

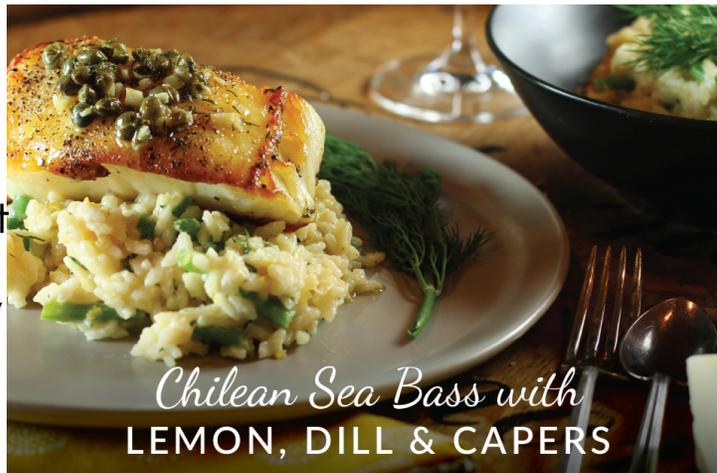
OCEAN PRIDE SEAFOOD

Serving Ventura County the Freshest Fish Since 1996

NZ SEA BASS \$17.95

INGREDIENTS

3/4 cup white wine 2 cloves garlic, finely chopped 1 medium shallot, finely chopped 3 T fresh lemon juice and zest of one lemon 3 T unsalted butter 2 T fresh dill, chopped, divided 2 T capers, drained 2 T grape seed oil, or other oil with a high smoke point 2 pounds Chilean sea bass filets about 1 1/2" thick, skin removed Salt and pepper to taste



Chilean Sea Bass with
LEMON, DILL & CAPERS

INSTRUCTIONS Heat your oven to 450 degrees. Put wine, garlic, shallot, lemon juice and lemon zest in a small saucepan and bring to a boil. Continue cooking until liquid is reduced to about 1/3 cup. Reduce heat to low and whisk in 1 tablespoon of butter at a time. Remove from heat and stir in 1 T dill and capers. Season with salt and pepper and set aside. Heat an oven proof skillet on high and add grapeseed oil to the pan. Heat the oil until it starts to shimmer. Dry the sea bass thoroughly and season with salt and pepper. Sear the fillets for about 3 minutes on each side, turning once. The goal is to get a crispy golden crust on each side. Remove the pan from the stove and transfer to the hot oven. Roast for about 5 minutes in the oven until sea bass is just cooked through. Plate the fish, drizzle with sauce and sprinkle with remaining 1 T fresh dill.

JOHN DORY \$19.95

INGREDIENTS

John Dory, whole with insides removed 2 garlic cloves, smashed 1/4 cup capers 1/4 cup quartered datterini or grape tomatoes Extra virgin olive oil

INSTRUCTIONS

Preheat oven to 356°F (180°C) Rinse and dry the San Pietro thoroughly, then stuff with the garlic, capers and tomatoes. Set on a baking sheet lined with wax paper. Bake for 45-55 minutes or until the skin easily peels away and the meat flakes when pricked with a fork. To serve: peel the skin off and discard. Section off four fillets and set on a serving platter then top with the capers and tomatoes. Discard the garlic. Drizzle with extra virgin olive oil and eat immediately.



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