

Spring 2005 Club Sauce Recipe Collection

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Featuring recipes using The More Than Gourmet stock reduction product Line and other selected products from the Club Sauce Store.



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Spring 2005 Club Sauce Recipe Collection

Table of Contents

Introduction by Jules Silver

Spring 2005 Club Sauce Recipe Collection

Soups

Creamed Chicken Soup with Wild Rice
Quick and Easy Fish Chowder
Black Bean Vegetable Soup (Vegetarian)

Fish and Seafood

Linguini with Mussels Marinara
Swordfish Cuban Style
Pan Roasted Striped Sea Bass with Lemon Fennel Sauce

Meat (Veal, Lamb)

Colorado Rib Lamb Chops with a Balsamic Shallot Sauce
Veal Piccata
Veal Scallops with Artichoke Hearts

Vegetable and Vegetarian Dishes

Portobello Mushroom Saute with a French Twist
Roasted Asparagus Spears with Parmigiano-Reggiano Cheese
Olive Oil Sauce for Dipping, Pasta, Pizza

Articles of Interest

The Secrets of a Delicious Stew-Jules Silver

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Introduction

I recently attended a dinner party where the discussion turned from the politics of the day to the difficulty of preparing a relaxing, delicious meal during the workweek. Especially with all the extra preparation and cooking time that's usually required.

We all agreed that with our busy schedules it was difficult and time consuming to prepare a palate-pleasing dish with a little pizzazz. We found ourselves stuck with the same old, same old because it was just easier than trying to figure out something new.

Searching through cookbooks, magazines, newspapers, and online was also time consuming. A friend of mine suggested that I prepare a mini e-cookbook with some recipes that were as good during the week after a hard days work, as they would be for entertaining.

That discussion set my mind to whirling with some new ideas for the Spring 2005 Club Sauce Recipe Collection. Friends, family, and business associates alike wanted to enjoy something a little different but that was quick and easy to prepare. They wanted to relax and enjoy a meal in the comfort of their own homes.

The Spring 2005 Club Sauce Recipe Collection is just that. It consists of 12 recipes with some taking less than 20 minutes to make and other slightly longer. Some soups only take minutes to prepare but require a longer time to cook. We suggest making those meals a day ahead and then refrigerating them. The next day the meal can be served in a matter of minutes.

As many of you know soups, stews, and some pasta sauces always taste better the next day. It comes from a blending of subtle flavors as they are released from the various seasonings and ingredients over a period of time.

We hope you enjoy using our spring recipe collection and find the various products that we have suggested from the Club Sauce Store an added benefit to a most delicious meal.

If you've missed any of our other recipe collections please check the e-cookbook section at the Club Sauce website and you can download the e-cookbooks from there.

Please feel free to share this e-book and the recipes with friends, family, and neighbors who like to cook and enjoy the simple pleasures of a deliciously home cooked meal.

Cookingly Yours,
Jules Silver

Creamed Chicken Soup with Wild Rice

6 Servings

Ingredients:

- 2 Tablespoons butter
- 1 Medium sized onion, chopped
- 2 Celery stalks, chopped
- 3 Carrots, chopped
- 2 Oz. (**More Than Gourmet Fond de Poulet Gold**) chicken stock reconstituted with 7 cups hot water.
- 1 Bay leaf
- 1/3 Cup heavy cream
- 1 Cup boneless, skinless chicken breast, cooked and diced
- Salt and pepper to taste (**Urban Accents-fisherman's Wharf and Sonoma Pepper**)

Directions:

1. Melt the butter in a stockpot over medium heat. Add the onion, celery and carrots to the melted butter and sauté until the vegetables soften, approximately 8 to 10 minutes.
2. Add the wild rice to the mixture, stir and coat.
3. Add the reconstituted chicken stock (**More Than Gourmet Fond de Poulet Gold**) and the bay leaf. Reduce the heat to low and simmer. Stir the soup occasionally and cook for one hour or until the rice is tender.
4. Add the heavy cream to the soup and stir to blend.
5. Remove 2 cups of soup and puree in a blender or food processor and then return it to the pot. Add the diced chicken, and stir for 2 minutes until hot. Season with salt and pepper to taste and serve.

