

SUN'S OUT, BUNS OUT!



20 DELICIOUSLY
GLUTEN FREE
BACKYARD BBQ
IDEAS INSIDE!



LET'S GET



GRILLIN'!



The sun's out, and our buns are too... Burger Buns that is! No matter how you celebrate, summer is the perfect time to enjoy freshly grilled ingredients piled high on a toasted gluten free bun. Enjoy a dose of summer any time with inspiring ideas from some of our favorite influencers and delicious recipes from our kitchen to yours. It's time to get cookin'!

Stock up with Stay-Fresh Burger Buns!

Always gluten free and baked with whole grains, our Burger Buns are sealed for freshness and can be stored up to 90 days before opening. Stock up early and have them on-hand for all your favorite summer meals!

Find our Stay-Fresh Burger Buns in the fresh bread aisle of your favorite retailer! Visit CanyonGlutenFree.com/store-locator for a list of retailers near you.

Welcome

Instafamous

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#INSTA FAMOUS

When it comes to inspiration in the kitchen or on the grill, we often look to our favorite gluten-free foodies. To pair with our own creations, we asked influencers to share their ideas for using our Stay-Fresh Burger Buns. From barbequed jackfruit to grilled chicken and veggies, these recipes invite you to get cooking and enjoy a taste of summer. Make sure to follow each influencer for more inspiring ways to dish up gluten-free goodness!



say double cheese!



@amywilichowski



@hannahharvestinghealth



@xxalily



@themindfulhapa



@rippindelish



@cookandsavor



@TheHealthyHaff

you gotta' check these amazing folks out!

Looking for even more inspiration?



@beachsidekitchen



@Thefeistykitchen



@bearnecessities--

Check out these influencers for more delicious summer recipes!



COOKING TECHNIQUES

In addition to delicious recipes, we're helping cooks on all levels discover new techniques and build their skills, all while making beautiful gluten-free meals at home. In this section, we'll provide three essential methods for creating a number of unique kitchen and dining experiences that happen to be gluten-free.





HOW TO COOK BEEF BURGERS ON A CHARCOAL GRILL

Warm weather is approaching, and we find ourselves thinking about burgers. One minute, we're daydreaming about wearing shorts in dappled sunlight, and the next, we're buying briquettes. If you're unsure where to go from there, we can help you start the season like an old pro. Here, we'll focus on charcoal grilling rather than gas for one simple reason; we love the taste of a smoky burger!

Start with a clean grill, scrubbed of the remnants of prior cookouts. A good wire brush is a go-to, but crumpled foil works well. Once the crispy bits are gone, rub the grate with a tightly rolled cloth that's been dampened with vegetable oil. Repeat the motion until the surface gleams. Next, prepare your workstation. Stock a nearby table with tongs, 12-16-inches long, to be sure you'll keep that baby-soft arm hair (careful, flare-ups happen). You'll need a mitt for grabbing hot stuff, a large fire-proof spatula, and a kitchen towel for drips. The books are full of tales about how to tell your burger is done by touching it, but you'd be wise to get a thermometer too.

That's half the battle, but it's the next half that results in a juicy burger. Time to build a fire under your grate! By the way, a steel chimney starter goes with a charcoal grill like ketchup goes with mustard. You need 'em both. Crumple newspaper to place under your chimney before filling it with charcoal briquettes. Light the paper, and once the coals are glowing, pour them over half of the grill base. Leave the other half clear so that when you place the grate, there's a cooler side for controlling the rate of cooking.

Place prepared beef patties (about 1/3 lb. each with 20% fat) on the grate over the hot coals. The direct heat allows the burger to cook through before the outside burns. Cooking too fast? Move your burgers to the cooler side. You'll find managing this takes some finesse, but by the end of day 1, you'll be a grill master! Cook your burgers on the first side for 3 minutes before flipping. Cook the other side for about as long, 3-4 minutes for medium-rare results. The internal temperature should be 145-160 degrees. Remove your burgers from the heat and allow them to rest while you toast your buns. Want cheese? Lay it on.

Now, you're in business. See? No one needs to know what you did last summer. This season, you're grilling burgers. That much is obvious! What's more, you've mastered the art of cooking over a live fire. That has to feel great, and we know how good it tastes!



TECHNIQUES

HOW TO CARAMELIZE ONIONS

Onions are naturally sweet, but we don't always think of that because of the spicy bite associated with them in their raw form. When gently cooked, their natural sugar is brought to the surface where it can be celebrated and savored.

