

**CAPITAL
MEATS
INCORPORATED**



Since 1997

Celebrating 10 Years of Excellence!

Grillin' Guide



Steak

HOW TO GRILL THE PERFECT STEAK

In our opinion, the best way for any steak to be prepared is by grilling the steak. And the best grills to use are Char-Broil Grills. The following chart shows preparation times and internal temperatures for certain thicknesses and doneness. Cook times are based on grilling on direct, high heat of 450° F - 550° F. Make sure to season beef before grilling. CMI recommends a generous covering of salt and fresh-ground pepper or a dry steak rub that can be purchased at a grocery store. We recommend Emril's Steak Rub.

Thickness	Doneness	Side 1	Side 2	Internal Temperature
3/4"	Rare	3-4 Min.	1-3 Min.	120° F - 125° F
	Medium	4-5 Min.	2-3 Min.	135° F - 145° F
	Well	6-7 Min.	5-6 Min.	155° F and Up
1"	Rare	4-5 Min.	2-3 Min.	120° F - 125° F
	Medium	5-6 Min.	3-4 Min.	135° F - 145° F
	Well	7-8 Min.	5-6 Min.	155° F and Up
1 1/4"	Rare	4-5 Min.	3-4 Min.	120° F - 125° F
	Medium	6-7 Min.	4-5 Min.	135° F - 145° F
	Well	8-9 Min.	6-7 Min.	155° F and Up
1 1/2"	Rare	5-6 Min.	3-4 Min.	120° F - 125° F
	Medium	6-7 Min.	5-6 Min.	135° F - 145° F
	Well	9-10 Min.	7-8 Min.	155° F and Up
1 3/4"	Rare	6-7 Min.	4-5 Min.	120° F - 125° F
	Medium	7-8 Min.	6-7 Min.	135° F - 145° F
	Well	10-11 Min.	8-9 Min.	155° F and Up

Grillin' Steak

GRILLED SIRLOIN STEAK WITH CHIMICHURRI SAUCE

From Food Network Kitchens

Smoky Chimichurri Sauce:

- 1/2 cup extra virgin olive oil
- 1/4 teaspoon smoked hot paprika
- 2 cups lightly packed parsley leaves
- 2 tablespoons fresh oregano leaves
- 1/4 cup chopped red onion
- 1 clove garlic
- 1/4 teaspoon chili pepper flakes
- 6 tablespoons red wine vinegar
- 1 teaspoon coarse salt

Steak:

- 2 teaspoons olive oil
- 4-6 Flat-Iron Steaks
- Salt and freshly ground black pepper

For Sauce: In a small skillet set over medium-high heat, heat oil and paprika until oil shimmers and paprika is fragrant, about 2 to 3 minutes. Remove skillet from heat and let cool.

In the bowl of a food processor, combine parsley, oregano, red onion, garlic, and chili pepper flakes. Pulse to chop. Add vinegar and salt; pulse, and slowly drizzle in cooled oil with machine running. Chop until sauce is emulsified and chunky.

For Steak: Bring charcoal or gas grill to high heat. Brush grill with olive oil so meat will not stick to grill. Salt and pepper steak as you see fit. Follow grilling instructions on previous page.

Slice steak thinly, and serve with Chimichurri sauce.

Note: Although the chimichurri can be refrigerated for a day, the sauce is best made just before eating, as the acid in the marinade will turn the parsley army-green if it sits for more than a few hours.

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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



Grillin' Chicken

MARINATED CHICKEN BREASTS

From Food Network Kitchens

1 to 2 tablespoons vinegar, like cider, balsamic, or red wine
2 to 3 teaspoons dried herbs, like thyme, oregano, rosemary, or crumbled bay leaf

1 to 2 tablespoons mustard, whole grain or Dijon

1 to 2 teaspoon garlic or onion powder, optional

1/4 cup extra-virgin olive oil

Kosher salt and freshly ground black pepper

4 boneless, skinless chicken breast, each about 6 ounces

Put the vinegar, herbs, mustard, powders if using and oil in a large re-sealable plastic bag. Close the bag and shake to combine all the ingredients. Open the bag, drop in the chicken breast. Close and shake the bag to coat evenly.

