



Weekly Specials



October 3rd - October 9th

Petrале Sole \$15.95

Lemon and Balsamic Sole

- 1 1/4 pounds sole fillets, about 6 ounces each
- 1/4 cup balsamic vinegar
- 1/4 cup fresh lemon juice
- 1 teaspoon dry mustard
- 1 small yellow onion, chopped
- 2 teaspoons fresh parsley, chopped
- 1 lemon, cut into slices
- Salt and pepper, to taste

1. Rinse and pat dry the fish fillets with paper towels. Place them in a shallow baking dish.
2. In a small bowl, combine the balsamic vinegar, lemon juice, mustard, onion, and chopped parsley. Mix and pour over the fish. Cover with plastic wrap and refrigerate for 20 to 30 minutes.
3. Preheat the grill and oil the grates well. Remove fish from marinade and place on grill. Grill on high heat for about 4 to 6 minutes or until the fish reaches an internal temperature of at least 145 F.
4. Once cooked through, remove from grill and sprinkle with salt and pepper. Garnish with lemon slices, and serve immediately.

Scottish Salmon \$24.95

Ginger Sesame Salmon Sashimi

- 1/4 cup plus 2 tablespoons soy sauce
- 1 teaspoon fresh lime juice
- 1 teaspoon fresh orange juice
- 1/4 pound of salmon, thinly sliced (sashimi style)
- One 1/4-inch piece of fresh ginger, sliced paper-thin and cut into matchsticks
- 1 tablespoon snipped chives
- 2 tablespoons grapeseed oil
- 1 teaspoon Asian sesame oil
- 1 1/2 teaspoons roasted sesame seeds
- 2 tablespoons cilantro leaves

1. In a small bowl, mix 2 tablespoons of soy sauce with the lime and orange juices. In a medium bowl, toss the salmon with the remaining 1/4 cup of soy sauce and let stand for 1 minute, then drain. Arrange 3 slices of salmon on each plate and top with the ginger and chives.
2. In a small saucepan, heat the grapeseed oil with the sesame oil over moderately high heat until smoking, about 2 minutes. Drizzle the hot oil over the salmon pieces. Spoon the soy-citrus sauce on top. Sprinkle with the roasted sesame seeds, cilantro leaves, 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