Caramelized onions can add immense flavor and texture to recipes, casual or refined. That said, we have every intention of barbecuing all spring and summer, so we probably won't be acting refined, wearing long pants, or even leaving our backyards. Our caramelized onions are made to top juicy, grilled burgers and create satisfying layers of rich, concentrated flavor. While a burger is a wonderful thing on its own, we've learned that cooking regular onions using a simple, slow technique will yield excellent results. Now, there's no turning back!

When it comes to caramelization, patience is a virtue. All that richness comes from slowly releasing the water from sliced onions, softening the texture, and extracting the sugars to be browned until sweet, nutty flavors are accentuated. How is all of that possible with a humble onion? We're pretty sure it's science, but the point is, it's delicious.

The process begins with slicing the onions into thin, long strips. First, level the top of the onion. Cutting vertically (across the rings), halve the onion lengthwise. Peel the outer skin away and place the onion cut side down. Working horizontally (with the rings), take thin slices. Watch those fingers! You'll need them to eat that burger later.

Place a heavy skillet over medium heat and add butter, olive oil, or a combination. A little trial and error may be necessary here, keeping in mind that butter has great flavor, but it burns more easily than oil. Add sliced onions to the skillet to be cooked slowly until they're deep brown. Once the onions have softened, reduce the temperature, and gently move the onions around as needed to avoid sticking. The time in the skillet can be 20 minutes to an hour, depending on your volume. The thing to watch is the rate at which the water is evaporating. If it goes too fast, your onions will burn before they can caramelize. If it goes too slow, your onions will braise, affecting the texture.

After your onions have successfully caramelized, the last step is to season them. Salt and pepper are obvious choices here, but you could add fresh herbs. Or, for fits and giggles, try a splash of white wine vinegar. Now, about that burger...



HOW TO SAUTÉ MUSHROOMS

Mushrooms are mysterious. Their earthiness can be difficult to harness in a dish. For those who are drawn to these beautiful fungi, learning the right method for cooking them is essential to showcase their flavor without sacrificing texture. For us, sautéing is key, but it's only part of the process.

While there are lots of delicious ways to enjoy them, sautéed mushrooms are yet another incredible burger topper. We don't do anything halfway around here (unless we're making open-faced sandwiches - wonderful, but that's a different guide). Therefore, we're stacking our next juicy, meaty burger with sautéed mushrooms and making it more so. See you at the top!

To start, clean your mushrooms by brushing them with a clean kitchen towel. Because of their structure and absorbency, washing them doesn't work out the way it would for other vegetables. You don't want to add water until they're in the pan. More on that in a minute.

As with caramelizing onions, when sautéing mushrooms, we add butter to a pan over medium-high heat and gently brown the outsides to create more depth and complexity in flavor. Yet, they're airy and tend to absorb the butter. In that state, they take forever to release moisture and brown. Who has time for that? Burgers. Are. Grilling. To help the spongy fungi let go of their inherent moisture, we add a little water in the beginning. Confused? It's a strategy. Relaxed in the steam, their own moisture is released and evaporates. Then, the sauté begins.

The mushrooms need to brown, so now it's time to add oil. But, just a touch to prevent sticking. Use olive oil and reduce the heat. Once they've gently and evenly browned, bring on the butter! Here's where the flavor really takes off. You can add minced shallots, garlic, or herbs if you like, then sauté the mixture until your family crowds the kitchen to see what smells so great. Lastly, splash the pan with wine or apple cider vinegar and toss the sautéed mushrooms in the buttery glaze you just made. You're amazing!

You did it. By controlling the release of moisture, browning slowly, and saving the butter for last, you harnessed the weirdly wonderful flavor of the earthy mushroom. Not to mention, you've created the kind of kitchen aromas that turn neighbors into friends. Now, add it to a burger and make it your masterpiece! From here, all you have to do is catch the drips. Napkin?



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BIG ITALIAN SAMMIE

Recipe by : Jenny Castaneda

INGREDIENTS

- 2 Canyon Bakehouse Burger Buns, toasted
- 4 oz. Sliced Pastrami
- 4 oz. Sliced Salami
- 4 oz. Sliced Goat Cheddar or White Cheddar
- ½ C. Baby Spinach
- 2 oz. Roasted Red Peppers
- Black Pepper
- Red Wine Vinegar
- Extra Virgin Olive Oil

DIRECTIONS

1. Assemble the sandwiches with pastrami, salami, goat cheddar, baby spinach, and roasted red peppers.
2. Season the sandwiches with black pepper and drizzle with red wine vinegar and olive oil before serving.

