



Weekly Specials



April 5th - April 11th

Petrале Sole \$15.95

Mediterranean Sole

- 1 lime or lemon, juice of
- ½ cup extra virgin olive oil
- 3 tbsp. ghee or unsalted melted butter
- 2 shallots, thinly sliced
- 3 garlic cloves, thinly sliced
- 2 tbsp. capers
- 1 tsp. seasoned salt, or to your taste
- ¾ tsp. ground black pepper
- 1 tsp. ground cumin
- 1 tsp. garlic powder
- 1.5 lb. Sole fillet (about 10-12 thin fillets)
- 4-6 green onions, top trimmed, halved length-wise
- 1 lime or lemon, sliced (optional)
- ¾ cup roughly chopped fresh dill for garnish

1. In a small bowl, whisk together lime juice, olive oil and melted butter with a dash of seasoned salt. Stir in the shallots, garlic and capers.
2. In a separate small bowl, mix together the seasoned salt, pepper, cumin and garlic powder. Spice fish fillets each on both sides.
3. Place the fish fillets on a lightly-oiled large baking pan or dish. Cover with the buttery lime mixture you prepared earlier. Now arrange the green onion halves and lime slices on top.
4. Bake in 375 degrees F-heated oven for 10-15 minutes. Do not overcook.
5. Remove the fish fillets from the oven and garnish with the chopped fresh dill.

Scottish Salmon \$20.95

Maple Miso Salmon

- One fillet Scottish salmon, skinned, pin bones removed
- Smoked flaked finishing salt
- Black pepper

For the Maple Miso Sauce:

- 1 cup maple syrup
- 1/2 cup white wine vinegar
- 3 tbsp. miso paste
- 1 tbsp. lemon zest
- 1 1/2 cup vegetable oil

1. To make the Maple Miso Sauce, combine the maple syrup, vinegar, miso and lemon zest in a food processor. Begin processor, and slowly pour in oil to form an emulsification. Set aside, in the refrigerator.
2. Season the salmon with the flaked finishing salt and fresh cracked black pepper, using a thin layer of oil as a binder.
3. Place the salmon directly on a greased pan and let cook, lid open, until nicely seared and the fish releases itself from the pan. Flip and sear the opposite side until desired doneness.
4. Remove the salmon from the stove and immediately pour the Maple Miso Sauce over the fish to melt into the flesh.

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