All items in bold print can be purchased at www.clubsauce.com

Quick and Easy Fish Chowder

Serves 8

Ingredients:

- 2 Tablespoons butter
- 2 Cups Chopped onions
- 4 Fresh mushrooms, thinly sliced
- 1 Celery stalk, chopped
- 1 Carrot, chopped
- 1.5 Oz. (**More Than Gourmet Fumet de Poisson Gold**)
reconstituted in 4 cups hot water. (Fish stock)
- 4 Cups diced potatoes
- 2 Lbs. Cod, cut into ½ inch cubes
- 1 Cup clam juice
- ½ Cup flour
- 2 Cans evaporated milk (12oz each)
- Salt and pepper to taste (**Urban Accents-Fisherman's Wharf and Sonoma Pepper**)

Directions:

1. Melt the butter in a large stock pot over medium heat.
2. Add onions, carrot, and celery, sauté until tender about 8 minutes and then add mushrooms for 2 more minutes.
3. Add the fish stock and potatoes and simmer for 10 minutes or until potatoes are partially cooked.
4. Add fish and continue to simmer for 15 minutes with an occasional stir.
5. Mix clam juice and flour together in a separate bowl until smooth and then add to the soup.
6. Add the evaporated milk and stir.
7. Season with salt and pepper, remove from heat and serve.

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Black Bean Vegetable Soup (Vegetarian)

Serves 6

Ingredients:

- 1 Tablespoon vegetable oil
- 1 Large onion, chopped
- 1 Clove garlic, minced
- 2 Carrots, chopped
- 3 Teaspoons ground cumin
- 1.5 Oz. (**More Than Gourmet Veggie Stock**) reconstituted with 4 cups hot water.
- 2 Cans (15 oz) black beans, rinsed and drained
- 1 Can (8.75 oz) whole kernel corn
- ¼ Teaspoon ground black pepper (**Urban Accents Sonoma Pepper**)
- 1 Can (14.5 oz) crushed stewed tomatoes

Directions:

- 1. Heat the oil in a stockpot over medium heat.
- 2. Add onion, garlic, and carrots and sauté for 8 minutes or until the onions soften.
- 3. Add chili powder and cumin and stir for 1 minute.
- 4. Add the veggie stock and 1 can of black beans, corn, and pepper. Bring to a boil.
- 5. Using a food processor or blender puree the remaining can of beans and can of tomatoes.
- 6. Add the puree to the pot and stir.
- 7. Reduce the heat, cover, and simmer for 10 to 15 minutes or until the carrots are tender. Remove from heat and serve.

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Linguini with Mussels Marinara

Serves 6

Ingredients:

- 2 Tablespoons extra virgin olive oil (**Le Corte Estate Extra Virgin Olive Oil**)
- 2 Cloves garlic, minced
- 2 Cans (14.5oz) crushed tomatoes
- 1 Teaspoon dried oregano (**Dried Oregano from Sardinia**)
- 1 Teaspoon dried basil
- 1/4 Teaspoon crushed red pepper flakes
- 1/3 Cup white wine
- 2 Lbs. Mussels, cleaned and debearded
- 1 Lb. Linguini pasta
- 2 Tablespoons fresh Italian parsley, chopped
- 2 Fresh lemons cut into wedges

Directions:

1. Place a large skillet over medium heat. Add olive oil and then garlic and sauté for 1 minute.
2. Add tomatoes, oregano, basil and red pepper flakes to the pan. Reduce heat to low and simmer for 5 minutes.
3. Cook the linguini pasta according to the directions on the package. Drain the water from the pasta and reserve. Be careful not to over cook the pasta.
4. Add the wine and mussels to the skillet. Turn the heat to high and cover for 5 minutes or until the mussels pop open. **Be sure to discard any mussels that do not open.**
5. Pour the sauce and mussels over the pasta and squeeze half of one lemon over the mussels and pasta. Sprinkle with parsley and serve with the additional lemon wedges.

