



ELI ZABAR • NEW YORK CITY •  
SUPERIOR MEATS & SERVICE •

★ ★ ★

**THE  
BUTCHER  
SHOP**

★

# MEET ELI ZABAR, MR. MEAT

# 50 YEARS OF EXCELLENCE



Oscar, Angel, Oliver Zabar, Eli Zabar, Sasha Zabar, Marc Reyes, Ivan, Fernando



I WAS BROUGHT UP on the great steaks, chops and fresh poultry that my mom, Lillian, bought. I loved to tag along when she went to the kosher butcher. When I opened E.A.T. in 1973—50 years ago!—my intention was to find the delicious breads and meats of my childhood. I quickly discovered there were almost no bakers or butchers, and what they sold did not meet my exacting standards. Yes, I was passionate about food, but I also was frustrated that I couldn't get what I needed for E.A.T. I've been fortunate to find people who can help me fulfill my vision and have their own passion for food. Today, master butcher Marc Reyes finds the kind of meat I always dreamed of serving to my customers. Our meats are all cut by hand to order—something that is simply not done anymore.



"I'VE LOVED MEAT MY WHOLE LIFE," Eli says. "And we searched and foraged to find the farmers who care as much as we do. We know how the animals we sell have been raised and slaughtered. I'm proud of what I've accomplished—and that my sons, Sasha and Oliver, have the same passion I do for finding the absolute best."



Marc, Sasha, Eli and Oliver bring home the beef. Come talk to Marc about it!



# BEEF CLASSICS

# BEEF/BONE-OUT



COME  
IN AND  
TALK  
MEAT  
WITH  
US!

*Tomahawk Steak* \$50/lb

## WHAT IS DRY AGED BEEF?

At Eli's, it means that after careful selection, we monitor the meat through a 36-day dry-aging process, similar to properly aging wine, which allows the flavor of the cuts to develop and the natural enzymes to break down the connective tissue. The result is steaks and chops of incomparable flavor, complexity and tenderness. Eli takes no shortcuts: fake aging done with chemicals is common but that's something Eli's will never do.



*Ribeye* \$65/lb

*NY Strip* \$60/lb

*Filet Mignon* \$67/lb



# BEEF/BONE-IN



**ELI PREFERS** chicken, fish and chops cooked with the bone in. “The closer to the bone, the more delicious the meat,” he says.

Here’s how we ensure a uniform thickness to every steak we sell (right).



# BEEF/CHOPPED MEAT



AT ELI'S,  
**WE LOVE  
 YOU AND  
 WE WANT TO  
 SEE YOU!**  
 SO VISIT US  
 OFTEN

## GRASS-FED BEEF

Grass-fed sirloin is mild and juicy, with a desirable finish. We love it for steak tartare. “The meat of cows that don’t eat grain but eat grass their whole lives tastes more interesting,” Eli says.

*Pro-tip:* Our butchers love to meet our customers and offer ideas for these delicious cuts. Come in and talk to Marc and his team at our store at 80th Street and Third Avenue.



# LAMB

**AMERICA'S BEST LAMB** comes from Colorado and upper New York state near Ithaca, where we know the farmers and their animals. Our lamb comes to us fresh, never frozen (freezing ruins its subtle flavor and texture) and it's aged in our shop for seven to 10 days. "I love butterflied leg of lamb on the grill; we can do that for you," Eli says.

*Pro-tip:* Tie a good handful of fresh herbs—rosemary, thyme, sage—with a string or a rubber band, and you have a great basting brush. Dip in one of Eli's olive oils and brush chops or legs. Make sure you use coarse not fine salt.



Prime Rack of Lamb \$67/lb



Leg of Lamb \$21/lb

Double Rib Lamb Chops \$67/lb



Cooked Leg of Lamb  
order bone-out for the grill

# VEAL



Loin Veal Chops \$49/lb

Rib Veal Chops \$75/lb



Veal Osso Buco \$32/lb

**TO THE REAL MEAT LOVER** veal chops are **KING**. Beautifully mild and pink in color, Eli's veal chops are great on the grill.

*Pro-tip:* Make Osso Buco (left) yourself—or our catering department will be happy to make it for you.

# PORK

**HERITAGE PIGS** haven't been genetically altered or hybridized. Their flavor is gentle, like veal or chicken, and not at all "porky." Our pork chops (we say: thick-cut only!) are from Berkshire Heritage pigs that are humanely raised and cared for. That care shows in the end product: The marbling in the meat is abundant and the clean, bright-white fat is a sure sign of quality. Heritage pork chops are a grilling favorite, and the beautiful fat will get crispy and luscious.

*Pro-tip:* "The flavor is in the fat as much as in the meat," Eli says. "If you don't eat the fat, don't order pork chops!"



*Frenched Pork Roast, Pork Chops* \$32/lb

# MY FLOCK



*Sasso Chicken* \$12/lb

*Free Range-Chicken* \$9/lb

*Frenched Chicken Breast* \$24/lb

**"MY MOM'S CHICKEN SOUP** came from birds exactly like these. She used the legs, feet, and neck to make her famous chicken soup that I still make here at Eli's." Sasso chickens are happy birds: "Slightly Yellow Says It's a Fatty Fellow." And o! the great frenched chicken breast!