You can find more about Jenny here IG: @CookAndSavor



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GRILLED CHICKEN CAPRESE SANDWICH

Recipe by : Rebecca Costa

INGREDIENTS

- 2 Canyon Bakehouse Burger Buns, toasted
- 1 Tbsp. Olive Oil, divided
- 1 Boneless, Skinless Chicken Breast
- Salt and Pepper, to taste
- 4 oz. Fresh Mozzarella, sliced
- 2 Sprigs Fresh Basil
- ½ Large Tomato, sliced
- 2 tsp. Balsamic Vinegar

DIRECTIONS

1. Prepare a hot grill.
2. Brush the buns with 1 tsp. olive oil and quickly toast them, cut side down.
3. Wash and dry the chicken breast before halving it, laterally.
4. Brush all sides of the chicken with the remaining olive oil and season with salt and pepper.
5. Place the prepared chicken on the grill. Cook for 3-5 minutes until browned. Flip and grill for 3-5 minutes more, until cooked through. Transfer to a plate.
6. While still hot, top the chicken with mozzarella slices and allow them to melt.
7. Assemble the sandwiches on the grilled buns with fresh basil, sliced tomato, and a drizzle of balsamic vinegar.

You can find more about Rebecca here IG: @XXRLilly



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CILANTRO LIME CHICKEN BURGER

Recipe by : Amy Willichowski

INGREDIENTS

- 4 Canyon Bakehouse Burger Buns, toasted
- 1 lb. Ground Chicken Breast
- ¼ C. Cilantro, chopped, plus leaves for garnish
- ¼ tsp. Salt
- ¼ tsp. Pepper
- 1 tsp. Garlic Powder
- 1 Lime, juiced and zested
- Chipotle Aioli
- 1/3 C. Mayo
- ½ Lemon, juiced
- 1 Tbsp. Tomato Paste
- ¼ tsp Garlic Powder
- ¼ Chipotle Chili Pepper
- Salt and Pepper to taste

DIRECTIONS

1. Whisk the aioli ingredients together in a small bowl.
2. Separately, combine the ground chicken breasts, cilantro, seasonings, lime juice and zest.
3. Form the chicken mixture into 4-5 patties.
4. Place a skillet over medium-low heat with oil or cooking spray.
5. Cook the patties for 6-7 minutes on each side, until the internal temperature reaches 165 degrees.
6. Spread each toasted bun with chipotle aioli and place the patties on top.
7. Garnish with cilantro leaves.

You can find more about Amy here IG: @amywillichowski



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GREEN CHILE CHEESEBURGER WITH RED CHILE AIOLI

Recipe by : Brianna Hobbs

INGREDIENTS

- **4 Canyon Bakehouse Burger Buns, toasted**
- 1 lb. Ground Beef, divided into 4 burger patties
- 2 Large Tomatoes, sliced
- 8 Lettuce Leaves
- 4 oz. Sliced Cheddar Cheese
- ½ C. Diced Mild Green Chile
- **Red Chile Burger Seasoning**
- 1 Tbsp. Brown Sugar
- 1 Tbsp. Salt
- 1 tsp. Red Chile Powder
- 1 tsp. Onion Powder
- 1 tsp. Garlic Powder
- **Red Chile Aioli**
- ¼ C. Mayonnaise
- ½ tsp. Red Chile Powder
- ½ tsp. Garlic Salt

DIRECTIONS

1. In a small bowl, whisk together the ingredients for red chile aioli and set aside.
2. In a separate bowl, combine the ingredients for red chile burger seasoning.
3. Season the burgers liberally with the seasoning mixture and grill or cook in a cast-iron skillet or grill pan for 4 minutes on each side. During the last 2-3 minutes of cooking, top the burgers with a slice of cheddar and a spoonful of diced green chiles.
4. Spread each toasted bun with red chile aioli and assemble the cheeseburger with sliced tomato and lettuce.

You can find more about Brianna here IG: @flippindelish



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JACKFRUIT BBQ SANDWICH

Recipe by : Hannah Bostdorff

INGREDIENTS

- 2 Canyon Bakehouse Burger Buns, toasted
- 1 (20oz) Can Jackfruit, drained
- ¼ C. Barbecue Sauce (see below)
- Salt and Pepper, to taste
- ½ Avocado, mashed
- 1 C. Coleslaw Mix
- Barbecue Sauce:
 - 1/3 C. Ketchup
 - ¼ C. Apple Cider Vinegar
 - 1 Tbsp. Brown Sugar
 - 1 tsp. Chili Powder
 - ½ tsp. Smoked Paprika
 - Salt and Pepper, to taste

DIRECTIONS

1. Shred the drained jackfruit with a fork.
2. Place the jackfruit in a saucepan and season with salt and pepper. Cook over medium heat for 5-10 minutes, stirring occasionally.
3. Spread each toasted bun with mashed avocado. Add the jackfruit mixture and top with coleslaw mix.

