Make yourself at home

Come on in. Kick off your shoes. Pour yourself a nice glass of something. And by all means, help yourself to any of our favorite Brava recipes, how-tos, and insider tips that were specially made for your new Brava Oven.

Feeling nice and comfortable? Let’s dive right in.
The Brava Oven

TEMP SENSOR GUARD
A built-in shield that protects the cord of your TempSensor from the intense heat of the lamps.

CONNECTOR OUTLET
Here's where your TempSensor plugs in. The TempSensor is a removable smart thermometer to help you cook proteins like a pro.

TOP & BOTTOM SHELF
Depending on what you're cooking, your Oven touchscreen will let you know which shelf to put the tray.
PURE LIGHT LAMPS
These six individual smart cooking lamps heat specific zones of the oven when and where it's needed.

CAMERA
You can keep an eye on your food in real time with the camera feature. Tap the screen on top of the oven for full screen mode.

CRUMB TRAY
A removable tray that lives beneath the base of the oven to catch crumbs and pan drippings.
Let’s Talk

Pure Light Cooking

Ingredients go in on the same tray, and come out at the same time—perfectly done.

It’s an art form that we’ve got down to a science.

Our team of scientists, engineers, and chefs created Pure Light Cooking, the most advanced heating technology that exists in the world.

Pure Light Cooking switches between 3 unique cooking methods: direct energy transfer (this is the real magic of Pure Light Cooking and is where our speed and zone cooking comes from), conduction (heating the tray to get results similar to using a pan), and convection (heating up the entire Oven chamber to the same temperature, like a standard oven).

Having these 3 methods in one Oven allows ingredients to get cooked with the temperature and intensity that best brings out their unique flavors and textures.

How do we do it? 6 different lamps - 3 on top and 3 on bottom - to cook food from 6 different directions. The lamps give us the ability to cook separate zones to different temperatures on a single tray. So that means you can cook mushrooms, onions, and a New York strip steak and everything will be ready at the same time -- to perfection.
LIGHT BULB MOMENT

Brava’s heating elements mimic the power of the sun and can heat up within one second (literally) to 500º F.
LET’S TALK

TempSensor

Meet the easiest way to cook meat (and fish): the TempSensor, a smart thermometer that makes sure your proteins are cooked to the perfect doneness, every time.

PERFECT TIMING

The Oven will turn off when your protein reaches the exact internal temperature, so you don’t need to keep checking on it.
Use the increments to measure the height of your food. Hold the tip perpendicular to your food, get on eye level and take a look.

INSIDER TIP
See all five temperature readings of your TempSensor by tapping on Utilities, then TempSensor Reading.

GREAT FOR MEAT AND FISH
WHAT’S COOKING

The Brava Menu

We tested thousands of Ingredients, Combos, and Recipes to bring you the Brava Menu: a growing list of healthy, delicious dishes for breakfast, lunch, and dinner.

Each of these have been pre-programmed into your oven so you can just click on your favorite, and we’ll take care of the rest.

In addition, Brava has all the standard modes you’d expect to find in a traditional oven. However you want to cook, it’s completely up to you.
### STANDARD MODES

<table>
<thead>
<tr>
<th>Bake</th>
<th>Toast</th>
<th>Reheat</th>
<th>Sear</th>
<th>Keep Warm</th>
</tr>
</thead>
</table>

### INGREDIENTS

Single-ingredient presets that require minimal prep.

### COMBOS

Two or three ingredients cooked side-by-side. A great foundation for any meal.

### RECIPES

A composed dish that calls for cooking two to three ingredients in the Oven and suggests a side, sauce, or salad.

### MEAL KITS

All the groceries you need to make some of our favorite recipes. Ordered on the app, delivered to you.
Best Practices for Best Results

Throw out everything you know about cooking and buckle your seat belt. Cooking with light is a completely new way of cooking. Here are some rules of the road to get you started.

