

Border Grill Grilled Alaska Salmon Tacos with Corn Relish

Prep time: 40 minutes

Cook time: 10 minutes

Servings: 4

1-1/2 pounds wild Alaska Salmon
Extra virgin olive oil, for drizzling
Salt and freshly ground black pepper, to taste
12 small (4 to 6-inch) corn tortillas, warmed
6 lettuce leaves, torn in half
Corn Relish (see recipe below)
2 avocados, halved, seeded, peeled, and thinly sliced, for serving
Crema or sour cream, for serving

Preheat a medium-hot grill, broiler oven, or pan on the stovetop over medium-high heat. Drizzle Alaska Salmon with olive oil, season with salt and pepper, and cook until nearly opaque throughout, about 2 to 5 minutes per side, depending on the thickness. Remove the fish from the grill or pan, let cool slightly, and then pull apart into large flakes.

To assemble tacos: Place warm tortillas on a work surface and line each with a piece of lettuce. Top with chunks of fish, a generous spoonful of Corn Relish with plenty of vinaigrette, a couple slices of avocado, and a dollop of crema or sour cream.

* To warm, dip corn tortillas in water, shaking off excess. Toast, in batches, in a nonstick pan over moderate heat, about 1 minute per side. Wrap in towel to keep warm.

Corn Relish

Makes about 5 cups

3/4 cup extra virgin olive oil
4 cups fresh corn kernels (about 5 ears)
1 teaspoon salt
3/4 teaspoon freshly ground black pepper
1 large red bell pepper, cored, seeded, and cut into 1/4-inch dice
4 poblano chiles, roasted, peeled, seeded*, and cut into 1/4-inch dice
4 scallions, white and light green parts, thinly sliced on the diagonal
1/2 cup red wine vinegar

Heat 1/2 cup of the olive oil in a large skillet over medium heat. Sauté the corn with the salt and pepper, about 5 minutes. Transfer to a large mixing bowl and set aside to cool.

Add diced peppers to the sautéed corn along with the scallions, red wine vinegar, and remaining 1/4 cup olive oil. Mix well and let sit 20 to 30 minutes to blend the flavors. Serve at room temperature.

* Fresh chiles can be roasted over a barbeque, gas stovetop flame, or on a tray under the broiler. Keep turning so the skin is evenly charred, without burning and drying out the flesh. Transfer charred chiles to a plastic bag, tie the top closed, and let steam about 10 to 15 minutes. The best way to peel is just to pull off the charred skin by hand and then dip the chiles briefly in water to remove any blackened bits. Do not peel the chiles under running water since that will wash away flavorful juices. Once peeled, cut away stems, seeds, and veins.

Nutrients per serving: 718 calories, 44g total fat, 11g saturated fat, 56% calories from fat, 107mg cholesterol, 44g protein, 38g carbohydrate, 10g fiber, 554mg sodium, 155mg calcium and 2340mg omega-3 fatty acids.

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