

**CAPITAL
MEATS
INCORPORATED**



SINCE 1997

Celebrating 10 Years of Excellence!



Super Summer Recipes



Chicken

CREAMY CHICKEN LASAGNA

- 5-6 pieces of CMI Plain Chicken
- 1 tsp salt
- 1 tsp pepper
- 1 tsp garlic
- 1 jar of store bought Alfredo sauce (or you can make your own, but this is easier)
- 1 package of frozen spinach
- 1 cup frozen chopped broccoli
- 1 large container of ricotta cheese
- 1 c mozzarella cheese (You can also add Cheddar if you like.)
- 1 box of Oven Ready Lasagna Pasta
- 2 eggs, beaten
- ¼ c olive oil

Preheat oven to 350. In large sauce pan, heat oil over medium high. Dice chicken into bite size pieces, and lightly brown in pan of oil. Remove from heat and set aside, leaving chicken in olive oil. In the meantime, thaw and drain spinach and broccoli of all excess water. (Squeeze out water over colander in the sink, then pat dry with paper towel.) In small bowl beat together eggs, salt, pepper, garlic, and ricotta cheese, until light in color and well mixed. In greased 8 x 10 glass baking dish, spread ¼ of the ricotta mixture, and ¼ of the chicken. Cover with ¼ of the alfredo sauce and sprinkle with ¼ of the mozzarella cheese. Layer ½ of the spinach and broccoli. Cover with lasagna and repeat 3 more times until you end with lasagna, alfredo sauce and cheese on top.

Cover with aluminum foil and bake for 40 minutes, then remove foil and continue baking for 20 more minutes. Remove from oven, and re-cover with aluminum foil. Allow to sit for 25 minute before serving.

Yield: 12-14 servings

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



Burgers

HAWAIIAN FIRE BURGERS

Sauce

- 1 c mayo and 1 tsp hot sauce
- 2 tbsp sugar and 1 tbsp brown sugar
- 1 tsp salt and 1 tsp pepper
- ½ tsp ginger
- ¼ c & 1 tbsp. pineapple juice
- 6-8 slices of pineapple
- 1 medium red onion, sliced

Mix together mayo, sugar, ¼ c pineapple juice, hot sauce, and other spices in small bowl. Set aside. In another small bowl mix together brown sugar and remaining juice, and stir into a paste. Cover onions and pineapple slices in brown sugar mixture and place on grill until slightly carmalized. Generously spread sauce on one side of both hamburger buns. Place burger, pineapple onions and any other condiments, and enjoy!

1/2 lb. Steak Burgers

Don't call our Chopped Sirloin Burgers, hamburgers. These are STEAK BURGERS! Made from USDA CHOICE or PRIME ground steak, these melt-in-your mouth burgers are sure to please every grill fanatic! Bring them to your next tailgating party and they are guaranteed to be a big hit!

Qty. 12 - 8oz.

Your Price: \$24.00

Meat

- 6-8 CMI 1/2 lb. Steak Burgers
- 1 tbsp salt
- 1 tbsp pepper
- 1 tbsp garlic powder
- 1 tbsp chili powder

Mix together all dry ingredients and sprinkle on each side of meat. Cook on medium high grill for 15-20 minutes, or until cooked to desired color.



Seafood

ASIAN GRILLED SHRIMP LETTUCE WRAPS

SAUCE

- 1tbsp spicy brown mustard
- ½ small onion
- 1 tsp garlic powder *(fresh= 1 clove)
- ½ tsp ginger
- 1 tsp salt and 1 tsp pepper
- 1 tsp chili powder
- ¼ c packed light brown sugar
- 1 tbsp peanut butter
- 1/2 cup extra virgin olive oil

Add all ingredients except olive oil to food processor or blender. Puree until smooth, then while processor or blender is still running, remove lid and drizzle in olive oil. Pour into small bowl and set aside.

SHRIMP

- 1 box of CMI uncooked Shrimp
- 1 head of bib lettuce
- 10-12 wooden skewers

Shredded carrots, rice noodles, shredded onions, slivered almonds, soy sauce (or anything else to serve alongside the shrimp.)