<table>
<thead>
<tr>
<th>TOP 10 TIPS</th>
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<tbody>
<tr>
<td>1. Height matters. When you indicate the height of your meat (or cut of veggies), the Brava will run a recipe specifically designed for that ingredient.</td>
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<tr>
<td>2. Pat your food dry before you start cooking by using a paper towel. Applies for both meat and veggies.</td>
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<tr>
<td>3. Salt and oil your veggies before putting them in the Oven. See Salt &amp; Oil in the Reference section.</td>
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<tr>
<td>4. Keep your food in the zones indicated on the Oven display.</td>
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<tr>
<td>5. Fill up your zones. Too much in 1 zone, and the food won’t cook all the way. Too little, and it runs the risk of burning.</td>
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<tr>
<td>6. Items in the same zone should be similar size and height.</td>
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<tr>
<td>7. Cook meat straight from the fridge... with two exceptions: whole chickens and large roasts. Let these items temper out before putting into Oven.</td>
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<tr>
<td>8. Cut into your protein within 2-3 minutes. Remember that thing about forgetting everything you knew about cooking? This is one of those things.</td>
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<tr>
<td>9. Wipe down your Oven and crumb tray after your Oven cools.</td>
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<tr>
<td>10. Double check that the TempSensor is in the right spot (see next page)...</td>
</tr>
</tbody>
</table>
1. When cooking most meats and fish, start with TempSensor connected to oven.

2. Use the hatch marks on the TempSensor to accurately measure height of proteins and vegetables.

3. Insert TempSensor horizontally into protein. Insert into the exact middle of the food, all the way to the handle.

4. Take a last look at your tray. Ensure cord is tucked away from the lamps and rests under TempSensor Guard.
ADAM
Head of Pastry
Master of Sweet Treats and 3 zone recipes
Heli-skiing aficionado

ERIC
Sous Chef
Pizzaiole Extraordinaire
Mastermind of Pop-Up Dinners

LINDSAY
Research & Development Chef
Creator of Combos and Master of Eggs
Mom of three
Meet our expert chefs

With a combined total of 70 years of culinary expertise, these four chefs have been working nonstop behind the scenes to bring you their favorite recipes and go-to tips to use with your Brava.

**TRAVIS**
*Head of Culinary*
Jedi of Pure Light Cooking
Keto Enthusiast
Dad of three
Now we’re cooking

We’re talking meals that cook fast, but aren’t fast food. Healthy dishes that feed a healthy appetite. Simple technology that simplifies the art of cooking.

Flip through to see top recipes and tips from our team of expert chefs.

Order recipes as meal kits and see more recipes on the Brava app
We go through a lot of eggs at my house (probably two dozen a week). My kids’ favorite Sunday brunch is frittatas, and I thought if I could make individual ones, it would be awesome. Frittatas are a great way to get rid of ingredients. I make the same breakfast every weekend and because there is different stuff in it, it’s different every time.

— Lindsay, Research & Development Chef

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>From Your Pantry</th>
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</thead>
<tbody>
<tr>
<td>½ cup yukon gold potatoes, diced and cooked</td>
<td>kosher salt</td>
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<tr>
<td>½ yellow onion, thinly sliced and cooked</td>
<td>butter</td>
</tr>
<tr>
<td>4 eggs</td>
<td>ground black pepper</td>
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<tr>
<td>½ cup milk</td>
<td>¼ cup grated Parmesan cheese</td>
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</table>

1. Prep frittata filling. Place 2 tablespoons potatoes, 2 tablespoons onions and 1 tablespoon Parmigiano-Reggiano in each cup of Brava egg tray.

2. Prep Egg Mixture. In medium bowl, whisk together eggs, milk, ½ teaspoon salt and ¼ teaspoon pepper.

3. Assemble Frittatas. Slowly pour enough egg mixture into each egg cup to cover potato mixture. Each cup should be filled almost to rim; don’t overfill. You may have some egg mixture left over.