Let chicken marinate for up to 24 hours in refrigerator.

Heat a grill to medium/high heat. When the grill is hot, place the chicken on the grill and cook for about 4 minutes per side, or until cooked through. **Cook to an internal core temperature of at least 170° F.**

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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



Grillin' Seafood

JUMBO SHRIMP STUFFED WITH CILANTRO AND CHILES

From Food Network Kitchens

8 jumbo shrimp, in the shell (about 1 1/4 pounds)
3 sprigs fresh thyme, leaves stripped
Juice of 2 limes (about 1/4 cup)
2 tablespoons extra-virgin olive oil
1 teaspoon kosher salt, plus additional for seasoning
Freshly ground black pepper
1 clove garlic, chopped
1/2 large jalapeno, with seeds
2 scallions (white and green parts)
1 cup coarsely chopped fresh cilantro leaves

Prepare an outdoor grill with a medium-high fire. Without removing the shells, slit about 3/4 of the way through the shrimp down the ridged back and remove the vein that runs down the center. Rinse and pat the shrimp dry. Whisk thyme leaves, lime juice, 1 tablespoon of the olive oil, 1/2 teaspoon of the salt and black pepper, to taste, in a shallow nonreactive bowl or dish. Lay the shrimp cut side down in the lime mixture and refrigerate for 30 minutes.

In a food processor, pulse the garlic, jalapeno, scallions, remaining 1 tablespoon olive oil and remaining 1/2 teaspoon salt to make a coarse paste. Add the cilantro and pulse just enough to incorporate into the mixture. Spoon the mixture into the opening in the shrimp and close the shrimp. Grill the shrimp shell side down (to keep filling from falling out) for 3 minutes. Turn to the other shell side, cover, and grill another 2 minutes or until the shrimp turn pink and are slightly firm to the touch. Sprinkle with salt and serve.

Cook's Note: Shrimp cooked in the shells are more intensely flavorful. Leaving the shells on provides a buffer against over-cooking, a misfortune many shrimp suffer. Shrimp, even these jumbos, continue to cook once removed from the grill. It's always best to cook them just until opaque and let the delicate shellfish finish cooking off the heat.

Jumbo shrimp in the shell can be a knife and fork sort of deal unless you're outside and it's summer and you are feeling very relaxed. Serve these with lots of napkins if your crowd is the peel-and-eat type.

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EZ Peel-and-Eat Jumbo Shrimp

The name says it all, "EZ." Easy to prepare, easy to peel, and especially easy to eat. Just like potato chips, you won't be able to eat just one!

Qty. 2 lbs.

Your Price: \$64.50



Grillin' Pork

MARINATED CHICKEN BREASTS

From Food Network Kitchens

4 (1 1/2-inch thick) pork chops
Safflower or corn oil, for brushing
Kosher salt
Freshly ground black pepper
Peach-Mustard BBQ Sauce, recipe follows

Prepare an outdoor grill with a high heat for both direct and indirect grilling. Position a drip pan under the grate on the cooler side of the grill.

Brush the pork chops on both sides with oil and season with salt and black pepper to taste. Set aside for 15 minutes.

Grill the chops over the heat until brown on both sides, about 4 minutes per side. Move them to the cool side of the grill and brush with some of the Peach-Mustard BBQ Sauce. Cook the chops, covered, turning and basting with sauce every 5 minutes, until an instant-read thermometer inserted crosswise into the chops registers 140 degrees F. This should take about 15 minutes. Remove from grill and let rest for 10 minutes.

To serve: Drizzle the chops with more sauce and serve.