You can find more about Hannah here IG: @hannahharvestinghealth



BURGER 06

GLUTEN FREE

MUSHROOM PHILLY CHEESESTEAK

Recipe by : Casey Colodny

INGREDIENTS

- 4 Canyon Bakehouse Burger Buns, toasted
- 1 Tbsp. Butter
- 1 Yellow Onion, cut in half and sliced thin
- 3 Tbsp. Olive Oil, divided
- 1 Green Bell Pepper, Julienned
- 8 oz Shiitake Mushrooms, stems removed, sliced
- Salt, to taste
- ½ tsp. Black Pepper
- ¼ tsp. Garlic Powder
- ¼ tsp. Smoked Paprika
- 3 tbsp. Water
- 1 Tbsp. Soy Sauce
- 4 oz. Sliced Provolone Cheese

DIRECTIONS

1. In large sauté pan, melt 1 tablespoon of butter over medium heat. Add the sliced onion and season with salt. Cook for 10-15 minutes over medium heat, until onions have browned and started to caramelize. Transfer to a plate and set aside.
2. Add 1 Tbsp. of olive oil and the chopped green bell pepper to the pan. Season with salt and cook for 10 minutes. Transfer to the plate with the onions.
3. Add the remaining 1 Tbsp. olive oil to the pan along with sliced shiitake mushrooms. Season with salt and cook for 10 minutes over medium-low, occasionally stirring to browning evenly.
4. Once mushrooms are tender, add the onions and bell peppers back to the pan along with the seasonings, water, and soy sauce. Incorporate the mixture and cook for 2-3 minutes over medium-low heat, until the liquid has evaporated.
5. Brush both sides of 4 buns with olive oil until evenly coated on all sides.
6. Assemble the bottom halves of the buns with the cheesesteak mixture and a slice of provolone cheese. Toast under the broiler for 1-2 minutes, until the cheese has melted.
7. Place the tops of the buns and serve hot.

You can find more about Casey here IG: @themindfulhapa



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SPICY KIMCHI TOFU BURGER

Recipe by : Kennedy Haffner

INGREDIENTS

- **2 Canyon Bakehouse Burger Buns, toasted**
- 2 Slices Marinated Tofu
- ¼ C. Pickled Red Onions
- ¼ C. Pickled Cucumbers
- ¼ C. Prepared Kimchi
- 2 Green Onions, chopped, for garnish
-
- **Marinated Tofu**
- 1 tsp. Garlic Chile Sauce
- 2 tsp. Coconut Aminos
- 1 tsp. Maple Syrup
- 1 tsp. Minced Garlic
- 1 tsp. Sesame Oil
- 2 Slices Firm Tofu, about 7 oz.
-
- **Pickled Red Onions**
- ¼ Red Onion, sliced
- ½ C. Apple Cider Vinegar
- 1 tsp. Salt
-
- **Pickled Cucumbers**
- ½ Medium Cucumber, sliced
- ½ C. Apple Cider Vinegar
- 1 tsp. Salt

DIRECTIONS

1. In a shallow dish, whisk together the marinade ingredients. Coat the sliced tofu with the marinade. Cover and chill for at least 30 minutes.
2. Separately, slice the red onion and cucumber, placing them into lidded 8 oz. jars.
3. Whisk together the apple cider vinegar and pour over the sliced vegetables. Secure the jars with lids and set aside for 30 minutes.
4. Once the tofu slices are marinated, place them in a large nonstick skillet over medium heat. Flip and cook until crisp on both sides.
5. Assemble sandwiches on the toasted buns with crispy tofu, pickled vegetables, and kimchi.
6. Garnish with green onions, as desired.