4. Slide egg tray into top oven shelf. Select “Individual Frittatas” on your oven touchscreen and follow instructions.

5. Serve. When your food is done, use a spoon to gently scoop out frittatas and transfer to individual plates.
CHEF TIP

Make this recipe your own by adding any cooked meats or veggies, your favorite cheese, or any other delicious leftovers in your fridge.

Try pairing this with a salad for a quick & easy dinner that's high in protein.
Classic Egg Sandwich

I grew up in Philly and New York City, home of the egg sandwich. With the Brava egg tray, making an egg sandwich at home is even easier than calling in an order at the deli. The recipe calls for cheddar and hot sauce and I truly think the best way to eat this is with Tillamook Cheddar, Tabasco and an extra napkin.

— Adam, Head of Pastry

INGREDIENTS

- 4 English muffins
- 4 eggs
- 4 precooked breakfast sausage patties, such as Applegate Farms
- 4 slices cheddar
- Hot sauce for serving

FROM YOUR PANTRY

- butter
- kosher salt
- ground black pepper

1. Toast English muffins. Set out a few tablespoons of butter to soften for 15 to 30 minutes. Slice English muffins in half. Evenly spread butter on cut sides. Place, buttered side up, on Brava metal tray. Using Toast or Basic Ingredients settings, toast English muffins to desired level. Set aside.

2. Prep eggs and sausages. Crack 1 egg into each cup of Brava egg tray. Season each egg with a pinch of salt and pepper. Place sausage patties in indicated zone(s) on metal tray.

3. Slide egg tray into top oven shelf and metal tray into bottom shelf. Select “Breakfast Sandwich” on your oven touchscreen and follow instructions.

4. Assemble sandwiches & serve. When your food is done, place a sausage patty on each English muffin bottom. Using a spoon, gently scoop out eggs, being careful not to break yolks. Top each sausage pattys with an egg and slice of cheddar. Cover with English muffin tops. Serve hot sauce on the side.
COOKWARE TIP

Double up the eggs by putting two eggs per well in the Brava egg tray to create an even bigger (and better) egg sandwich.
Vietnamese Noodle Bowl

This was my favorite as a kid. My mom would bribe us by telling us we could get this dish if we sang loud enough in church. And you better believe we sang our little hearts out to get these noodles. The dish is all about contrast: fresh and cooked ingredients, salty and sweet notes, different textures, different temperatures. It’s a hurricane of flavors that somehow makes sense.

– Travis, Head of Culinary Development

INGREDIENTS

4 cloves peeled garlic
1 organic jalapeño pepper
⅛ cup fish sauce
¼ cup sugar
2 lemons
1 cucumber

½ oz fresh mint
1 oz fresh cilantro
⅜ lb coleslaw mix
10 oz dried vermicelli rice noodles
1½ lb peeled and deveined wild colossal Gulf shrimp (16 shrimp)

1 oz roasted peanuts
1 oz crispy onions

FROM YOUR PANTRY

cooking oil
kosher salt
ground black pepper

1. Prep nuoc cham (Vietnamese dipping sauce). In large saucepan, bring at least 8 cups water to a boil. Meanwhile, mince garlic. Remove jalapeño stem, halve jalapeño lengthwise and remove seeds. Finely chop half of jalapeño for nuoc cham; thinly slice half and set aside for salad. Use less if you don’t like it spicy. In small bowl, whisk together ½ cup warm water, garlic, chopped jalapeño, fish sauce, sugar, and juice 2 lemons.


3. Cook & cool noodles. Add vermicelli rice noodles to pot of boiling water. Cook, stirring occasionally, until tender, about 5 minutes. Drain in a colander or mesh
4. Prep shrimp. Pat shrimp dry with paper towels. In large bowl, toss together shrimp, 2 tablespoons cooking oil and a few pinches of salt and pepper. Evenly spread shrimp in Zones 1, 2 and 3 of Brava metal tray.