All items in bold print can be purchased at www.clubsauce.com

Swordfish Cuban Style

Serves 4

Ingredients:

- 2 Tablespoons extra virgin olive oil (**Le Corte Estate Extra Virgin Olive Oil**)
- 1½ Cups white onion, thinly sliced
- 3 Tablespoons garlic, minced
- 4 Cups plum tomatoes, seeded and chopped
- 1½ Cups dry white wine or dry vermouth
- 2/3 Cup green stuffed olives sliced (pimento, garlic, etc.)
- 1/4 Cup capers, preferably (**capers packed in sea salt**) rinse

- 1/8 Teaspoon red pepper flakes
- 4 Swordfish steaks (6 ounces each)
- 2 Tablespoons butter
- 1/4 Cup fresh cilantro, chopped

Directions:

1. Place a large skillet over medium heat and add the olive oil. When the oil is warm add the onions and sauté until soft. Stir in garlic and sauté for 1 minute.
2. Add tomatoes and sauté for 2 minutes.
3. Add wine, olives, capers, and red pepper flakes and reduce to heat and simmer for 2 minutes.
4. Place swordfish steaks in to the sauce and cover. Continue to simmer for 10 to 12 minutes until the fish flakes easily with a fork.
5. Remove the swordfish steaks to a serving plate.
6. Increase heat to medium high and add the butter in small pieces so it melts quickly and allow sauce to thicken.
7. Remove from heat and add cilantro. Spoon the sauce over the swordfish steaks and serve.

All items in bold print can be purchased at www.clubsauce.com

Pan Roasted Striped Sea Bass with Lemon Fennel Sauce

(Other firm fish such as sea bass, grouper, black bass, red snapper, orange roughy, and freshwater bass will also work well.)

Serves 2

Ingredients:

- 4 Teaspoons Olive oil or Macadamia nut oil
- 2 Teaspoons fresh lemon juice
- 1/4 Teaspoon dried fennel seeds (**Dried Fennel Seeds from Sardinia**), chopped fine
- Dry fish and seafood rub (**Urban Accents Fish and Seafood Rub**)
- Salt and pepper (**Urban Accents Fisherman's Wharf and Sonoma Pepper**)
- 2 Striped sea bass fillets (6 oz. each)

Directions:

- 1 Preheat oven to 425°
- 2 Rinse fillets and pat dry. Rub both sides of fillets with fish and seafood rub.
- 3 Place a 9 or 10-inch skillet or non-stick skillet (**with an oven safe handle**) over medium high heat on top of the burner. Heat 1 teaspoon of oil until hot.
- 4 Place fillets skin side down in the skillet for 2 minutes. If fillets begin to curl use a spatula to press flat.
- 5 Remove skillet from the stovetop and place in the middle of the oven and roast the fillets for 5 minutes or until they are cooked through.
- 6 While the fillets are roasting combine the remaining oil, lemon juice, fennel seeds, salt and pepper to taste in a small pan. Warm over a medium-low heat until hot.
- 7 Serve fillets skin sides down and spoon sauce over each.

All items in bold print can be purchased at www.clubsauce.com

Rib Lamb Chops with a Balsamic Shallot Sauce

Serves 6

- 6 Lamb rib chops, (3/4 to 1-inch thick) trimmed and bones Frenched is preferred.
- 2 Tablespoons coarse ground black pepper (**Urban Accents Sonoma Pepper**)
- Salt to taste (**Urban Accents Fisherman's Wharf**)
- 2 Tablespoons olive oil
- 2 Shallots, thinly sliced
- ½ Teaspoon minced garlic
- 1 Teaspoon (**More Than Gourmet Glace d'Agneau**) (**Lamb stock**) reconstituted with 1-Cup hot water.
- 2 Tablespoons balsamic vinegar (**Giusti-Aceto-Balsamico di Modena-12 year Balsamic Vinegar**)
- 1 Tablespoon butter

Directions:

1. Heat oil in a heavy skillet over medium-high heat until hot.
2. Rinse chops and pat dry. Season with salt.
3. Press the black pepper onto both sides of each chop
4. Place the chops in the skillet for 2 minutes on each side for medium-rare.
5. Remove chops from skillet to plate and keep warm.
6. Pour off fat except for 1 tablespoon.
7. Add shallots and garlic and sauté for 1 to 2 minutes or until slightly brown.
8. Add reconstituted lamb stock and vinegar and reduce to desired thickness.
9. Remove from heat and add butter, stir until blended in.
10. Spoon the sauce over the chops and serve.

