



Weekly Specials



May 10th - May 16th

John Dory \$19.95

Pan Fried John Dory

- 2 large eggs
- 3/4 Tsp. salt
- 1/2 Tsp ground black pepper
- 1 cup all purpose flour
- 3 1/2 cups fresh breadcrumbs made from crust-less Italian bread
- 4 6-ounce skinless John Dory fillets
- 1/4 cup extra-virgin olive oil
- Lemon wedges

1. Preheat oven to 250°F. Whisk eggs with 3/4 teaspoon salt and 1/2 teaspoon pepper in shallow dish. Place flour on plate. Place breadcrumbs on another plate. Dredge fish in flour; shake off excess. Dip fish into seasoned eggs, then coat completely with breadcrumbs. Transfer to baking sheet.
2. Heat oil in heavy large skillet over medium-high heat. Add 2 fillets and cook until coating is golden brown and fillets are opaque in center, about 3 minutes per side. Using 2 spatulas, transfer to rimmed baking sheet; keep warm in oven. Repeat with remaining fillets. Transfer fish to platter. Garnish with lemon wedges and serve.

Swordfish \$17.95

Herb-Butter Swordfish

- 2 lbs. swordfish steaks
- 2 Tbsp. olive oil
- 2 cloves garlic, finely minced
- Juice of 1 lemon
- 1 Tbsp. unsalted butter
- 1 Tbsp. fresh chives, chopped
- 1 Tbsp. fresh parsley, chopped
- Salt and pepper, to taste

1. Season the swordfish on both sides with salt and pepper.
2. Pour the olive oil into a large frying pan over high heat.
3. When the oil begins to lightly smoke, add the swordfish. Turn the heat down to medium-high and cook for 3-4 minutes per side, or until it reaches 145°F.
4. Remove the swordfish from the pan and add the garlic. Stir and cook for 1 minute, then add the lemon juice.
5. Turn off the heat. Melt in the butter and add the herbs.
6. Serve the sauce with the cooked swordfish.

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