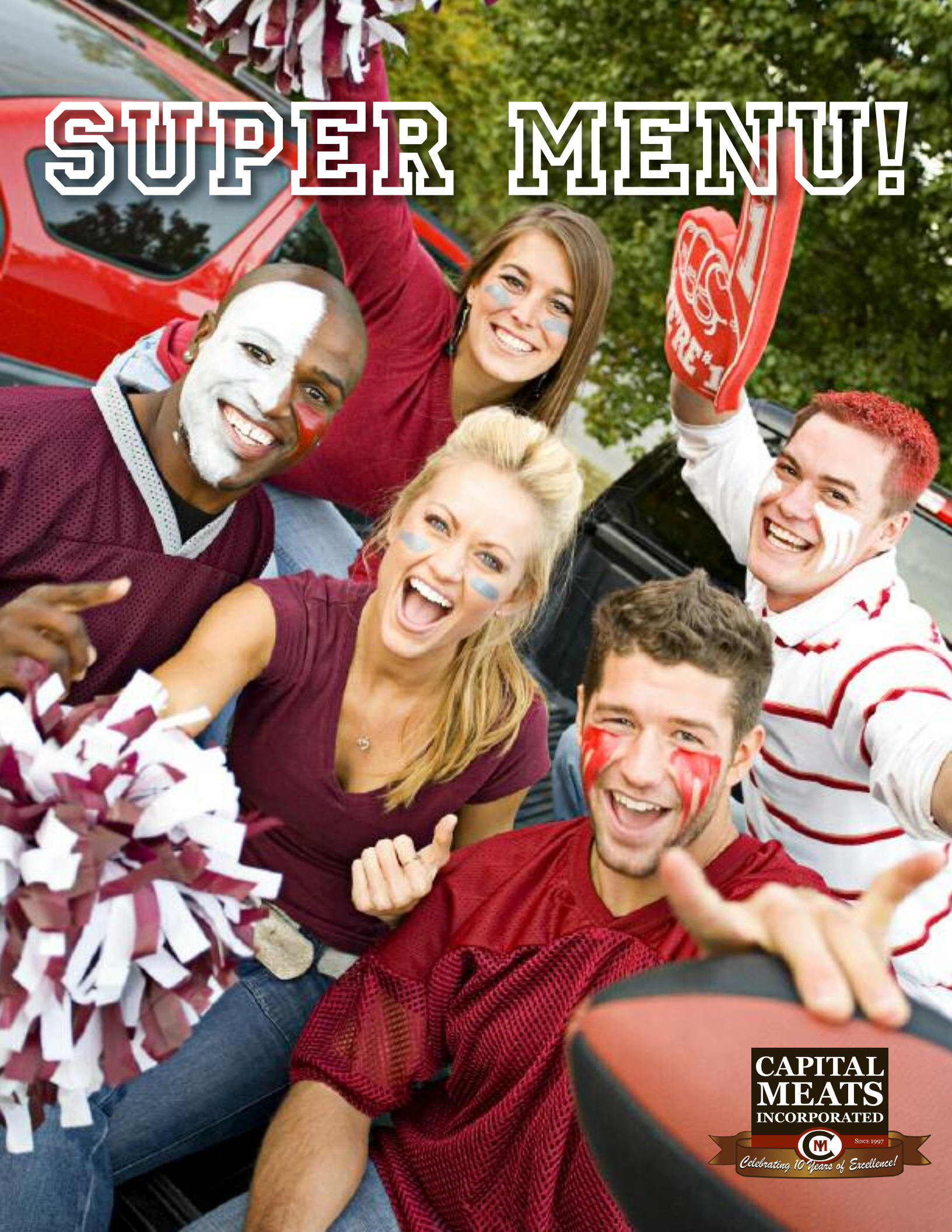


SUPER MENU!



**CAPITAL
MEATS
INCORPORATED**



SINCE 1997

Celebrating 10 Years of Excellence!