All items in bold print can be purchased at www.clubsauce.com

Veal Piccata

Serves 2

Ingredients:

- 1 Lb. Veal scallops, pounded thin
- 3 Tablespoons olive oil
- 3 Garlic cloves, crushed
- ½ Cup dry Vermouth or dry white wine
- 1 Teaspoon (**More Than Gourmet Glace de Viande Gold**) (veal and beef stock) reconstituted in ½ cup warm water.
- All-purpose flour
- 3 Tablespoons capers (**Capers packed in salt from Pantelleria**) rinsed and patted dry.
- 1 Small lemon, peeled, white removed and sliced thin
- 2 Tablespoons butter
- 3 Tablespoons fresh parsley, chopped
- Salt and pepper (**Urban Accents Fisherman's Wharf and Sonoma Pepper**)

Directions:

- 1 Mix salt, pepper and flour in a baggie or on a flat plate.
- 2 Heat oil in a large skillet over medium-high heat.
- 3 Dredge the veal scallops in the flour mixture and shake off any excess.
- 4 Place the veal in the heated oil and brown lightly on both sides. 1 to 2 minutes per side. Remove from the skillet and keep warm on a separate plate.
- 5 Add the garlic to the skillet and sauté until slightly golden. Add vermouth or white wine and de glaze pan (scrape the tiny bits and pieces stuck to the bottom of the pan)
- 6 Add the veal and beef stock. Continue to stir and reduce to ½ cup.
- 7 Stir in capers and lemon slices, return to a boil and swirl in the butter and parsley
- 8 Place the veal slices on individual plates or on serving platter and spoon the sauce over the veal scallops and serve.

All items in bold print can be purchased at www.clubsaUCE.com

Veal Scallops with Artichoke Hearts

Serves 4

Ingredients:

2 Lbs. Veal scallops pounded thin

All-purpose flour

Salt and pepper (**Urban Accents Fisherman's Wharf and Sonoma Pepper**)

3 Tablespoons olive oil

2 Tablespoons butter

¼ Cup fresh lemon juice

¾ Tablespoon (**More Than Gourmet Glace de Viande Gold**) (**veal and beef stock**) reconstituted in 1 cup warm water.

1 Jar (6-ounces) marinated artichoke hearts, drained and cut lengthwise into ¼ inch pieces.

Directions:

- 1 Mix salt, pepper and flour in a baggie or on a flat plate.
- 2 Heat oil in a large skillet over medium-high heat.
- 3 Dredge the veal scallops in the flour mixture and shake off any excess.
- 4 Place the veal in the heated oil and brown lightly on both sides. 1 to 2 minutes per side. Remove from the skillet and keep warm on a separate plate.
- 5 Add the lemon juice and the veal and beef stock to the skillet. Stir and scrape up the browned bits from the bottom and sides of the pan and simmer for 2 minutes.
- 6 Add the artichoke hearts and continue to simmer for 2 minutes
- 7 Swirl in the butter to the sauce and remove from the heat. Season with salt and pepper to taste.
- 8 Place the veal scallops on individual plates or on a platter and spoon sauce over the top and serve.

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Portobello Mushroom Saute with a French Twist

Serves 4

Ingredients:

- 12 Ounces fresh Portobello mushroom caps
- 2 Tablespoons Extra virgin Olive Oil (**Le Corte Estate Extra Virgin Olive Oil**)
- 4 Garlic cloves, chopped
- 2 Teaspoons herbs de Provence (**Urban Accents-Herbs de Provence**)
- 1 ½ Tablespoons balsamic vinegar (**Giusti-Aceto-Balsamico di Modena-12 year Balsamic Vinegar**)

Directions:

- 1 Gently rub mushrooms with a soft paper towel or mushroom brush to remove any foreign matter.
- 2 Cut and remove the stems. Use a teaspoon to scrape the gills from the mushrooms and discard.
- 3 Cut the mushrooms into bite size pieces.
- 4 Place a pan over medium-high heat and add 1 tablespoon of olive oil.
- 5 Saute the mushrooms until they begin to brown. Continue to stir or shake pan so the mushrooms don't stick or burn.
- 6 Add the garlic and the herbs de Provence to the pan and continue to sauté for 3 minutes.
- 7 Add the balsamic vinegar and cook for 1 minute. Remove the pan from the heat and toss with the remaining olive oil and serve.

