

BAKED SALMON

Once these foil packets are prepared, the fish can be baked on a grill or in your oven set at 350 degrees. Always plan on about 10 minutes of baking time per inch of thickness for this or any seafood. Use heavy duty foil and even consider doing a double layer to avoid leaks.

Place thin slices of mild onion and lemon on bottom of foil pack. Place salmon filets, skin side down on top of onions and lemon slices. Drizzle good grade olive oil over the top of salmon (or use melted butter if you prefer) Season with salt, pepper, fresh dill or basil and top with a few more slices of lemon and onion. Crimp and seal tightly but leave a bit of air space above the salmon. Bake or cook on grill for about 10 minutes per inch of thickness. Check for doneness prior to serving. Don't overcook! Plan on about ½ lb per person. There won't be leftovers.