



Recipes



# ***PORK***

## **SAUSAGE AND SAUERKRAUT PHYLLO TURNOVERS**

### **INGREDIENTS**

- 2 Capital Meats 1lb. Super Sausages
- 4 large sheets phyllo dough (10 x 12 inches)
- 2 3/4 ounces butter, melted
- 10 oz Sauerkraut, drained and rinsed
- 2 3/4 ounces Bavarian smoked cheese, cut in small cubes

### **DIRECTIONS**

Cut the phyllo sheets lengthwise into three. Keep them covered under a sheet of cling film as you work so they won't dry out.

Lay a strip along a board. Brush lightly with melted butter. Put a heaped teaspoon of Sauerkraut at one corner end. Press some chopped sausage on top, then 3 to 4 cheese cubes.

Fold over the filling wrapped in the phyllo on the diagonal, so it is completely enclosed in a triangle. Then flip over again, on the diagonal, and again and again until you get to the end of the phyllo strip and have a neat triangular turnover.

Place on a flat baking sheet. Repeat with the remaining ingredients until you have 12 turnovers. Brush the tops and sides with the remaining butter.

When ready to bake, preheat the oven to 400 degrees F. Bake for 12 to 15 minutes until golden brown and crisp. Serve warm.

### **Capital Meats 1lb. Super Sausages**

Forget about those small hotdogs. When you want to grill out, you will want our thick 1lb. Super Sausages! Juicy, meaty and full of flavor, our sausages are a great replacement for those teeny weenies!

**Qty. 4 - 1lb. Sausages**

**Your Price: \$45.50**

# Pork

## OKTOBERFEST PORK CHOPS

### INGREDIENTS

- 4 Capital Meats boneless pork loin chops, pounded thin
- 1 (12 fluid ounce) bottle Dark German Beer
- 1 teaspoon Worcestershire sauce
- 3 cloves garlic, minced
- 1 teaspoon Old Bay Seasoning™
- 1 pinch salt and freshly ground black pepper
- 1/3 cup freshly grated Parmesan cheese
- 1 cup panko crumbs
- 2 eggs

### DIRECTIONS

In large freezer bag, combine beer, Worcestershire sauce, garlic, Old Bay Seasoning™, salt, pepper, and pork chops. Marinate for 30 minutes.

Preheat the oven to 325 degrees F (165 degrees C). On a large plate, mix panko crumbs and Parmesan cheese. In a shallow bowl, whisk eggs until creamy. Remove pork chops from marinade. Dip each chop in egg, then press into crumb mixture to coat. Transfer chops to non-stick baking pan.

Bake in preheated oven for 25 minutes on one side. Turn chops over and continue cooking for another 25 minutes. Raise temperature to 350 degrees F (175 degrees C), and continue cooking until pork chops achieve an internal temperature of 160 degrees F (70 degrees C) and the coating is crispy.



### 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.

Your Price: \$45.00



# Chicken

## DARK BEER-MARINATED BBQ CHICKEN

### INGREDIENTS

3 pounds Capital Meats Plain Chicken Breast Filets  
1/2 cup peanut oil 1 teaspoon German mustard, preferably Düsseldorf-style  
1 cup dark German beer  
1/4 cup lemon juice  
4 cloves garlic, minced  
1 1/2 teaspoons salt  
1 teaspoon black pepper  
1 teaspoon minced fresh basil  
1 teaspoon fresh thyme leaves  
Non-stick cooking spray

### DIRECTIONS

Whisk together peanut oil and mustard in a large bowl. Whisk in beer and lemon juice until mixture is smooth. Stir in garlic, salt, pepper, basil and thyme. Add chicken breasts and turn to coat well. Cover and refrigerate 2 to 12 hours.

In a charcoal grill, heat about 5 dozen charcoal briquettes until covered with white ash. Meanwhile, drain chicken and discard marinade.