All items in bold print can be purchased at www.clubsauce.com

Roasted Asparagus Spears with Parmigiano-Reggiano Cheese

Serves 4

Ingredients:

- 1 Lb. Asparagus spears (thin to medium thickness)
- 2 Tablespoons olive oil
- ½ Teaspoon fleur de sel (**M. Gilles Hervy-Fleur de Sel**) sea salt
- 1/8 Teaspoon fresh ground black pepper (**Urban Accents-Sonoma Pepper**)
- 1 Tablespoon balsamic vinegar (**Giusti-Aceto-Balsamico di Modena-12 year Balsamic Vinegar**)
- 2 Ounces Parmigiano-Reggiano cheese, grated

Directions:

- 1 Preheat oven to 500°
- 2 Rinse asparagus, break off the tough ends
- 3 Lightly coat the bottom of a roasting pan with the olive oil
- 4 Place the asparagus in the pan and shake to lightly coat with the olive oil.
- 5 Sprinkle with ground black pepper
- 6 Place the asparagus in the oven and roast for 10 to 12 minutes depending on the thickness of the asparagus. You want the asparagus to retain some of its crunchiness.
- 7 Remove the pan from the oven and immediately place the asparagus on a serving platter.
- 8 Drizzle balsamic vinegar over the asparagus, sprinkle on the fleur de sel, add the freshly grated Parmigiano-Reggiano cheese, and serve.

All items in bold print can be purchased at www.clubsauce.com

Olive Oil Sauce for Dipping, Pasta, Pizza

Ingredients:

- 1/2 cup Extra virgin olive oil **Any of the extra virgin olive oils at the Club Sauce Store**
- 2 cloves garlic minced
- 3/4 tsp. Mixed herbs (**Herbe Miste-Mixed Herbs from Sardinia**)
- 1/4 tsp. Dried basil
- 1/2 tsp. Dried parsley
- 1/4 tsp. Red pepper flakes
- 1/4 tsp. Ground black pepper (**Urban Accents-Sonoma Pepper**)
- 1/8 tsp. Coarse salt (**Fleur de Sel-French sea salt**)
- 1/4 tsp. Capers (**Capers Packed in Sea Salt from Pantelleria**)

Mix all ingredients in a bowl **except the coarse sea salt**, it's the last ingredients you add just before serving.

Recipe for Pizza or French Bread- Puree all of the ingredients in a blender. You can store the mixture in a jar or covered bowl for up to two days in the refrigerator.

Liberally brush the olive oil mixture on the pizza dough or on crusty French bread. You may want to add cheese like Parmesan, Feta cheese, or other desired cheeses.

Place the pizza in a preheated oven of 450° and cook until the edges start to brown slightly and then remove from the oven. Let the pizza rest for several minutes before slicing. The bread will take less time and should be watched closely so that it doesn't burn. Remove from the oven and allow it to cool for several minutes, slice and serve.

Pasta sauce- Use the same ingredients as above but **DO NOT PUREE**. Add the olive oil to a saucepan over a medium low heat and warm. Add the garlic and stir for 30 seconds. Add the remaining ingredients and stir for two minutes. Serve over cooked pasta and sprinkle with grated Parmesan cheese or Parmesan/Reggiano cheese.

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The Secrets of A Delicious Stew

Making a savory tasting stew is the ultimate when it comes to comfort food. This is not a new idea but one that began with the advent of fire and some form of pottery, pot, or vessel to retain and cook the contents.

Every culture has created some version of a stew. Different types of stews were based on the seasons and the availability of domesticated meats, wild game or birds, poultry, fish and vegetables either raised or hunted. The same traditions are carried on today with many ingredients more readily available on a year round basis.

