

# Spring Menu



**CAPITAL  
MEATS  
INCORPORATED**



SINCE 1997

*Celebrating 10 Years of Excellence!*

# Salad

## COBB SALAD WITH GRILLED CHICKEN

From Food Network Kitchens

2 cups Boneless Grilled Chicken Breast, diced  
3 slices bacon, cut in half  
1 ripe avocado, split, pitted, and diced  
2 ripe tomatoes, diced  
2 hard-cooked eggs, chopped  
Kosher salt and freshly ground black pepper  
A mix of Romaine and Iceberg Lettuce with Mesclun greens  
Your favorite dressing – Blue Cheese, Ranch, Honey Mustard, etc.

Thaw chicken overnight in the refrigerator. Heat grill to high heat. Season Chicken with salt and pepper on both sides and then grill for 3 ½ minutes per side or until done. (Cook to an internal core temperature of 170 F.) After done, dice and set in refrigerator to chill.

Spread the bacon out on a paper towel on a microwave safe plate. Cover with another piece of paper towel, cook at full power in the microwave for 3 to 4 minutes or until crisp. Cool.

Meanwhile, in a large salad bowl, add your lettuce mix and then layer the avocado, tomato, and eggs, seasoning them with salt and pepper, to taste, as you go. Scatter the Grilled Chicken on top. Crumble the bacon over the salad. Bring the salad to the table and toss with the dressing so all the ingredients are evenly mixed together. Serve.

Copyright (c) 2004 Television Food Network, G.P., All Rights Reserved.



### Plain Chicken Breast

Enjoy our juicy all white meat chicken breasts. Perfect for all recipes or by themselves. Try them with a new marinade, or spice things up with some barbeque sauce on the grill.

**Qty. 3 lbs.**

**Your Price: \$48.00**



# Salad

## FAJITA SALAD

From Food Network Kitchens

- 1 1/2 pounds Steak (We suggest our Flat-Iron Steaks)
- 1 cup roughly chopped cilantro (leaves and stems)
- 2 scallions, chopped, white and green reserved separately
- 2 chipotles en adobo
- 1 1/2 teaspoons chili powder
- 1 tablespoon freshly squeezed lime juice
- 4 teaspoons kosher salt
- 3 tablespoons extra-virgin olive oil
- 1 green pepper, peeled, seeded, and sliced
- 1 red pepper, peeled, seeded, and sliced
- 1 medium onion, sliced into 1/2-inch-thick wedges
- 1/2 teaspoon cumin seeds, lightly toasted
- 1/2 head Napa cabbage, very thinly sliced (6 cups)
- 1/2 orange, zest finely grated
- 2 tablespoons freshly squeezed orange juice
- 1 lime, zest finely grated

Pulse 3/4 cup of the cilantro, the scallion whites, chipotles, chili powder, lime juice, 2 teaspoons of the salt, and 1 tablespoon of the olive oil in a mini-food processor to make a smooth paste. Coat the steak with the paste. Toss the peppers and onion with 1 tablespoon of the olive oil, and 1/2 teaspoon salt.

Toast the cumin seeds in a small dry skillet over medium-high heat, about 1 minute. Mix seeds with the cabbage, remaining scallion greens, and remaining 1/4 cup cilantro in a large bowl. Set aside.

Set a rack 6-inch from the broiler heating element and preheat the broiler. Preheat a broiler pan for about 10 minutes.

Carefully pull the preheated pan from the broiler, set the steak in the center of the pan, and surround (but do not cover) with the peppers and onion. Return to the broiler. Cook until the meat feels firm but still gives gently when pressed, about 12 minutes for medium rare. Remove steak to a platter and let rest about 10 minutes before slicing. Toss the vegetables, and continue broiling until they soften and char, another 6 to 8 minutes.

Dress slaw with orange juice and zest, lime zest, 1 1/2 teaspoons salt and 1 tablespoon oil.

Slice the steak, against the grain, into very thin slices. Arrange on a platter with the peppers and onions.

Serve with the slaw.

Copyright 2005 Television Food Network, G.P. All rights reserved.

## Flat-Iron Steaks

Our Flat Iron Steaks, a flavorful, well-marbled steak is perfect for dinner. Known in the Beef Industry as a "Smart Cut" steak, it is cut from the Top Blade – the second most tender beef muscle. These steaks are great whole, or sliced for upscale fajitas and stir-fry dishes!

