



Weekly Specials



December 13th - December 19th

Opah \$16.95

Lemon Saffron Opah

- 4 opah fillets, about 6 ounces each
- 1/4 teaspoon crushed saffron
- 1/2 teaspoon dried thyme
- 2 rosemary sprigs
- 2-3 cloves of garlic; slivered
- 2-3 sprigs of rosemary
- Juice of one lemon
- 1/2 teaspoon each sea salt and black pepper
- 4 tablespoons butter
- 4 tablespoons olive oil

1. Pat dry the fillets. In a small bowl, combine thyme, salt, and pepper. Sprinkle salt mixture over fish.
2. In a large frying pan, heat oil over medium heat. Once pan and oil become hot, carefully add fish and rosemary sprigs; sear fish for 2-3 minutes on each side.
3. Add butter to the pan along with the garlic. Using a large spoon, baste fish with melted butter. 2-3 minutes later, turn the heat off, add lemon & saffron to the pan, and continue to baste for one more minute.
4. Remove rosemary sprigs and serve with a favorite side dish.

Chilean Sea Bass \$34.95

Thyme Butter Sea Bass

- 2 sea bass fillets, about 6 ounces each
- Salt and pepper, to taste
- 2 tablespoons butter, softened
- 2 tablespoons fresh thyme leaves
- Lemon wedges for serving

1. Heat a cast-iron skillet over medium heat.
2. Blot the moisture from the fillets with a paper towel, brush lightly with oil, and season with salt and pepper.
3. Add the butter and thyme leaves to a small dish, blend together. and set aside.
4. Place the fillets, flesh side down into the hot skillet.
5. Cook the fillets for 4-5 minutes, do not move the fillets. Flip the fillets over and cook for another 6 minutes.
6. Add a pat of the thyme butter to the top of each fillet, basting them as the butter melts. Continue to cook for another 2 minutes, until the fillets are cooked through and flakes appear when tested with a fork.
7. Remove the fillets from the heat and serve.

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

