



# Weekly Specials



September 6th -  
September 12th



## Scottish Salmon \$22.95

### *Herb Crusted Salmon & Broccoli*

- 1 teaspoon brown sugar
- 1 teaspoon wholegrain mustard
- 1 tablespoon fresh dill or parsley, chopped
- 2 tablespoons olive oil
- 2 Scottish salmon fillets
- Juice of 1 lemon
- 2 cups broccoli florets
- Freshly ground black pepper
- Serve with a handful of watercress and tartar sauce (optional)

1. Preheat the oven to 400°F.
2. Mix together the sugar, mustard, herbs, and 1 1/2 tbsp of the oil.
3. Lay the salmon skin-side down in a baking tray and spread with half the dressing.
4. Stir the lemon juice into the remaining half and set aside.
5. Place the broccoli around the fish and drizzle over with the remaining oil.
6. Season with pepper and bake for 15-18 minutes, until cooked through.
7. Serve with watercress and tartar sauce, if using, with the mustard dressing drizzled over the top.

## Opah \$15.95

### *Butter Poached Opah*

- 2 (6 ounce) opah fillets
- 6 ounces unsalted butter (divided use)
- 1 tablespoon lemon juice
- 2 teaspoons finely diced shallots
- Finely chopped fresh herbs such as chives - optional

1. Heat two tablespoons of the butter in a medium-sized saucepan over medium heat. Add chopped shallots and cook until they are translucent. Make sure that the butter does not brown. Add lemon juice and remaining butter.
2. When the butter has melted, gently add the fillets. Turn the temperature to high and allow the fish to cook for three minutes. Once the cooking liquid begins to boil, turn the heat down and allow to cook on low for an additional minute.
3. Finish the recipe with a touch of sea salt.

### 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 - 4:00 PM