



# Weekly Specials



## May 9th - May 15th

### John Dory \$21.95

#### Brown Butter John Dory

- Olive oil
- 2 John Dory fillets, skin on
- Salt and black pepper to taste
- 2 lemons, juiced
- 1/4 cup butter
- 4 tablespoons nonpareil capers, drained and rinsed
- 2 tablespoons chopped fresh parsley

1. Preheat the oven to 350F. Oil a baking tray large enough to hold the fish fillets in one layer. Season them lightly with salt and black pepper. Place them, skin side down, onto the baking sheet. Bake in the preheated oven for 10 to 12 minutes, depending on the thickness of the fish.
2. To make the sauce, melt the butter in a small skillet until it begins to foam. Continue to heat until it just begins to turn golden brown and smell nutty. Immediately add the lemon juice. Taste and add additional juice as desired. Allow it to cook and bubble up fiercely. Add the capers and parsley. Season to taste and immediately pour over the cooked fish and serve.

### Mahi-Mahi \$16.95

#### Sweet Sesame Mahi-Mahi

- 2 cups pineapple chunks
- 1/4 cup fresh cilantro, chopped
- 1 tablespoon minced red onion
- 2 tablespoons lime juice
- 4 mahi-mahi fillets, 8 ounces each
- 2 teaspoons sesame oil
- 1/4 cup white sesame seeds
- 1 tablespoon vegetable oil

1. Toss the pineapple, cilantro, red onion, and lime juice together in a bowl until evenly mixed; set aside.
2. Rub the mahi-mahi fillets with the sesame oil to lightly coat.
3. Sprinkle the sesame seeds evenly over one side of each fillet; gently press the seeds into the fish to assure they stick.
4. Heat the vegetable oil in a large non-stick skillet over medium heat.
5. Lay the fillets with the seeded side down into the hot oil; cook for 4 minutes, turn, and continue cooking until the flesh turns opaque and flakes easily with a fork, another 3 to 5 minutes. Serve with the pineapple mixture.

#### 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