I'm sure that in the beginning it was a simple process of putting everything in a pot with liquid and seasonings and simmering them over an open fire until the contents had reached the desired doneness. Now the process has taken on a new level of sophistication, even the making of a rustic farmhouse stew has reached a new plateau.

The cost of making stew can be as simple as going to the garden and harvesting the ingredients, hunting for your own meat, raising it or going to the sea and catching it. With the level of sophistication and exotic stews being created today, some ingredients can become quite costly.

We could write a book on the history of making stew and the various stews from around the world. But for this article we'll breakdown the various stew groups and give you some timely tips on how to prepare and cook some of the various ingredients so that you can create your own signature dishes.

Stewing Groups

Regardless of the country of origin or the infusion of cultural influences over the years, five basic stew groups stand out. They include the meat based stews like beef, pork, lamb, and veal. Poultry stews such as wild bird, plus a variety of chicken and domestically raised poultry are also popular. There are a variety of wild game stews. Seafood stews, vegetable stews and last but not least fruit stews.

A few Simple Rules

1. Use a large Dutch oven or large heavy pot. Usually a 6 to 8 quart size is best. Heavy stainless steel or a lined cast iron pot.
2. Be sure to use a good quality stock. (Try our More Than Gourmet line of stocks) They'll save you lots of time unless you're willing to make your own.
3. Stews should be cooked in an oven not to exceed 250°. It's the slow simmering process that marries the proteins from the meat with the liquids, vegetables and seasonings into a hearty, intense flavor that makes it a comfort food.
4. Use the appropriate cuts of meat, poultry, seafood, and vegetables for stewing.

The Secrets of A Delicious Stew

5. Cut the various ingredients to a uniform size for more even cooking.
6. Use a quality wine, not expensive but of good drinkable quality. Try young fruity wines either reds or white. \$7 to \$15 range like cabernets, Chianti, or Zinfandel. (Please do not use cooking wine)
7. You can freeze leftovers of the meat, game, and poultry stews being sure to remove any potatoes before freezing. They will turn mushy. Just boil new potatoes when you reheat the frozen stew and add them.
8. Never freeze seafood stews as they are more delicate and breakdown to quickly and easily.

Selecting the Proper Ingredients

1. Beef stews-Use a chuck roast or rib eye steak and cut into 1 ½-inch cubes. This is generally superior to buying precut stew meat.
2. Pork stews-Use pork shoulder cut into 1 ½-inch cubes.
3. Lamb stews-Use lamb shoulder or shoulder chops and cut into 1 ½-inch cubes.
4. Chicken and poultry stews-The preferred parts of the chicken are the thighs bone-in and skin-on for browning. If available older, mature hens or so called stewing hens can be used as they do better than young hens in the stewing process.
5. Fish stews-We generally recommend any firm, white-fleshed fish for stewing. Use red snapper, monkfish, sea bass, cod, grouper, or halibut, and the fresher the better. Usually cut into 1 to 1 ½ inch pieces.
6. Wild game stews and domestically raised game-Boneless venison shoulder, boar shoulder, and buffalo shoulder 1 ½-inch cubed, whole young rabbits cut into 6 to 8 pieces.
7. Vegetable stews-Always use the freshest vegetables possible with this exception, if the fresh version is not available consider using frozen corn, lima beans, canned tomatoes, and dried wild mushrooms.

The Secrets of A Delicious Stew

Final Secrets and Considerations

Browning the seasoned meat in a Dutch oven or pot on top of the stove will help bring out a deeper, richer flavor to the stew. Deglazing the pot with a portion of the wine or stock after the browning process (scrapping to loosen the bits and pieces remaining in the pot) will help add to the flavor of the stew.

Saute onions and then garlic in the pot, this adds to the caramelizing and melding of the flavors before adding the additional ingredients. Vegetables like carrots and other root vegetables or potatoes should not be added to the stew until the meat has cooked for at least one hour. Other vegetables depending on their tenderness, like peas, should not be added until the last 5 to 10 minutes.

Seafood stews rarely require that the fish or shellfish be added until the last several minutes of the cooking process. All the flavors in a seafood stew come from the stock, seasonings and other ingredients. Even firm fish added to early will over cook and fall apart and shellfish will become tough in the shell.

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