**Qty. 8 - 6oz.**

**Your Price: \$89.50**



# Salad

## SHRIMP SALAD

From Food Network Kitchens

- 2/3 cup GREEN GODDESS DRESSING, recipe follows
- 1 ripe Hass avocado, split, seeded, and peeled
- 1-1/2 pounds peeled, deveined and cooked shrimp cut into 1/2 inch chunks
- 1 medium cucumber, peeled, seeded and cut into 3/4 inch chunks
- 1/2 celery stalk, peeled and diced
- 1 to 2 teaspoons freshly squeezed lemon juice
- 1/2 teaspoon kosher salt
- Freshly ground black pepper
- 1 head Boston or Bibb lettuce, trimmed and washed
- 1 pound cooked trimmed asparagus
- 1 medium vine-ripened tomatoes, cored and cut into 12 wedges
- 1 tablespoon finely chopped fresh chives

In a blender, combine the dressing and the avocado, and puree until smooth.

In a medium bowl, combine the shrimp, cucumber, celery, lemon juice, 1/2-teaspoon salt, pepper to taste, and about 5 tablespoons of the dressing.

On a large platter or individual plates arrange the asparagus and tomatoes. Make a bed of lettuce and top with the shrimp salad. Sprinkle with the chives and serve the salad with the remaining dressing on the side.

Cook's Note: Substitute 3 cups other cooked seafood, such as crabmeat, crawfish tails, or lobster.

## GREEN GODDESS DRESSING

- 3 anchovy filets, soaked in cold water for 5 minutes, dried, and coarsely chopped
- 3/4 cup prepared or homemade mayonnaise
- 1/4 cup sour cream
- 2 tablespoons thinly sliced fresh chives
- 2 tablespoons minced flat-leaf parsley
- 1-1/2 teaspoons minced fresh tarragon leaves
- 3/4 teaspoon finely chopped fresh basil
- 1 tablespoon minced shallots
- 1 tablespoon freshly squeezed lemon juice
- 1/4 teaspoon kosher salt plus more
- Freshly ground black pepper

Combine the anchovies, mayonnaise, sour cream, chives, parsley, tarragon, basil, shallots, lemon juice, and the 1/4-teaspoon of salt in a blender. Puree to make a smooth dressing. Season to taste with salt and pepper. Use now or store, covered, in the refrigerator, for up to 2 days.

Yield: 1 1/4 cups

Copyright 2001 Television Food Network, G.P. All rights reserved



## Cooked & Cleaned Shrimp

Cocktail sauce or just melted butter and a lemon wedge, however you want, these shrimp are ready to go.

**Qty. 2 lbs.**

**Your Price: \$64.50**

# *Bright Ideas for Spring...*



## **Stockyard Prime N.Y. Strips**

Only 2-3 % of all cattle will be labeled "Prime" by the USDA, which means that these steaks are the most tender, juicy steak you can eat!

Qty. 14 - 12oz. Steaks

**Your Price: \$200**



## **Alaskan King Crab Legs**

These delicious Alaskan King Crab Legs are easy to prepare and provide huge amounts of sweet, succulent crab meat. Great for Holiday Parties!

Qty. 9 lbs.

**Retail Value: \$300**

**Your Price: \$175**

## **Maryland-Style Crab Cakes**

These delicious Crab Cakes are served up Maryland Style, with lots of melt-in-your-mouth crab. Must be purchased in quantities of 10 or more.

Qty. 12 - 3oz. Crab Cakes

**Your Price: \$40**



# *Customer Service*

When you ask why should you order from Capital Meats, Inc., there is one answer that stands out: Customer Service.

We have several ways of providing customer service:

1. Dedicated Customer Service Representatives that are available from 9am-5pm every day. If you have a question or problem, call 1-866-247-0020 and one of our Customer Service Representatives will be able to help you.
2. A Customer Friendly Website with answers to all of the most Frequently Asked Questions, Printable Cooking Instructions, Printable Recipes, and Cooking Videos. You can also Re-Order Online for added convenience. [www.capitalmeats.com](http://www.capitalmeats.com)
3. Friendly Sales Associates that are always available to make Free Home Deliveries Monday-Saturday.



## *Office Locations*

**Winchester, VA   Baltimore, MD   Fredericksburg, VA  
Tri-Cities, TN   Westminster, MD   Fishersville, VA   Knoxville, TN**

## *Corporate Headquarters*

**P.O. Box 1210, Stephens City, VA 22655**

**1-866-247-0020**

**or Email: [Orders@capitalmeats.com](mailto:Orders@capitalmeats.com)**

**[www.capitalmeats.com](http://www.capitalmeats.com)**