



Weekly Specials



April 26th - May 2nd

Ono Wahoo \$15.95

Pan Seared Wahoo

- 4 wahoo steaks
 - 1/2 cup olive oil
 - 1 tablespoon lemon juice
 - 1 tablespoon lime juice
 - 1 teaspoon cayenne pepper, spice
 - 1 pinch of crushed chili pepper flakes
 - 1/2 teaspoon salt
 - 1 teaspoon pepper
 - 2 tablespoons minced garlic
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1. Make your marinade: mix olive oil, lemon juice, lime juice, cayenne pepper and chili flakes in a bowl.
 2. Rinse and pat dry the wahoo and set in the marinade.
 3. Cover fish and place in the fridge for 30 minutes.
 4. Heat griddle pan - you don't really need oil because you can use the oil from the marinade while cooking.
 5. Put the fish in the pan, add salt and pepper to fish steaks.
 6. Flip them several times for even cooking and add garlic about halfway through the cook time. Total time is about 15- 20 minutes.

Chilean Seabass \$32.95

Perfectly Cooked Seabass

- 12 oz. Chilean sea bass
 - 2 tablespoons olive oil
 - 1/4 cup butter
 - 1/2 tablespoon minced garlic
 - salt
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1. Let sea bass sit out for 30 minutes before cooking.
2. Add butter and garlic to a small sauce pan and simmer.
3. Add olive oil to another pan over medium heat.
4. Pat dry sea bass and salt both sides of fish.
5. Add fish to pan and cook for 4 minutes on each side.
6. Strain garlic from butter and pour over plated fish.

Tip: 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.

Reminders

Tuesdays: \$2.00 off anything in the case
Curbside assistance and delivery options are available.

Orders delivered Monday - Saturday

Ventura & Oxnard \$50 minimum

Ojai & Camarillo \$100 minimum



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Monday - Friday
11:00 AM - 6:00 PM

Saturday & Sunday
10:00 AM - 4:00PM