*At Eli's, we love you and we want to see you.*



# ON THE GRILL



*Marinated Rib Lamb Chops* \$67/lb



*Cooked St. Louis Ribs*

**“SASHA’S MY OLDER SON** (by one minute) and he’s as zealous about the details of food as I am. He loves grilling as much as my dad did. Try a quick brush of my olive oil, with herbs and lots of salt and pepper.”



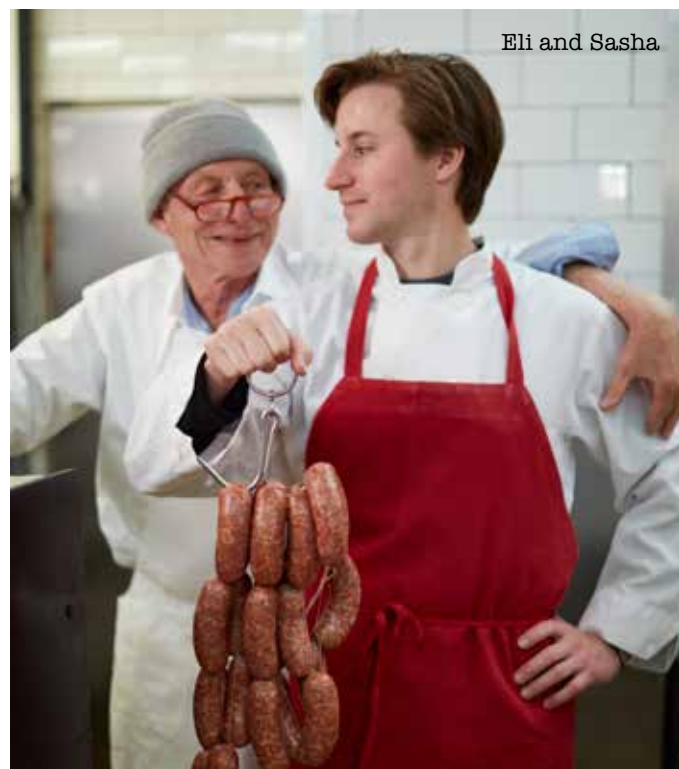
*Italian Sausage* \$17/lb

*St. Louis Ribs* \$20/lb

*Marinated Rib Lamb Chops* \$67/lb



*Grilled Sausages*



Eli and Sasha



# SALAMI 'N' STUFF



# THE CLASSICS



*Ficelle*

*Beurre de Baratte \$28.99/lb  
from Normandy France*

*Sting's Olive Oil  
Try his honeys*

*Jerusalem Loaf \$8*

**ELI'S JERUSALEM LOAF** and ficelle are among the first and greatest breads he ever baked. They're great grilled with lots of olive oil—"people don't use enough!" Grilling bread last gives meats and poultry time to absorb their juices. For butter lovers these are glory days. Our rich, intense, velvety French butter comes from Normandy. "You have to try it!" Our olive oils make summer salads ethereal. Try Sting's olive oil!



**ELI'S CHARCUTERIE BOARD** contains sliced housemade salamis and either prosciutto or lombo (depending on availability), whipped lardo, pickles and Eli's famous crisps and crackers. It's enough for 6-8 people (about 1.3 lbs.) to enjoy with a bottle of good wine (Eli's List: 212-717-8100 ext. 8).

*At Eli's, we love you and we want to see you. So visit us often at 80th Street and Third Avenue.*

*Charcuterie Board Set-Up \$115*



Eli's brioche rolls are a must.

*Pro-tip:* Please throw out your serrated knives. "Do not use them to cut my meat!" Eli recommends the following knives:

- Shun
- Fredericks and Mae
- Global
- Perceval Knives (Model #9.47)








If you like burgers from really great steakhouses like Peter Luger's and Patroon, you'll love Eli's. **ELI'S NIGHT SHIFT BURGERS** are ready for the grill, the perfect size and shape to cook evenly.


*Pro-tip:* Never press down on the burger while it's cooking. You'll ruin it.

# BUTCHER SAMPLERS

PACKED TO SHIP

## HOW TO ORDER

 **PHONE** in your order by calling **212-772-7206**

 **EMAIL** your order to: **homeshop@elizabar.com**

 **ONLINE:** **elizabar.com**

★ **OVERNIGHT SHIPPING** ★

## BONE-IN STEAK SAMPLER

Serves 3-4 **\$239** BTC501

- 1 rib steak, 1.5" thick
- 1 porterhouse steak, 1.5" thick
- 1 shell steak, 1.5" thick

## BONE-OUT STEAK SAMPLER

Serves 3-4 **\$259** BTC502

- 1 ribeye steak, 1.5" thick
- 1 New York strip steak, 1.5" thick
- 4 beef tenderloin steaks, 1.5" thick

## THE WEEKEND PARTY SAMPLER

Serves 6-8 **\$479** BTC503

- 1 tomahawk steak, 2.5" thick
- 4 8-oz filet mignon steaks, 1.5" thick
- 6 Night Shift burgers
- 6 sweet or hot pork or chicken sausages
- 1 3-lb rack of St Louis ribs
- 1 whole free-range chicken

## THE ELEGANT DINNER PACKAGE

Serves 6-8 **\$479** BTC503

- 1 prime rack of lamb
- 2 milk-fed veal rib chops
- 1 beef tenderloin roast, 1.5 lbs
- 2 frenched chicken breasts
- 1 lb fresh prime ground sirloin for tartare