You can find more about Kennedy here IG: @TheHealthyHaff



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BREADED CHICKEN SANDWICHES WITH HONEY MUSTARD

Recipe by : Canyon Bakehouse

INGREDIENTS

- **2 Canyon Bakehouse Burger Buns, toasted**
- 8-12 Dill Pickle Chips
- **Chicken**
- 2 Boneless, skinless chicken breasts, fileted
- ½ C. Dill Pickle Brine
- 1 ½ Tbsp. Cane Sugar
- 1 Egg
- **Breading**
- **1 C. Breadcrumbs, made with 5-6 slices Canyon Bakehouse Mountain White Bread, dried**
- ¼ C. Grated Parmesan Cheese
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Kosher salt
- ½ tsp. Ground Black Pepper
- ½ tsp. Paprika
- **Honey Mustard Sauce**
- ¼ C. Honey
- 1 ½ Tbsp. Yellow Mustard
- 3 Tbsp. Barbecue Sauce
- 2 tsp. White Vinegar
- ½ C. Mayonnaise

DIRECTIONS

1. In a small bowl, add the cane sugar to the pickle brine and whisk until dissolved.
2. Place the chicken filets into the brine mixture and marinate in the refrigerator for ½ hour.
3. Once the filets have marinated, whisk the egg in a shallow dish.
4. In a separate shallow dish, combine the breading ingredients.
5. Working in batches, dip the filets into the whisked egg and then the breading before carefully laying into the hot oil. Watch for a moderate sizzle and adjust the heat as needed.
6. Cook the breaded filets until golden. Transfer to a plate lined with paper towels to cool slightly.
7. Serve the filet on the toasted buns with waffle fries and honey mustard sauce on the side.

You can find more recipes from Canyon here : CanyonGlutenFree.com/Recipes



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CHEDDAR STUFFED TURKEY BURGER

Recipe by : Canyon Bakehouse

INGREDIENTS

- 4 Canyon Bakehouse Burger Buns, toasted
- Mayonnaise
- Burgers
 - 1 lb. lean Ground Turkey
 - Salt and Pepper, to taste
 - 1 tsp. Dried Parsley
 - ½ tsp. Oregano
 - 1 Egg, whisked
 - 2 Tbsp. Butter
 - 3 oz. Sharp Cheddar
- Toppings
 - Sliced Avocado
 - 4-6 Slices Cooked Turkey Bacon
 - Sliced Red Onion
 - Sliced Tomato
 - Butter Lettuce

DIRECTIONS

1. Place the ground turkey in a large bowl. Season it with salt, pepper and herbs. Mix thoroughly.
2. Divide the turkey into 4-6 servings and mold into ½-inch patties.
3. Place a tsp. of butter and ½ oz. cheddar in the center of each patty. Mold the ground turkey around the inclusions and pat down again.
4. Cook the patties in a skillet or on a grill until browned on both sides and firmed in the centers.
5. Spread the buns with mayonnaise. Assemble each burger with avocado, bacon and more toppings as desired.

You can find more recipes from Canyon here : CanyonGlutenFree.com/Recipes



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SALMON BURGERS WITH LEMON SRIRACHA AIOLI

Recipe by : Canyon Bakehouse

INGREDIENTS

- 4 Canyon Bakehouse Burger Buns, toasted
- ¾ Lbs. Wild Salmon Fillet, finely chopped
- 1/3 C. Bell Peppers, diced
- 1/3 C. Gluten-free Panko
- 1 tsp. Minced Garlic, divided
- 1 Egg
- ½ Tbsp. Coconut Aminos
- 2 tsp. Fresh Lemon Juice, divided
- ½ tsp. Kosher Salt
- ¼ C. Mayonnaise
- 1-2 tsp. Sriracha Sauce, to taste
- 2 Tbsp. Olive Oil
- 3 C. Baby Arugula
- 1 Large Avocado, sliced
- 1 Large Tomato, sliced

DIRECTIONS

1. Whisk together the mayonnaise, ½ tsp. garlic, 1 tsp. lemon juice and sriracha; refrigerate until ready to serve.
2. In a medium bowl combine the salmon with the bell peppers, panko and garlic.
3. In a small bowl, whisk the egg, Coconut Aminos, remaining lemon juice, and salt. Add to the salmon mixture and incorporate.
4. Divide the mixture into 4 patties. Refrigerate for 1-2 hours prior to cooking.
5. Heat the olive oil in a skillet over medium-high heat. Cover and cook the patties until golden brown on both sides.
6. To serve, load each bun with Lemon Sriracha Aioli, patties, arugula, avocado, tomato.

