Salmon Tacos!

Ingredients for Salmon:
- 4, 6–7 ounce pieces of salmon
- 2 tablespoons oil
- 1 tablespoon lime juice
- 1 tablespoon paprika
- 1 teaspoon cayenne
- 1 teaspoon cumin
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon pepper
- 1 teaspoon salt

Other Ingredients:
- 10 corn tortillas
- 2 ripe avocados, diced
- 2 large tomatoes, diced
- 1 onion, finely chopped
- ¼ cup of cilantro, finely chopped
- 1 lime cut into small wedges

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Tacos, a Mexican classic, are becoming more popular around the globe, and they are constantly being adapted in new and interesting ways. Said to originate from Baja California, Mexico, the fish taco has made its way into the hearts of many people all over the world. This recipe blends Mexican flavors with the North Pacific’s tastiest fish.

To prepare the salmon, start by adding the oil and lime juice to a bowl. Then add all your desired spices and mix well. Coat each of the salmon pieces completely in the spice mixture. Then cook each of the salmon pieces in a skillet, taking care not to overcook the salmon. Each side should be cooked for approximately 2–3 minutes, depending on the thickness of the piece. Then set aside the salmon to let it cool before removing the skin and shredding the meat into small chunks.

Warm the tortillas in a skillet over the stove before serving. Then add salmon, avocados, tomatoes, onions, cilantro, a bit of lime juice, and enjoy!

The great thing about tacos is that you can easily adapt the recipe to please your own taste buds. This recipe can be used as a baseline and provides just a few topping ideas, but feel free to get creative and make it your own! Some tricks include adding cheese, a mango salsa for a sweeter taste, or a nice hot sauce and/or chilis if you prefer it a bit spicier.

Caroline Graham was born and raised in the landlocked United States but was always looking for opportunities to get out on the water, whether it was a lake, river, or pool. She graduated from a small school in the cornfields of Iowa, called Grinnell College, with a bachelor’s degree in Biology in 2016. During her time at Grinnell, she participated in a joint marine science and policy program run by the Sea Education Association, during which she sailed from Puerto Rico to Bermuda to New York on a tall ship studying microplastic pollution and high seas policy. This sparked her interest in marine/aquatic science, as well as international policy, which led to a string of other adventures. These included invasive fish removal in the Grand Canyon, tow net surveys in Puget Sound, salmon habitat assessments in the rivers of Alaska, and finally a year in Mexico studying the impacts of seaweed on coastal ecosystems. Caroline was an NPAFC Intern in 2017 and authored an article in the NPAFC Newsletter (43: 10–16) addressing growing fish for a growing world: the future of salmonid aquaculture.