MAIN COURSE

West 52nd Street Steak Sandwich

- 1-1/2 pounds grilled medium-rare N.Y. Strip steak or T-Bone
- 3/4 pound Saga blue cheese
- 6 crusty rolls, such as Portuguese or country sourdough, split in half lengthwise
- 1/3 cup Dijon mustard
- Kosher salt and freshly ground black pepper, to taste
- Roasted Shallots, roughly chopped
- 4-1/2 cups loosely packed watercress, washed and dried

Preheat a broiler. Slice the steak into 1/4-inch thick slices. Slice the cheese into 12 pieces. Set the rolls, cut side-up on a baking sheet and toast under the broiler. Set the tops of the rolls aside.

Slather the bottom halves of the rolls with half the mustard and top with the slices of steak, overlapping them slightly. Season with salt and pepper. Cover with 2 slices of cheese. Broil the open-faced sandwiches until the cheese is lightly browned and melted, about 1 minute.

Transfer the sandwiches to the work surface. Top each sandwich with an equal portion of the roasted shallots and about 3/4 cup of the watercress. Slather the tops of the rolls with the remaining mustard and cover the sandwiches. Slice the sandwiches in half crosswise. Serve immediately.

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: \$249

MAIN COURSE

Pork Chops with Mustard Bourbon Sauce

Recipe From Food Network Kitchens

4 center-cut, bone-in, rib pork chops (about 3 pounds)
2 teaspoons kosher salt & Freshly ground black pepper
2 tablespoons vegetable oil & 2 tablespoons unsalted butter
1/4 cup bourbon
1/2 cup low-sodium chicken broth
1 tablespoon grainy mustard
3 tablespoons heavy cream

Preheat a large skillet over medium-high heat, for about 1 minute or until the surface of the pan is uniformly hot. Pat the chops dry, and season the chops on one side with salt and pepper. Add the oil and heat until shimmering. Add the chops seasoned side down and cook until the chops are brown, about 3 to 4 minutes. Add the butter and cook for 1 minute more. Season the top side of the chops, and turn the chops over.

Continue cooking until firm and an instant-read thermometer registers 140 degrees F, about 4 to 5 minutes more. Transfer the chops to a plate, tent with foil and set aside to rest.

Pour off any fat remaining in the skillet. Pull the pan from the heat and carefully add the bourbon. Return the pan to the heat and tip the pan slightly to ignite the alcohol.

Cook until reduced by half then add the chicken broth and bring to a simmer, scraping up any browned bits on the bottom of the pan with a wooden spoon. Simmer for 3 minutes, then whisk in the mustard and the cream. Simmer the sauce until it coats the back of a spoon, about 1 to 2 minutes more. Adjust the seasoning with salt and pepper and serve with the pork chops.

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Bone-In 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. 12 - 4oz. - \$45

Boneless Pork Chops

These delicious favorites are perfect for the grill or in a skillet. Add wild rice and green beans for a healthy, hearty meal!

Qty. 8 - 6oz. - \$45



APPETIZER

Crispy Onion Rings

From Food Network Kitchens

Prep Time: 15 minutes

Cook Time: 20 minutes

Yield: about 4 to 6 side dish serving

2 large Spanish onions, sliced into 1/2-inch-thick pieces

Whole milk, as needed

3 cups all-purpose flour

1 tablespoon baking powder

2 teaspoons fine salt, plus more for sprinkling

2 teaspoons chili powder (optional)

1 teaspoon ground cumin (optional)

2 bottles lager-style beers (12-ounces each)

Vegetable oil for deep frying

Put the onions in a large bowl and cover with milk. Let soak for 30 minutes.

Meanwhile, using a fine-sieve over a large bowl, sift together the flour, baking powder, 2 teaspoons salt, chili powder, and cumin, if using. Stir in the beer until a smooth batter is formed. Set aside.

Drain the onions and transfer to a paper towel-lined baking sheet. Blot the onions with paper towels until dry.

In a large, wide heavy-bottomed pot, pour in the oil to a depth of about 2 inches. Place over medium heat and heat to 400 degrees F. (The oil must be heated to 400 degrees F. since the temperature drops to about 375 degrees F. when the onions are added.)

Working in batches, transfer about 8 to 10 of the onions to the batter and mix to coat well. Using tongs, pull several of the onions out of the batter, and let any excess batter fall back into the bowl. Carefully add to the oil and fry, flipping once, until golden brown and crispy, about 3 1/2 minutes per batch. Using the tongs, transfer to a dry paper towel-lined baking sheet to drain. Sprinkle with salt to taste. Repeat with the remaining onions. Serve immediately.

