



Weekly Specials



October 24th - October 30th

John Dory \$21.95

Pan Roasted Dory

- 2-4 John Dory fillets
- 2 slices of white sourdough bread
- 2 teaspoons of thyme leaves, chopped
- 6 tablespoons of extra virgin olive oil
- sea salt and freshly ground pepper
- 3 tablespoons of parsley, chopped
- 1 garlic clove, peeled, very finely chopped
- 4 anchovy fillets, chopped
- 3 tablespoons of pine nuts, toasted
- 1/2 cup of plain flour
- 1/2 cup of dry white wine

1. Preheat oven to 180°C. Cut bread into small pieces and place in a bowl with chopped thyme and 1 tbsp of oil. Mix and season with salt and pepper and place on roasting tray. Toast until golden brown and crisp.
2. Mix parsley, garlic, anchovies, and pine nuts together with 1 tbsp of oil.
3. Season the fish with salt and pepper and lightly dust with flour. Heat the remaining oil on a high heat in a frying pan. Add the fillets to the pan and fry for about 30 seconds on each side. Add the wine and 1/2 cup of water. Add pine nut mixture, cover with lid and simmer gently for a minute. Serve with crispy bread crumbs.

Arctic Charr \$21.95

Butter Pecan Arctic Charr

- 4 Arctic char fillets
- 2 tablespoons olive oil
- Fresh pepper and salt to taste
- 1 1/2-2 ounces of butter
- 3 1/2 ounces of pecans (or your favorite kind of nut)
- 1-2 garlic cloves, chopped
- 3 tablespoons parsley, chopped
- 1 lemon for lemon juice

1. Preheat oven to 400 degrees Fahrenheit. Rinse the fish and pat dry. Brush the flesh side with olive oil and season well with pepper and salt. Bake for 10-12 minutes skin side down.
2. Next, take a pan and heat it on the stovetop to make the sauce. Melt butter in the pan and lightly brown the nuts; stir frequently.
3. Place garlic and parsley in the pan and sauté for 1-2 minutes, stirring constantly. Add freshly squeezed lemon juice to the pan, season with salt and pepper, and remove from the stovetop. When the fish is done drizzle the sauce over the baked fish.

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

