

# Ocean Pride Seafood Specials

2894 BUNSEN AVE. UNIT B VENTURA (805) 644-4310

## Shark \$6.95



### Ingredients

3 (8 ounce) shark steaks  
¼ cup soy sauce  
¼ cup Worcestershire sauce  
2 tablespoons onion powder  
2 tablespoons garlic salt  
2 tablespoons chopped fresh thyme  
2 tablespoons ground black pepper  
2 tablespoons chili powder

### Directions

Step 1 Rinse the shark steaks and trim off any skin. Step 2 Mix together the soy sauce, Worcestershire sauce, onion powder, garlic salt, thyme, black pepper, and chili powder in a small bowl to form a paste. Spread a thin layer of the soy sauce mixture on both sides of each shark steak. Place on a plate and cover. Allow to marinate in the refrigerator at least 30 minutes. Step 3 Preheat oven to 325 degrees F (165 degrees C). Step 4 Arrange the shark on a baking sheet. Bake the shark in the preheated oven until cooked completely through, about 40 minutes, turning the steaks over once, about half-way through the cooking time.

## Petrале Sol \$13.95



### Ingredients

4 portions Petrale sole (6 ounces each) Salt and pepper, to taste  
¼ cup all-purpose flour  
1 tablespoon olive oil  
4 tablespoons unsalted butter, divided  
1 tablespoon shallots, minced  
½ cup white wine  
1 lemon, juiced  
1 tablespoon basil, minced

### Directions

Preheat a sauté pan over medium-high heat. Season sole with salt and pepper, then dust with flour. Add olive oil to the hot sauté pan, along with half the butter, and sauté fish skin-side up until golden brown, 2-3 minutes. Flip and continue cooking skin-side down to desired degree of doneness. Remove fish from pan and keep warm until serving. Return pan to stove and bring to medium-low heat. Being careful not to burn the butter in the pan, sweat shallots for 1 minute. Deglaze the pan with the white wine. Reduce the wine by half and whisk in the remaining butter to emulsify. Finish the sauce with lemon juice, minced basil and salt and pepper to taste. Serve fish drizzled with lemon butter sauce.

## Orange Roughy \$16.95



### Ingredients

½ cup dry bread crumbs  
¾ teaspoon salt  
½ cup orange juice  
2 tablespoons reduced-sodium soy sauce  
1 tablespoon butter, melted  
1 tablespoon olive oil  
½ teaspoon lemon juice  
4 orange roughy fillets (6 ounces each)

### Directions

In a shallow bowl, combine bread crumbs and salt. In another shallow bowl, combine the orange juice, soy sauce, butter, oil and lemon juice. Dip the fillets into orange juice mixture, then coat with crumb mixture. Place in a 13-in. x 9-in. baking dish coated with cooking spray. Bake, uncovered, at 450° for 15-18 minutes or until fish flakes easily with a fork.