



Weekly Specials



September 19th - September 25th

Yellowtail \$16.95

Pan Fried Yellowtail

- ½ lb fresh yellowtail Snapper
- ½ cup almond flour
- ½ teaspoon pink salt
- ½ teaspoon black pepper
- 1 teaspoon garlic powder
- 4 tablespoon light olive oil
- 2 tablespoons unsalted butter
- 2 lemons

1. Rinse fish under cold running water and pat dry with paper towels; set aside.
2. On a dinner plate, combine almond flour with a teaspoon of salt, a teaspoon of pepper, and garlic powder until evenly mixed.
3. Dredge the fish in flour so all sides are evenly coated. Gently shake off extra flour.
4. Heat oil and butter in a 10" or 12" skillet over medium-high heat. When foam subsides, add the fish in a single layer.
5. Cook the fish for three minutes without moving and then carefully turn it over using a fish turner or wide spatula. Squeeze half a lemon over the fish.
6. Cook an additional two to three minutes and carefully move to a serving plate. Season to taste with salt and pepper. Serve with fresh lemon wedges.

Chilean Seabass \$38.95

Roasted Seabass with Chive Oil

- ¼ cup sliced chives (1-inch-long pieces)
- ⅓ cup extra-virgin olive oil, plus more for drizzling on fish
- Coarse sea salt or kosher salt
- Freshly ground black pepper
- 2 pounds Chilean sea bass, at room temperature

1. Preheat the oven to 400 degrees. Place the chives in a food processor. Turn on the processor and add the olive oil through the feed tube in a thin steady stream. Season with salt and pepper. Stop to taste, then adjust, adding more oil, chives, salt, or pepper as desired. Strain through a fine sieve into a bowl and reserve.
2. Place the sea bass in a sauté pan or roasting pan just large enough to fit the fillets. Sprinkle with olive oil and season with salt and pepper. Place in the oven and roast until the fish is just barely cooked in the center. It will continue to cook once it is removed from the oven. (It should take about 9 minutes per inch of thickness.)
3. Transfer the sea bass to serving plates and sprinkle with the chive oil.

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