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BURGER 11

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GLUTEN-FREE BEER CHEESE BURGERS

Recipe by : Canyon Bakehouse

INGREDIENTS

- **4 Canyon Bakehouse Burger Buns, toasted**
- 1 pound Ground Beef
- 3 Tbsp. White Onion, minced
- 1Tbsp. Worcestershire Sauce
- 1 Clove Garlic, minced
- 1 tsp. Salt
- Pepper, to taste
- Red Onion Slices
- Red Leaf Lettuce
- **Beer Cheese Sauce**
- 1 Tbsp. butter
- 1 ½ Tbsp. Gluten-free Flour
- ½ C. Milk
- ¼ C. Gluten-free Beer
- ½ tsp. Dijon Mustard
- 1/8 tsp. Garlic Powder
- Pinch of Salt
- 2 oz. Cream Cheese
- 1 C. Shredded Cheddar Cheese
- Hot Paprika, for garnish

DIRECTIONS

1. In a large mixing bowl, combine the ground beef, onion, Worcestershire sauce, garlic, salt and pepper.
2. Form the meat mixture into 4 patties, slightly flattened.
3. Place the patties on the grill. Cook until browned on both sides and tension can be felt in the center. Set aside to make the beer cheese sauce.
4. Melt the butter in a 3 qt. saucepan over medium heat.
5. Whisking, add the flour and cook for 1-2 minutes.
6. Add the milk a splash at a time and continue to whisk until thickened and bubbly.
7. Whisk the gluten-free beer, Dijon mustard, garlic powder and salt.
8. Add the cream cheese and cheddar. Stir until all the cheese is melted.
9. Place each burger patty on a bun with a spoonful of the beer cheese sauce. Sprinkle with hot paprika.
10. Add the red onion slices and lettuce, as desired and serve immediately.

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BURGER 12

GLUTEN FREE

BO SSAM, KOREAN PULLED PORK, SANDWICHES

Recipe by : Canyon Bakehouse

INGREDIENTS

- Pork
- 6-8 lb. Pork Butt (bone-in)
- ¾ C. Granulated Sugar
- ¾ C. Koshier Salt
- 5 Tbsp. Brown Sugar
- **Gochujang Sauce**
- ¼ C. Korean (Gochujang) Red Chili Pepper Paste
- 2 Tbsp. Fresh Ginger, ground
- 1 Tbsp. Honey
- 1 Tbsp. Soy Sauce
- 2 tsp. Sesame Oil
- **Cilantro Mayo**
- ¼ C. Mayonnaise
- 1 Tbsp. Cilantro, finely chopped
- 1 tsp. Fresh Lime Juice
- **Sandwiches**
- 2 C. Bo Ssam Pork, shredded
- ¼ C. Korean Sauce
- ¼ C. Cilantro Mayo
- ½ Tbsp. Hoisin Sauce
- **4 Canyon Bakehouse Burger Buns, toasted**
- **Toppings**
- Kimchi
- Bread & Butter Pickles
- Fresh Cilantro
- Jalapeno Slices

DIRECTIONS

1. In a small bowl, combine the salt and sugars.
2. Rub the mixture into the pork and cover with plastic wrap. Chill the roast overnight.
3. Place the roast into a slow cooker and cook for 8-10 hours, until tender.
4. Remove the roast from the cooker and place it in a large bowl to shred with forks.
5. Once the meat is shredded, spoon drippings over the top or place it back in the cooker to keep warm.
6. Whisk together the ingredients for the sauce. Optionally, add 1 Tbsp. water (or pork jus) until desired thickness is reached. Set aside.
7. Combine the ingredients for cilantro mayo in a bowl and whisk until smooth.
8. Scrape the bottom half of the toasted bun w/hoisin sauce and add about ¼ C. of the shredded meat.
9. Top the shredded meat with Gochujang sauce.
10. Layer the sandwich with pickles, kimchi, jalapeno and fresh cilantro as desired.
11. Spread the top half of the toasted bun w/cilantro mayo and place it on the sandwich to finish. Serve immediately.

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MUSHROOM SWISS BURGERS

Recipe by : Canyon Bakehouse

INGREDIENTS

- **4 Canyon Bakehouse Burger Buns**
- 4 slices Swiss Cheese
- Arugula
- 1 lb. Ground Beef
- 3 Tbsp. Onion, minced
- 1Tbsp. Worcestershire Sauce
- 3 Cloves Garlic, minced
- Salt and Pepper, to taste

- **Sautéed Mushrooms**
- 8 oz. Mushrooms
- 2 Shallots, minced
- 2 Tbsp. Olive Oil
- 1 Tbsp. Butter
- 1 tsp. Fresh Thyme Leaves
- Salt and Pepper

DIRECTIONS

1. In a large mixing bowl, combine the ground beef, onion, Worcestershire sauce, 1/3 of the garlic, salt and pepper.
2. Form the meat mixture into 4 patties, slightly flattened. Set aside and prepare the grill.
3. Heat the olive oil in a large sauté pan over medium-high heat. Add the shallots to the pan and sauté until softened and just browning.
4. Add the butter and mushrooms to the shallots and sauté for 2-3 minutes before adding the remaining garlic. Season with salt and pepper.
5. Add the thyme leaves and cook the mixture for another 2 minutes. Remove from heat.
6. Place the patties on the grill. Cook until browned on both sides and tension can be felt in the center.
7. Right off the grill, place a slice of swiss cheese onto each patty.
8. To assemble each burger, place the cheese covered patties onto four buns. Top with sautéed mushrooms and arugula.