5. Slide metal tray into top oven shelf. Select “Vietnamese Noodle Bowl” on your oven touchscreen and follow instructions. While shrimp cook, divide noodles and salad between individual bowls, placing them in separate piles.

6. Finish noodle bowls & serve. When your food is done, place shrimp on top of noodles and salad. Garnish with peanuts, crispy onions and remaining mint and cilantro. Liberally drizzle each bowl with nuoc cham just before eating.

strainer, then run under cold water for 20–30 seconds to stop the cooking. Shake off excess water and set aside.
The Portobello Burger

This recipe calls for the onions and vinegar to go inside the mushroom after you cook the veggies, which marinates the burger in a way that I’ve never thought of. I used to make portobello burgers on the grill and can officially say that the Brava is the ideal way to make a portobello burger.

– Sonja, San Francisco CA

INGREDIENTS

2 portobello mushrooms
1 red onion
2 tablespoons sherry vinegar
2 tablespoons Dijon mustard
1 organic beefsteak tomato
2 hamburger buns

FROM YOUR PANTRY

extra-virgin olive oil
cooking oil
kosher salt
black pepper

2½ oz organic cherry tomatoes
2 oz spring lettuce mix
2 tablespoons pumpkin seeds
2 slices fontina

1. Prep portobellos & onion. Remove stems from portobellos and scrape out gills with a spoon. Wipe away any soil from mushroom caps with a damp paper towel. Place mushrooms, stemmed side up, in Zones 2 and 3 of Brava glass tray.
Peel red onion and cut two ¼-inch-thick slices. Place onion slices in Zone 1 of Brava glass tray. Finely dice 1 tablespoon of remaining onion and set aside for vinaigrette. You will have some onion left over.

2. Prep vinaigrette & tomato. In small bowl, combine sherry vinegar, ½ teaspoon Dijon mustard, diced onion, ¼ cup extra-virgin olive oil and a pinch of salt and pepper; stir well. Save remaining mustard for serving. Pour 1½ teaspoons vinaigrette into each mushroom cavity. Save remaining vinaigrette for salad.
Season mushrooms with a pinch of salt.
Cut two ½-inch-thick slices of beefsteak tomato. You will have some tomato left over. Place tomato slices in Zone 1 of glass tray next to onion. Drizzle tomato and onion slices with 1 teaspoon cooking oil and season with a pinch of salt.

3. Slide glass tray into top oven shelf
Select “Portobello Burger” on your oven touchscreen and follow instructions.
While food cooks, arrange buns, cut side up, on Brava metal tray.


5. Warm buns. When your food is done, remove glass tray from oven, immediately slide metal tray into top oven shelf and close door. The residual heat will warm buns.

6. Assemble burgers, dress salad & serve. Place a slice of roasted tomato and onion inside each mushroom cavity, then top with a slice of fontina. When fontina has melted (about 1 minute), remove buns from oven. If desired, spread remaining Dijon mustard on buns. Place a mushroom on each bottom bun and cover with top buns. Season salad with a pinch of salt and pepper, then toss with remaining vinaigrette to taste. Divide salad between individual plates and add burgers.
New York Steak & Mushrooms

This recipe has a special place in my heart because it was one of the first recipes that our team decided to make. We took this really classy way of cooking steak (based on a French style) and simplified it. This dish shows off so many things that makes the Brava special: the perfectly cooked protein, the sear on the meat, and the delicious flavors of a classic dish without a lot of the work... or pans!

– Eric, Sous Chef

INGREDIENTS

- ¼ oz fresh thyme
- 1 clove peeled garlic
- ¼ lb cremini mushrooms
- 2 oz shiitake mushrooms
- 6½ oz peeled cipollini onions

1. Prep mushrooms. Remove half of thyme leaves from 1 sprig; coarsely chop leaves. Mince garlic. Cut cremini mushrooms into 1-inch pieces. Remove and discard shiitake stems. Cut shiitake caps into 1-inch pieces. In medium bowl, toss together mushrooms, garlic, half of chopped thyme, 1 tablespoon cooking oil and a pinch of salt. Evenly spread mushrooms in Zone 3 of Brava metal tray.

