

# OCEAN PRIDE SEAFOOD

*Serving Ventura County the Freshest Fish Since 1996*

## OPAH

**\$14.95**

### INGREDIENTS

1 pound Opah (Moonfish)  
1/2 cup white cooking wine  
rosemary  
Italian Seasoning  
salt  
mixed pepper  
2 tablespoons lemon juice  
extra virgin olive oil  
2 whole lemons

### INSTRUCTIONS

Preheat oven to 210 degrees. You want to bake fish longer at a lower temperature to avoid drying it out. I first take the fish steaks and rub them down with the olive oil. I then sprinkle salt and pepper on them. Next, I mix the cooking wine, salt, pepper, 2 tablespoons lemon juice, 1 tablespoon olive oil, Italian seasoning and rosemary (sorry, I didn't measure some). Mixed it in a bowl and used a rubber basting brush and brushed it on. Next, I heated up a frying pan on medium heat. Once hot, I then seared the fish steak. I had no idea how to sear, so I had to look it up. (Here is a quick how-to sear) Lastly, I cut up the whole lemons. I layer one on the bottom and add a few shakes of the salt and pepper. Then place my fish steaks and finally cut up and layer the other lemon on the top of the fish. I bake it at 210 degrees until the fish flakes easily; probably about 20 min. The great thing about this fish is we eat it a lot here being rare or only seared. So you really can't go wrong with not cooking it long enough. Just watch that it doesn't get too dry. As for the lemon dill butter-lemon juice butter dill



## CHILEAN SEA BASS \$32.95

### INGREDIENTS

12 oz Chilean sea bass  
2 TBSP olive oil  
2 TBSP olive oil  
1/4 cup butter  
1/4 cup butter  
1/2 TBSP minced garlic  
1/2 TBSP minced garlic  
salt

### INSTRUCTIONS

Let sea bass sit out for 30 minutes before cooking. Add butter and garlic to a small sauce pan and simmer. Add olive oil to another pan over medium heat. Pat dry sea bass and salt both sides of fish. Add fish to pan and cook for 4 minutes on each side. Strain garlic from butter and pour over plated fish. If you have thicker sea bass and it's not all the way cooked you can put in a 450 degree oven for a few minutes.



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