Marinate shrimp for at least 4-8 hours in half of sauce in refrigerator. Remove from sauce and place 4-6 shrimp on wooden skewer. Place on grill or in over for 5-6 min per side, or until shrimp have turn pink and the tail has slightly curled.

To serve, place shrimp in on piece of lettuce per wrap with various sides.

Yield: 8-10 appetizer servings or Yield: 6 entrée servings

Extra Large EZ Peel 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: \$54.50

Pork

PORK CHOPS WITH APPLE GLAZED ONIONS

Ingredients:

2 tbsp butter

1 medium onion

1 small apple

2 1/2 cups of sweetened apple juice

4 Bone In Pork Chops (CMI of Course)

1/2 tsp salt and 1 tsp pepper

1 tsp garlic powder

Directions:

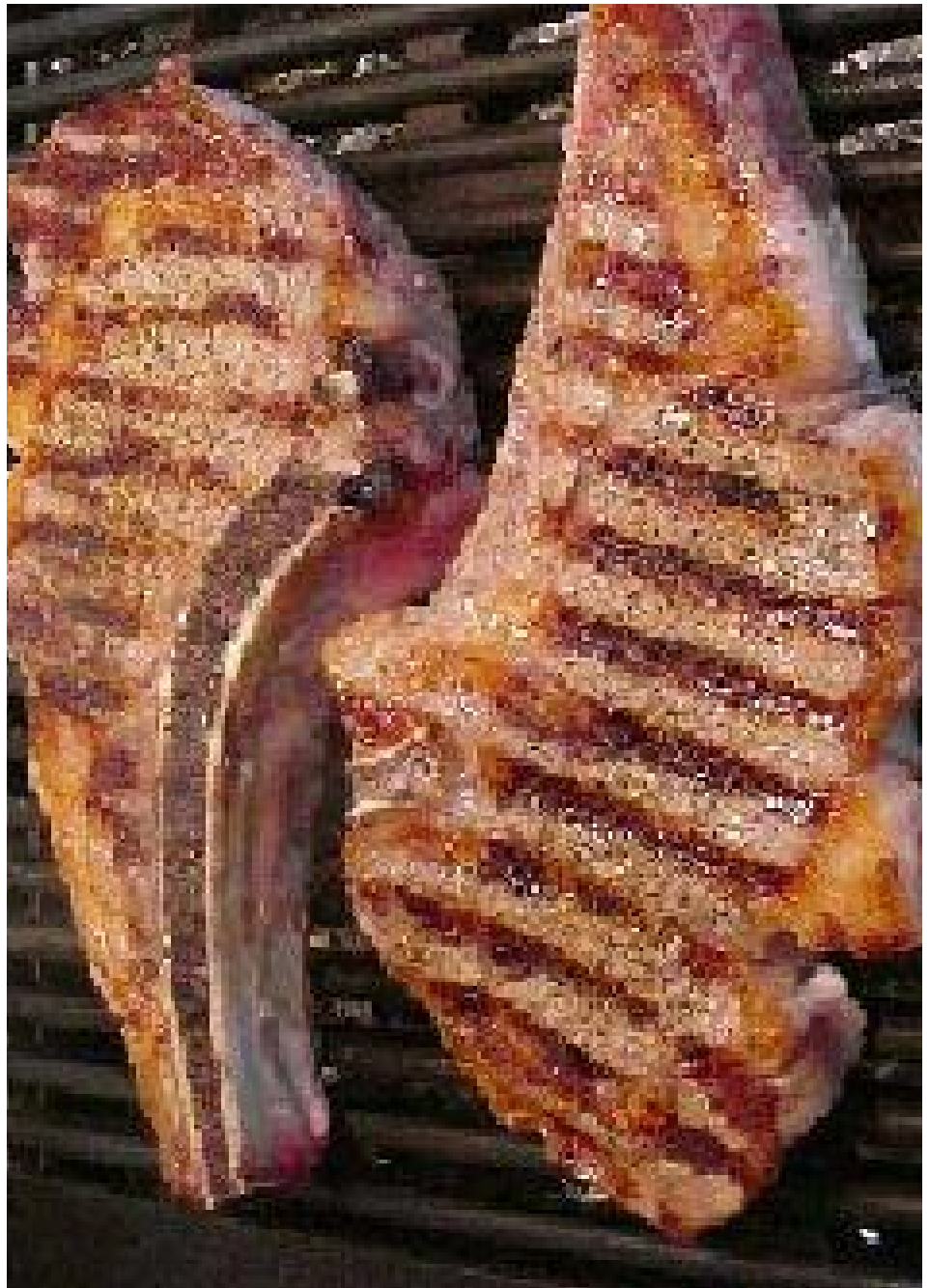
Start with a large sauce pan over medium-high heat. Melt butter in pan.