- 1 Double R Ranch Signature NY steak (about ¾ lb and 1½ inches thick)
- 2 tablespoons sherry vinegar
- 2 teaspoons butter
- 3 oz baby arugula

FROM YOUR PANTRY

- extra-virgin olive oil
- cooking oil
- kosher salt
- black pepper

2. Prep onions & steak. Trim root end and quarter cipollini onions. Gently separate onion layers. In same bowl, toss together onions, 1 teaspoon cooking oil and a pinch of salt. Evenly spread onions in Zone 1 of metal tray. Pat steak dry with paper towels. Season steak on both sides with a pinch of salt and pepper. Place steak in Zone 2 of metal tray.

3. Slide metal tray into top oven shelf. Select “NY Steak & Mushrooms” on your oven touchscreen and follow instructions. After plugging in TempSensor, insert it horizontally through center of thickest part of steak. While food cooks, prepare vinaigrette.
4. Make vinaigrette. In small bowl, combine 1 tablespoon plus 2 teaspoons sherry vinegar, 2 tablespoons extra-virgin olive oil and a pinch of salt; stir well. Save 1 teaspoon vinegar for glazing mushrooms and onions.

5. Glaze mushrooms & onions. When your food is done, slice steak across the grain. Sprinkle steak with remaining chopped thyme. Transfer mushrooms and onions to medium bowl. Add butter and remaining 1 teaspoon vinegar and stir until butter melts and forms a rich glaze.

6. Dress salad & serve. In medium bowl, toss arugula with half of vinaigrette and a pinch of salt. Taste and add more vinaigrette, if desired. Divide salad between individual plates. Arrange steak, mushrooms and onions on plates. Drizzle with some of remaining vinaigrette, if desired.

CHEF TIP
Cut into the steak within 3 minutes of it coming out of the Oven. This will stop the cooking process and make sure your meat keeps its preferred doneness.
Carne Asada Tacos

Who ever dreamed this one up hit a home run. Simple prep, simple cook, terrific on the plate. We loved it!

— David, Mountain View CA

INGREDIENTS

- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- ¾ lb Double R Ranch Signature flank steak
- 1 organic jalapeño pepper
- ½ oz fresh cilantro
- 6 oz coleslaw mix
- 2 limes
- 4 organic yellow corn tortillas
- 1 yellow onion
- 1 organic Roma tomato
- 2 oz shredded Monterey Jack cheese
- 1 avocado
- 2 tablespoons sour cream
- extra-virgin olive oil
- kosher salt

1. Season steak. In small bowl, stir together chili powder, garlic powder, cumin and a pinch of salt. Pat steak dry with paper towels. Season steak on both sides with spice mix. Place steak in Zone 2 of Brava metal tray. Let stand while you prepare coleslaw.

2. Make coleslaw. Remove jalapeño stem, halve jalapeño lengthwise and remove seeds. Thinly slice half of jalapeño for coleslaw; finely chop half and set aside for pico de gallo. Use less if you don’t like it spicy. Chop half of cilantro (stems are delicious, too!). Save remaining cilantro for pico de gallo. In medium bowl, toss together coleslaw mix, sliced jalapeño, chopped cilantro, juice of ½ lime, 1 tablespoon extra-virgin olive oil and a pinch of salt.


4. Slide metal tray into top oven shelf and glass tray into bottom shelf. Select “Carne Asada Tacos” on your oven.
touchscreen and follow instructions. While food cooks, prepare pico de gallo.

5. Make pico de gallo. Peel and cut one-fourth of onion into ¼-inch dice. You will have three-fourths onion left over. Cut tomato into ¼-inch dice. Chop remaining cilantro. In small bowl, stir together diced onion, tomato, chopped jalapeño, cilantro, juice of ½ lime and a pinch of salt.

