tacos: In each folded tortilla, place a few chunks of salmon and squeeze a few drops of lime juice over them. Add a spoonful of eggs. Top with whatever toppings you like and serve immediately.