You can find more recipes from Canyon here : CanyonGlutenFree.com/Recipes



BURGER 14



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BURGERS WITH PINEAPPLE SALSA AND GUACAMOLE

Recipe by : Canyon Bakehouse

INGREDIENTS

- **4 Canyon Bakehouse Burger Buns**
- Lettuce or micro-greens
- **Pineapple Salsa**
- 1 c. Fresh Pineapple, finely chopped
- 3 Tbsp. White Onion, diced
- 2 Tbsp. Green Bell Pepper, diced
- 2 tsp. Fresh Cilantro, minced
- Juice of $\frac{1}{2}$ a Lime
- Pinch of salt
- **Guacamole**
- 2 Avocados, mashed
- 2 Tbsp. White Onion, diced
- 2 Tbsp. Red Bell Pepper, seeded and diced
- $\frac{1}{2}$ Jalapeno, seeded & diced
- 1 Clove Garlic, minced
- 1 Tbsp. Cilantro, minced
- Juice of $\frac{1}{2}$ a Lime
- Salt to taste
- **Burgers**
- 1 pound Ground Beef
- 3 Tbsp. White Onion, minced
- 1Tbsp. Worcestershire Sauce
- 1 Clove Garlic, minced
- 1 tsp. Salt
- Pepper, to taste

DIRECTIONS

1. Toss the salsa ingredients in a small mixing bowl. Cover and refrigerate for 15 minutes.
2. Gently combine the burger ingredients in a medium bowl.
3. Divide the beef mixture into 4 patties and set aside. Heat a grill or skillet (over medium heat).
4. Combine the guacamole ingredients in a small mixing bowl, squeezing the lime juice over the top to preserve. Cover and refrigerate until burgers are ready.
5. Assemble the burgers with Guacamole, micro greens, and pineapple salsa.

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GLUTEN FREE

ZUCCHINI FRIES

Recipe by : Canyon Bakehouse

INGREDIENTS

- **2/3 C. Finely Ground Breadcrumbs, made from dried Canyon Bakehouse Mountain White Bread**
- 1/3 Cup, Parmesan Cheese, grated
- 1 Tsp. Italian Seasoning
- Salt and Pepper, to taste
- 1/2 C. All-Purpose Gluten Free Flour
- 2 Eggs, whisked
- 3 Medium Zucchini, halved and quartered lengthwise
- Prepared Marinara Sauce, for dipping

DIRECTIONS

1. Preheat the oven to 425 degrees and line a baking sheet with parchment paper.
2. In a shallow dish, whisk together the breadcrumbs, parmesan and seasonings.
3. Individually, place the flour and whisked eggs in additional shallow dishes.
4. Coat each zucchini stick consecutively in flour, egg, and the breadcrumb mixture. Place each one on the parchment lined baking sheet.
5. Bake the coated sticks for about 20 minutes on the center rack, until the outsides are brown and crisp.
6. Allow the fries to cool for 10 minutes before serving with marinara dipping sauce.

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SIDE DISH 02

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ROASTED ROOT VEGETABLE HUMMUS DIP

Recipe by : Canyon Bakehouse

INGREDIENTS

- 4 Slices Canyon Bakehouse Mountain White Bread, toasted, cut into 4ths
- ½ C. Oven Roasted Vegetables, such as carrots, parsnips and golden beets
- 12 oz. Traditional Hummus Spread
- 1 Tbsp. Olive Oil
- 1/8 tsp. Harissa
- 1/8 Za'atar

DIRECTIONS

1. Combine the roasted vegetables and hummus spread in the blender and puree.
2. Scoop the hummus mixture into a serving bowl. Garnish with Olive oil, harissa and Za'atar as desired. Serve with toasted Mountain White Bread.