6. Assemble tacos & serve. When your food is done, slice steak across the grain into thin strips. Place tortillas on individual plates and top with steak, pico de gallo and Monterey Jack. Halve avocado, remove pit and scoop a few thin pieces onto each taco. Cut remaining lime into wedges. Serve tacos with coleslaw, lime wedges and sour cream.
One of the most important things about cooking pizza is to start by putting the dough on something very hot. That’s what gives you the crispy outside and the moist interior. Up until this point, to get a hot surface like that, you would need to preheat a pizza stone for upwards of an hour. We’ve designed this recipe so that the lamps focus all the energy on the tray first, which helps to get that crispy crust, then finish by gently cooking the toppings. Perfect pizza in 10 minutes.

– Eric, Sous Chef

Start with a par-baked crust and a quick pizza sauce, then bring on your own toppings or start with some of our favorites below.

**PIZZA MARGHERITA**
- ½ cup San Marzano tomato puree
- ¼ oz fresh basil
- ½ lb fresh mozzarella
- ¼ cup grated Parmigiano-Reggiano

**WILD MUSHROOM & FONTINA PIZZA**
- ¼ oz fresh rosemary
- 4 cloves peeled garlic
- 1¼ oz cheese
- 8 slices fontina
- ¼ lb shiitake mushrooms
- ¼ lb cremini mushrooms
- ¼ lb organic beech mushrooms
- 2 tablespoons grated Parmigiano-Reggiano

**SWEET ITALIAN SAUSAGE PIZZA**
- ½ cup sliced roasted red bell peppers
- ½ cup San Marzano tomato puree
- ½ lb fresh mozzarella
- ¼ lb nitrate-free sweet Italian sausage
- 2 tablespoons grated Parmigiano-Reggiano
CHEF TIP

Use fresh or par-baked dough to make your pizzas. For frozen pizza, just tap the Basic Ingredient preset.

When it comes to these pizzas, less is more. Stick to 3 toppings so the pizza doesn’t get overburdened and fall apart.

See more pizza options on the Brava app
LET’S TALK

Combos

Your secret to making healthy dinners from scratch, any night of the week.

Chicken and potatoes. Shrimp and broccoli. Salmon and green beans. We took what you might cook on any given day of the week to create combos: a pre-programmed list of protein and veggie combinations that you can cook all at once—all on one tray.

Just scroll through your options, tap your favorite, load your ingredients on the tray, and go.

Here’s a little extra food for thought: you can make the dishes your own by adding different starches and sauces on the side. Take a look at how Chef Lindsay mixes things up for her family during the week.
"Toss with pasta, olive oil, cheese, and red pepper flakes. This is one of my family’s favorite!"
“Toss with Teriyaki, sesame oil and rice to give this combo an Asian flair.”
THE BASICS

Chicken Thighs

I eat these right out of the oven with a squeeze of lemon.

— Travis, Head of Culinary
“I just had twin boys. I’m a husband, a health nut, and a chef. I need my dinners to be flexible so that whatever life throws at me—a late night at work or a surprise lego session with my kids—I’ll be prepared. These are incredibly juicy and the crispy skin gives you a result better than any other cooking method (without any of the bad stuff). They’re some of the best chicken thighs I’ve ever had.”

Using Brava’s Pure Light technology means you can still get a nice crispy, juicy crunch without the fryer or a bunch of oil.
Game over. This is the best piece of salmon I’ve ever had. How did you do that?

— Josh Anderson, 3rd generation fish monger
The best part of Brava salmon is the crispy skin. Make sure to pat the salmon dry, season with kosher salt, and spread a small amount of butter on the tray (where the salmon will go). Then, await the crispiest salmon skin you’ve ever had.
THE BASICS

Whole Roast Chicken

I recommend a simple spice rub of salt, sweet paprika, and cooking oil before you put it in the Oven.

— Eric, Sous Chef
“No basting or babysitting required for this wholesome staple. With no pre-heat time, this meal is now virtually foolproof and moves from Sunday night special to weekday warrior.”