Use large tongs to push hot briquettes to one side of the grill. Away from the grill, spray grill rack evenly with non-stick cooking spray; place on grill. Place chicken breasts on grill rack, on the coals side. Grill until ready.

Move chicken breasts to the cool side of the grill; cover and cook until meat is opaque throughout and juices run clear. Serve with mustard and German sauerkraut, such as the Hengstenberg, Gundelsheim or Kühne brands.

Serves: 4

### 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**

# Beef

## PUMPKIN STEW

### INGREDIENTS

- 6 Capital Meats Flat Iron Steaks, cut into 1 inch cubes
- 3 tablespoons vegetable oil, divided
- 1 cup water
- 3 large potatoes, peeled and cubed
- 4 carrots, sliced
- 1 large green bell pepper, chopped
- 4 cloves garlic, minced
- 1 onion, chopped
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1 (14.5 ounce) can whole peeled tomatoes, chopped
- 2 tablespoons beef bouillon granules
- 1 sugar pumpkin

### DIRECTIONS

Heat 2 tablespoons oil in a large saucepan over medium-high heat. Place beef in the saucepan and cook until evenly brown. Mix in the water, potatoes, carrots, green bell pepper, garlic, onion, salt and pepper. Bring to a boil. Reduce heat and simmer approximately 2 hours.

Dissolve the bouillon into the beef mixture. Stir in the tomatoes. Preheat oven to 325 degrees F (165 degrees C).

Cut top off the pumpkin and remove seeds and pulp. Place the pumpkin in a heavy baking pan. Fill the pumpkin with the beef mixture. Brush outside of the pumpkin with remaining oil.

Bake in the preheated oven 2 hours, or until tender. Serve the stew from the pumpkin, scraping out some of the pumpkin meat with each serving.



## 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**



# Pork

## SAUTEED PORK CHOPS WITH SWEE-AND-SOUR RED CABBAGE

### INGREDIENTS

4 Capital Meats Bone-in Pork Chops  
6 bacon slices, chopped  
1 to 3 tablespoons vegetable oil  
1 medium onion, chopped  
1 small red cabbage (1 3/4 lb), halved lengthwise, cored, and sliced 1/4 inch thick  
1/4 cup red-wine vinegar  
3/4 cup water  
2 tablespoons sugar  
1/2 teaspoon caraway seeds  
1 1/4 teaspoons salt  
3/4 teaspoon black pepper

Special equipment: an instant-read thermometer

### DIRECTIONS

Put oven rack in middle position and preheat oven to 450°F.

Cook bacon in a 4- to 5-quart wide heavy pot over moderate heat, stirring occasionally, until crisp, and transfer with a slotted spoon to paper towels to drain. Measure fat and, if less than 2 tablespoons, add enough vegetable oil to bring total to 2 tablespoons. Heat fat over moderately high heat until hot but not smoking, then cook onion, stirring occasionally, until it begins to turn golden, about 2 minutes. Add cabbage and turn with tongs until coated with fat. Stir in red-wine vinegar, water, sugar, caraway seeds, 3/4teaspoon salt, and 1/4 teaspoon pepper and braise cabbage over moderately low heat, covered, stirring occasionally, until tender, 25 to 35 minutes.

Meanwhile, pat 2 pork chops dry and sprinkle both sides with 1/4 teaspoon salt and 1/4 teaspoon pepper (total). Heat 1 tablespoon oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown seasoned chops, turning over once, 5 minutes total, and transfer to a shallow baking pan (1 inch deep). Season remaining 2 chops and brown in oil remaining in skillet in same manner, transferring to baking pan. Roast chops in oven until thermometer inserted horizontally 2 inches into center of a chop (do not touch bone) registers 145°F, 5 to 8 minutes.

Meanwhile, stir half of bacon into cabbage, then finely chop remaining bacon for sprinkling.

Let chops stand in pan, loosely covered with foil, 5 minutes. Serve chops over cabbage, with any pan juices spooned over and sprinkled with bacon.



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Qty. 8 - 6oz.

**Your Price: \$45.00**

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