Cook's Note: If you would like onion rings with a thicker, puffier crust, dredge the onions in flour before adding them to the batter.

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APPETIZER

Chipotle Shrimp Tacos with Avocado Salsa Verde

Recipe from Food Network Kitchens

Difficulty: Easy

Prep Time: 30 minutes

Cook Time: 10 minutes

Yield: 4 servings

Avocado Salsa:

1 small onion, quartered

1 jalapeno, quartered, seeds optional

1 garlic clove, smashed

4 medium tomatillos, (about 8 ounces) husked, rinsed, and coarsely chopped

1/2 Hass avocado, peeled, seeded, and cut into chunks

1 1/4 teaspoons kosher salt

1/4 cup loosely packed fresh cilantro leaves, coarsely chopped

Shrimp: 1 tablespoon olive oil

1 teaspoon chipotle or blended chili powder

1 teaspoon kosher salt

1 pound medium shrimp (about 20), peeled and deveined

8 corn tortillas

8 sprigs cilantro for garnish

2 limes, cut into wedges

Put the onion, jalapeno, and garlic in a food processor and finely chop. Add the tomatillos, avocado, and salt and pulse until chopped but still chunky. Transfer to a bowl and stir in the cilantro.

Heat a stovetop or outdoor grill to medium-high. Mix the olive oil, chipotle or chili powder, and salt in a large bowl. Add the shrimp and toss to coat. Grill the shrimp until translucent, about 1 1/2 to 2 minutes on each side.

Grill tortillas, until slightly charred and pliable, about 20 seconds per side. (Alternatively, wrap in a damp paper towel and heat in a microwave.) Spoon sauce on the tortilla, then top with about 2 or 3 shrimp and a sprig of cilantro. Serve 2 tacos per person, with a lime wedge on the side.

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Cooked & Cleaned Jumbo Shrimp

Cocktail sauce or just melted butter and a lemon wedge, however you want, these shrimp are ready to go. They are also perfect in recipes like the Shrimp Tacos or as a side with a Prime NY Strip!

Qty. 3lbs.

Your Price: \$64



SIDE DISH

New England Baked Beans

Recipe courtesy the Food Network Kitchens

Difficulty: Easy

Prep Time: 15 minutes

Inactive Prep Time: 6 hours 10 minutes

Cook Time: 6 hours 30 minutes

Yield: 4 to 6 servings

- 3/4 cup dry pinto beans
- 3/4 cup dry black-eyed peas
- 3/4 cup dry navy beans
- 1/2 pound salt pork, rinsed, scored and halved
- 1 medium onion, stuck with 1 whole clove
- 1/3 cup unsulphured molasses
- 1 teaspoon dry mustard
- 1 teaspoon kosher salt
- 1/2 cup drained and chopped canned whole tomatoes
- 1 tablespoon cider vinegar
- 1 tablespoon dark rum (optional)
- 2 hotdogs/bratwurst/Italian Sausages (optional)

Check the beans for any stones or dirt and discard. Put the beans in a large bowl; cover with cold water by about 3 inches. Cover, and set aside in a cool spot or the refrigerator to soak for 6 hours or overnight.

Drain the beans. Put the beans in a large saucepan with 5 cups of water and bring to a boil over high heat. Reduce the heat so the beans simmer and cook for 30 minutes. Drain, but reserve the cooking water.

Preheat the oven to 250 degrees F.

Put the beans in a 2 to 2 1/2-quart ceramic bean pot or covered casserole with the salt pork and the onion. In a medium bowl combine the molasses, mustard, and salt with 2 cups of the cooking liquid and pour over the beans. (If the beans are not covered by the liquid add more.) Cover the pot, and bake for 3 hours. Check the beans periodically to make sure they are covered with liquid and if needed add more of the reserved cooking liquid. Gently stir in the tomatoes and vinegar, taking care not to break up the beans, continue to bake for 3 more hours. Remove from the oven and stir in the rum, if desired. Grill sausages, slice, and stir in with beans.

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Italian Sausages

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

Qty. 4 - 1 lb. Sausages

Your Price: \$45





FAN 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



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