Reheat your leftovers the next day in the Brava. It’ll keep the chicken juicy while adding that perfect crisp around the edges.
THE BASICS

Broccoli

I dress them simply with olive oil and salt and serve them as rolling appetizers to snack on. It only takes about 3 minutes before they’re all gone!

— Dani, San Francisco CA
“Veggies in the Brava was an unexpected surprise that physically changed my routine because they are so quick and tasty. I end up making multiple rounds of them on any given night. I’ll also set them aside and serve room temperature for a more ‘al fresco’ or Mediterranean-inspired routine. Sometimes I’ll even throw them in the Brava for a hot, intense sear right before dinner to crisp them up.”

Living in the minute: Or “a la minute” as the chefs say. Brava presets never require any preheat time, so you can make dinners on the spot (from scratch!) just about any night of the week.
Dessert

Making s’mores out of the Brava is such a delightful feature of the Oven. We added them to our Friday night movie night.

— Lindsay, Research & Development Chef
“Whoever said you can’t make s’mores in the house? With Brava’s ability to control heat, the marshmallows’ exterior browns while the interior stays fully and the chocolate gets melty. Before you know it everyone will be asking for (s’)more.”

S’mores are one of our favorite demos. To learn more about demos, visit our retail store at the Stanford Shopping Center or check our Facebook page—Brava Community—for coverage of what’s happening!
Still don’t see what you’re looking for? Email Travis to get your ingredient loaded onto the Oven.

SUGGESTIONS@BRAVA.COM
## Ingredients

### Veggies

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<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>Apples</td>
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<tr>
<td>Asparagus</td>
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<td>Baby Broccoli</td>
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### Proteins

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<tr>
<td>Chicken Hot Dogs</td>
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<td>Frozen Chicken Tenders</td>
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<td>Frozen Chicken Nuggets</td>
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<tr>
<td>Frozen Veggie Burger</td>
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Combos

Build a healthy meal, any night of the week with our growing list of Basic Combos.

LINDSAY
- Salmon + Cherry Tomatoes + Asparagus
- Salmon + Cherry Tomatoes + Baby Broccoli
- Chicken Breast + Butternut Squash
- Chicken Breast + Onions & Peppers
- Chicken Breast + Sweet Potato
- Chicken Breast + Carrots
- Chicken Breast + Baby Broccoli
- Chicken Breast + Cauliflower
- Chicken Breast + Mushrooms
- Chicken Breast + Broccoli
- Chicken Breast + Brussels
- Chicken Breast + Potatoes

ERIC

TRAVIS
- Chicken Breast + Cherry Tomatoes
- Chicken Thighs + Broccoli
- Chicken Thighs + Brussels Sprouts
- Chicken Thighs + Peppers & Onions
- Shrimp + Broccoli

ADAM
- Shrimp + Asparagus
- Shrimp + Cherry Tomatoes
- Shrimp + Snap Peas
See some favorite sauce recipes on the next page

- Farro
- Tortilla
- Pasta
- Rice
- Romesco
- Lemon Vin
- Salsa
- Chimichurri
- Marinara
- Pesto
- Terikayi
Basic Sauces

**GARLIC HERB YOGURT**

1 tablespoon chopped fresh mint
1 tablespoon chopped fresh oregano

1 cup Greek-style whole milk yogurt
1 lemon
1 clove garlic

In a small bowl combine remaining garlic, chopped mint and oregano, yogurt and a pinch of salt. Grate about 1 teaspoon of lemon zest and squeeze 1 tablespoon lemon juice into the yogurt mixture; stir well.

**ROMESCO**

2 large roasted red bell peppers from Brava
1 garlic clove, smashed
1 cup slivered almonds, toasted

2 tablespoons Sherry vinegar
1 teaspoon smoked or sweet paprika
1/2 cup extra-virgin olive oil
Fine sea salt
Freshly ground black pepper

Peel the roasted pepper with a paper towel. Pulse all ingredients in a food processor or blender until very finely chopped. With motor running, slowly add oil; process until smooth. Season with salt and pepper.

