

# Salmon Belly Tacos

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These succulent and savory tacos are sort of a remix between classic Tex-Mex tacos and southern barbeque. The coleslaw recipe is inspired by KFC's slaw, and is a milky-sweet version. Mine is quite lemony, since I wanted that flavor pairing with the salmon. You can reduce the lemon ingredients if you're not so into that. Also, I include the recipe for the marinade/baste for the salmon that I made, but you could always just buy a bottle of maple-bourbon marinade or something similar to save time.

## Coleslaw (Make ahead of time)

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This makes more slaw than you'll need to go with the other components, so consider halving if you don't want a bunch of leftovers

### Veggies

- ½ Head Cabbage (Red or Green)
- 2 Carrots
- 1 Jalapeño
- 2 Tbsp Onion (I use red onion if I'm using green cabbage, and scallions (green onions) if I'm using red cabbage for more color!)

Grate or chop cabbage, grate carrots, finely dice jalapeño (remove seeds if you don't want it spicy) Cut onions into thin ribbons or dice. Combine in a large bowl or Tupperware and set aside.

### Dressing

- ¼ Cup Mayonnaise or Vegannaise
- ¼ Cashew Milk (or whatever ya got as long as it's not sweetened or flavored)
- 1 Tbsp Lemon Juice (fresh is best)
- 1 Tbsp Sugar
- 1 Tbsp White Vinegar
- ½ tsp Lemon Zest
- Salt & Pepper to Taste

Whisk all ingredients together vigorously, then pour over your cabbage mixture. Mix it all up really well, then cover and chill for at least an hour.

## Beans

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- 1 Tbs Oil
- ½ Cup Diced Onion
- 3 Cloves of Garlic (Minced or Pressed)
- 1 Small Tomato, Diced
- ½ tsp of Cumin
- Dash of Chipotle Chili Powder
- Dash of Ancho Chili Powder
- Dash of Cayenne Pepper (Or your favorite hot sauce)
- Dash of Oregano
- 1 Can Black Beans (drained and rinsed)
- Salt to Taste

Heat a medium saucepan over a medium flame, then add a few drops of oil and your garlic and onion. Once that's browned a bit, add the tomato, some more oil and a little salt. Let that cook down for about 4-5 minutes, then add all your spices. (Don't add salt till the end) Stir it around and let 'em feel the heat for a minute. Then add the black beans, turn down the flame and let it all cook together for about 5 minutes. If your mixture is dry and sticking, you can add a little broth or water (not too much) and let that all simmer. Done.

## Maple Barbeque Marinade

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- ½ Tbsp Oil
- 1 Tbsp Tomato Paste
- ½ tsp Mustard
- 1 tsp Worcestershire Sauce (My store brand is vegan. If it doesn't list 'fish' as an allergen then it doesn't have anchovies.)
- Dash of Cayenne Pepper (add more if you want it spicy)
- ¼ tsp Salt
- ¼ Cup Maple Syrup
- 3-4 Drops of Liquid Smoke (Don't skip this, it's so good!! But don't overdo it either)

In a small saucepan over low heat, toast the tomato paste in the oil for a few minutes. Then add the mustard, Worcestershire sauce and cayenne pepper. Get out a little whisk and whisk it up, baby. Cook together for a minute, then add the rest of the ingredients. Use salt to taste.

## Cook the Fish and Assemble the TACOS!!!

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*Preferred Method for Cooking Fish:* Salmon belly is fatty, so you don't need to add oil. It is also rather thin, so it should fully cook rather quickly. Plop it into a hot frying pan to sear on one side. While that's going, slather some marinade on top. Flip it and let that stuff caramelize onto the bottom. Put marinade on the side you cooked already and flip once more. You want the marinade to brown and crisp onto the fish.

If you *can't find salmon belly* and are using a filet, you may want to finish it in the oven (say 425 degrees for 6-10 minutes, depending on how done you like it) after putting a little more marinade on top to keep it moist. Also, oil your pan just a little. Use a cast iron pan if you don't want to have to move it to a sheet pan.

### Taco Time:

I use whole wheat tortillas because of the heart-healthy whole grains. It adds a rich flavor to the taco, that I think pairs perfectly, but really you can use whatever tortilla you like.

Layer some salmon, then beans, then slaw on top. If you like to squeeze citrus on your tacos, go with lemon instead of lime. Optionally top with vegan sour cream, hot sauce or cilantro, and enjoy!