

## Baking: Salmon

*Preheat the oven to 450°F for fillets or 350°F for a dressed (stuffed) fish.*

*You can bake the fillets at a lower temperature, if desired, but remember to increase the cooking time.*

*Bake salmon fillets or steaks, uncovered, for 4-6 minutes per 1/2-inch thickness.*

*For a dressed (stuffed) salmon, bake for 6-9 minutes per 8 ounces of fish.*

*To test for doneness, insert a fork into the salmon and gently twist. The salmon is done as soon as it begins to flake. Be sure to test at the minimum baking time. When done, the salmon will be opaque with milky-white juices.*