**CHIMICHURRI**

3–4 garlic cloves, minced or thinly sliced
2 tablespoons sherry vinegar
1/2 tsp. kosher salt

1 cup flat leaf parsley roughly chopped
1/2 cup extra-virgin olive oil
1/4 cup cilantro, roughly chopped
1/4 teaspoon black pepper
1/4 teaspoon red pepper flakes

Combine garlic, sherry vinegar, kosher salt, parsley, cilantro, parsley, olive oil, black pepper and red pepper flakes in a small bowl; stir well. Pro tip: you can prep everything except the sherry vinegar up to 2 days in advance.
We believe good food starts with high quality ingredients. With high quality ingredients, you start with a kind of flavor that is hard to achieve in any other way.

The best part about high quality ingredients? They speak for themselves. Simply add some salt and oil and let the light do the rest.

WHY SALT?
Salt has the unique property of having its own flavor as well as intensifying other flavors that it mixes with. We salt twice to maximize the flavors of the ingredients that we start with:

BEFORE COOKING: Kosher Salt
AFTER COOKING: Finishing Salt

WHY OIL?
Oil helps to make things stick (think oil + spice mixture, as seen on the Whole Roast Chicken). It also helps to conduct heat (now think crispy chicken skin). We recommend using oil with a high smoke point, like grapeseed oil. However, if you don’t have that on hand... go with whatever you do!
LET’S TALK

The Brava App

It’s everything you need in the palm of your hand. Here’s what you can do:

**Browse** fresh recipes, combos, and ingredients from our team of chefs, right as they come out of the kitchen.

**Bookmark** your favorites, and they’ll get automatically added to your Oven.

**Watch** your food cooking in real time by tapping into the Oven camera.

**Order** curated Meal Kits (or your favorite ingredients!) and have them delivered to you.
Throughout the process of discovering the incredible power of cooking with light, we continue to come back to the importance of starting with great ingredients. Together with our partners, we’ve sourced ingredients that uphold the quality and the integrity that we believe in.

Explore the marketplace to discover ingredients that shine especially bright when cooked in the Brava Oven.
BRAVA FOOD ETHOS

All our meals and ingredient choices are driven by our Brava Food Ethos:

- No artificial flavors, colors or preservatives
- No high fructose corn syrup
- No added hormones
- No MSG
- Responsible use of antibiotics
- Vegetarian feed for all land animals
- Only free range poultry
- Mix of wild and sustainably farmed seafood
- Source organic for the “Dirty Dozen” whenever possible
BRAVA CHEF’S PAN

Our signature enameled cast iron pan used for stews, braises and baked dishes that opens up a range of traditional recipes.

LET’S TALK

Cookware

Experience more of Brava’s magic with our cookware.
**GLASS AND METAL TRAYS**

Save time preparing with additional core accessories. Dishwasher safe.

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**BRAVA EGG PAN**

Unlock breakfast with our unique tray designed for all things eggs. Egg muffins, mini-frittatas, no-mess fried eggs and more. Features non-stick ceramic coating.
**CLEANING YOUR OVEN**

**Do:** Wipe your Oven down (after it cools) with a damp, soapy cloth. To keep your Oven in tip top shape do this after every cook.

**Don’t:** Worry about cleaning the lamps. The lamps are self cleaning and do the job for you.

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**COOKING**

Like other cooking methods, light smoke or “popping” sounds are normal.

The camera feed may go black because our top lamps are not in use for that part of the cook. The camera feed will be back in just a few seconds.

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**AFTER YOU ARE DONE COOKING**

Fans run to rapidly cool your oven, they will automatically turn off.

Brava will turn to a rest screen after an allotted amount of inactivity, no need to unplug.

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Join our community to get inspiration and join the conversation!

@BravaHome

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