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ANCHOVY GARLIC DIP

Recipe by : Canyon Bakehouse

INGREDIENTS

- Dip
- 1 C. Olive Oil
- 1/2 C. Sliced Garlic Cloves
- 6 Anchovies, rinsed and finely chopped
- 2 Tbsp. Unsalted Butter
- Sea Salt
- Black Pepper

- Suggested Dippers
- Shaved Fennel
- Breakfast Radish
- Snow Peas, cut on bias or Green Beans
- Purple Cabbage Wedges
- Romanesco
- Carrots, cut on bias
- **Toast Points made with Canyon Bakehouse Heritage Style Honey White Bread**

DIRECTIONS

1. Warm the olive oil and sliced garlic in a small saucepan over medium-low heat. Cook for 30-40 minutes and allow the garlic to soften gradually.
2. Add the chopped anchovies to the saucepan and continue cooking for 5 minutes.
3. Mash the softened garlic and anchovies.
4. Remove the mixture from the heat.
5. Cover the mixture and allow it to rest at room temperature for 2-3 hours.
6. Just before serving, place the saucepan back on the heat.
7. Melt the butter into the mixture and season with salt and pepper, to taste.
8. Whisk to incorporate butter and seasonings.
9. Serve hot with suggested dippers.

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SIDE DISH 04

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SWEET POTATO SALAD WITH CROUTONS

Recipe by : Canyon Bakehouse

INGREDIENTS

- $\frac{1}{2}$ Loaf Canyon Bakehouse Ancient Grain Bread, cubed
- 1 Medium Sweet Potato, coarsely chopped
- 2 Small Yukon Potatoes, coarsely chopped
- 1 Leek, sliced to $\frac{1}{4}$ inch pieces
- 1 Sprig Sage, finely chopped
- 2 Tbsp. Olive Oil, divided
- 1 Tbsp. Red Wine Vinegar
- 1 tsp. Dijon Mustard
- Sea Salt
- Pepper
- $\frac{1}{4}$ C. Shaved Pecorino

DIRECTIONS

1. Preheat the oven to 375 degrees and prepare two baking sheets with parchment paper.
2. In a mixing bowl, toss the chopped sweet potato, Yukon potato and leek with 1 Tbsp. olive oil and chopped sage. Season with salt and pepper.
3. Spread the dressed and seasoned vegetables onto a prepared baking sheet. Bake on the upper oven rack for 20 minutes, or until just tender. Allow to cool slightly.
4. Spread the cubed bread onto the other prepared baking sheet and bake on the lower oven rack for 10 minutes, until just golden and crisp. Allow to cool.
5. In a small bowl, whisk together the remaining olive oil, red wine vinegar, Dijon mustard with salt and pepper, to taste. Dress the roasted vegetables.
6. Toss the dressed vegetables with the croutons and divide among two medium salad bowls. Garnish with shaved pecorino to serve.

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CITRUS SALAD ON RICOTTA TOAST

Recipe by : Canyon Bakehouse

INGREDIENTS

- 4 Canyon Bakehouse Deli White Bagels, toasted
- 3 C. Fresh Arugula
- 2 Blood oranges, peeled and sliced
- 2 Tangelos, peeled and sliced
- 1 Avocado, sliced
- 1 Cucumber, sliced
- ½ Red Onion, thinly sliced
- 2 Tbsp. Extra-Virgin Olive Oil
- Sea Salt and Pepper, to taste
- 2 Tbsp. Fresh Mint Leaves
- ½ C. Fresh Ricotta Cheese

DIRECTIONS

1. Layer a serving plate with arugula, tangelo and oranges, avocado cucumber and onion slices.
2. Arrange on a platter or on individual serving plates.
3. Drizzle the salad with olive oil, season with salt and pepper, and sprinkle with mint leaves.
4. Serve the salad on top of toasted bagels, spread with fresh ricotta cheese.

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PEACH COBBLER CUPS

Recipe by : Canyon Bakehouse

INGREDIENTS

- **8 Slices Canyon Bakehouse Mountain White Bread, diced**
- 1 C. Cane Sugar
- ½ C. Butter, melted
- 1 Egg, whisked
- ½ tsp. Vanilla Extract
- 2 Tbsp. Gluten-free All-purpose Flour
- 6 Fresh Peaches - pitted, skinned, and diced
- **Crumble Topping**
- 4 Tbsp. Butter, softened
- ¼ C. Sugar
- ¼ C. Brown Sugar
- ¼ C. GF All-purpose Flour
- Pinch of Salt
- ¼ C. Chopped Pecans

DIRECTIONS

1. Preheat oven to 350 degrees and prepare a muffin pan with paper liners.
2. Combine the ingredients for the topping in a mixing bowl. Incorporate and set aside.
3. To make the batter, whisk together the melted butter, egg, vanilla and gluten-free flour.
4. Layer the bread, batter and diced peaches inside each lined well. Repeat until full.
5. Scatter the crumble topping over each filled well.
6. Bake until the tops are bubbly and golden, about 30 minutes.

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NOTES





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