PEACH-MUSTARD BBQ SAUCE

3 tablespoons unsalted butter
2 tablespoons minced onion
2 cloves garlic, minced
3 tablespoons cider vinegar
1/2 cup whole-grain mustard
1/4 cup Dijon mustard
3/4 cup peach jam or preserves
1 tablespoon bourbon
1/2 teaspoon kosher salt

Melt the butter in a saucepan over medium heat. Add the onion and garlic and cook until translucent, about 3 minutes. Add the vinegar and boil until almost completely reduced and the mixture looks like wet sand, about 4 minutes. Whisk in both mustards and the jam or preserves. Simmer, whisking, until jam melts, about 1 minute. Remove the pan from the heat and stir in the bourbon and salt.

Cook's Note: The bourbon is stirred in at the end--uncooked--to give a genuine jolt to the sauce. Yield: about 1 1/4 cups



Bone-In or Boneless Pork Chops

Bone-In or Boneless, our Pork Chops provide the same savory flavor. There's no better way to experience the "Other White Meat."

Qty. 8-6oz. Chops

Your Price: \$45.00



Grillin' Everything!

GRILLED FAJITA TRIO

From Capital Meats Customer

- 4-12 Flour Tortillias
- 1-2 Cups Shredded Lettuce
- 1-2 Cups Shredded Cheese (Mix of Monterey Jack and Cheddar)
- 3 6 oz. Grilled Boneless, Skinless Chicken Breast
- 3 6 oz. Grilled Flat-Iron Steaks
- 8-12 Grilled Jumbo Shrimp
- 1-2 Cups Sour Cream
- 1-2 Cups Guacamole (Store bought or home made)
- 1-2 Cups diced Jalepeno Peppers (optional)
- Grilled Onions and Sweet Peppers (optional)
- 1 Cup Olive Oil

Just grill the Steak, Chicken and Shrimp according to the CMI Cooking Instructions you can find online at <https://www.capitalmeats.com/cooking.asp>. Once you have the meat grilled, slice the steak and chicken and peel the shrimp.

Brush the tortillias with the olive oil and place on grill for 1-2 minutes per side on high heat. You can also grill the onions and sweet peppers at the same time as the meat or the tortillias.

Once everything is grilled, combine to your liking.

Serve with rice and beans or with nachos. Margaritas are the perfect drink to add as well.



Grillin' Kebabs

JERK CHICKEN AND PINEAPPLE KEBABS

From Food Network Kitchens

- 1/3 cup cider vinegar
 - 1/4 cup dark rum
 - 3 tablespoons firmly packed dark brown sugar
 - 1 bunch scallions (white and green parts), roughly chopped
 - 4 cloves garlic, chopped
 - 1 Scotch bonnet chile, stemmed, seeded, and minced
 - 2 tablespoons Pickapeppa sauce
 - 1 tablespoon freshly grated peeled ginger
 - 1 tablespoon ground allspice
 - 1/4 teaspoon pumpkin pie spice
 - 3 tablespoons vegetable oil
 - 4 boneless, skinless chicken breast halves (about 1 1/4 pounds), cut into large cubes
 - 1 bunch scallions (white and green parts), cut into 2-inch pieces 1/2 fresh pineapple, peeled, cored, and cubed Kosher salt
- Special Equipment: 6 long skewers

Pulse the vinegar, rum, brown sugar, scallions, garlic, chile, Pickapeppa sauce, ginger, allspice, and pumpkin pie spice in a food processor to make a slightly chunky sauce. Heat the oil in a medium skillet and cook the sauce over medium heat, stirring, until the oil is absorbed and the sauce thickens slightly, about 3 minutes. Cool.

Rub the jerk paste all over the chicken, cover, and refrigerate for 2 to 24 hours.

Heat a grill pan over medium heat or prepare a grill. Thread the chicken, scallions, and pineapple alternately on skewers (if you use wooden ones, soak them in water for 15 minutes before threading them). Season with salt. (Leave a little space around the meat so the heat gets to all sides.) Grill, turning, until the chicken is cooked through, 10 to 12 minutes.

Cook to an internal core temperature of at least 170° F.

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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
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