Sear pork chops just until they have a little bit of color, about 2 minutes on each side. (Do not fully cook). Remove from pan and set aside.

Julienne onion and apple in 1/4 inch thick pieces. Add to pan along with salt, pepper, and garlic powder. Sauté for 5 min. Pour apple juice over onions and cut the heat back to medium-low. Simmer for 5 minutes.

Then add pork chops back to pan and cook for 10-15 minutes, or until apple juice has slightly thickened into a sauce.

Yield: 4 servings



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



Seafood

BAKED SPICY FLOUNDER WITH CREAMY DILL SAUCE

Recipe from the Internet

Sauce

1/2 c mayonnaise and 1/2c sour cream

1/2 tsp salt and 1/2 tsp pepper

1 small minced onion

1/2 tsp sugar

1 tsp dill

Mix together ingredients in small bowl and chill.

Flounder

1/3 c. flour and 1/4 c. cornmeal

1/2 tsp. salt and 3/4 tsp pepper

2 tsp Old Bay Seasoning and 1 tbsp chili powder

1 tbsp canola oil

4-6 pieces CMI Flounder

Heat oil in iron skillet in 400 degree preheated oven. Mix together flour, corn meal and spices in large ziploc bag. Place flounder in dry mix in bag and shake gently until coated. After oven preheats, oil will be hot in skillet. Place each piece of flounder in hot oil. Bake for 10 minutes. Turn flounder and bake for 5 more minutes.

Serve with chilled sauce.

Flounder Filets

This melt-in-your-mouth white fish will put a smile any fish lover's face. Our flounder is great by itself or with a lemon dill sauce. Or try some melted butter and lemons and you are ready to go.

Qty. 3 lbs.

Your Price: \$44.50

Seafood

COCONUT TILAPIA WITH PINA COLADA SAUCE

Recipe from the Internet

Coconut Tilapia with Pina Colada Sauce

Ingredients

Sauce

½ c sour cream

½ c mayonnaise

1 can of unsweetened coconut milk

1/2 c confectioners sugar

1 can crushed drained pineapple

¼ tsp salt

¼ tsp pepper



Whisk together sour cream, mayonnaise, coconut milk, sugar, salt and pepper. Stir in coconut and pineapple with a spoon. Chill for 1 hour before serving.

Batter

1 ½ c a.p. flour

¼ c corn meal

3 eggs

½ can beer

½ tbsp salt

½ tbsp pepper

½ tsp garlic powder

½ tsp chili powder

1 cup sweetened shredded coconut

8-12 pieces of CMI Tilapia

Mix all batter ingredients together in large bowl. Set aside. Prepare deep fryer or fill large pan with 4 cups of vegetable oil. Bring to medium-high heat. Dip each piece of thawed fish in batter, covering thoroughly. Gently place 2-3 pieces of fish at a time in oil. Allow to fry for at least 3-4 minutes on each side or until golden brown. Remove from oil and let drain on a plate covered in paper towels for 2-3 minutes before serving. Serve with chilled sauce.

Yield: 8-10 servings



Tilapia Filets

A great fish for lunch or dinner, Tilapia can be served plain with a mild tomato salsa, or battered and deep fried for a fun fish fry!

Qty. 3 lbs.

Your Price: \$44.50

All recipes were created by CMI Chef Chelsea Bolyard. Chelsea's love for cooking lead her to Capital Meats where she found all the right quality cuts of steak, chicken, seafood and pork for her recipes.

All American Favorites



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
3. Friendly Sales Associates that are always available to make Free Home Deliveries Monday-Saturday.



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