



# INSTANT POT COOKING TIMES



## MEATS

	TIME/ LB	RELEASE
Whole Chicken (2-2.5KG)	8	Natural
Chicken Breast (Boneless)	6-8	Quick
Chicken Pieces (w/Bones)	10-15	Quick
Chicken Thighs (w/Bones)	12	Quick
Chicken Wings	5-7	Natural
Chicken Breast (Boneless)	6-8	Quick
Stewing Beef	20	Natural
Beef Oxtail	40-50	Natural
Beef brisket   roast   steak (small)	15-20	Quick
Beef brisket   roast   steak (large)	20-25	Quick
Beef meatballs	5	Quick
Beef Shank	25-30	Quick
Beef Ribs	20-25	Quick
Pork Ribs	15-20	Natural
Pork Sausage	10-15	Quick
Pork Tenderloin	7-9	Quick
Pork Butt Roast	15	Quick
Pork Chops Bone-in   Boneless	4-5	Quick
Ham (Picnic Shoulder)	8	Quick
Turkey Breast (Whole)	20-25	Quick
Turkey Breast (Boneless)	7-9	Quick
Turkey Drumstick	15-20	Quick
Lamb Shank	30	Natural
Stewing Lamb	12-15	Natural
Leg of Lamb	15	Natural

## SEAFOOD

	TIME	RELEASE
Shrimp	1-3	Quick
Crab (Whole)	2-3	Quick
Salmon Fillets	4	Quick
Calamari	20-23	Quick
Mussels	1-2	Quick

## BEANS & LEGUMES

	TIME DRY   SOAKED	RATIO BEANS   LIQUID
Lima Beans	12-14   6-10	1:3
Black Beans	20-25   6-8	1:3
Pinto Beans	25-30   6-9	1:3
Kidney Beans	15-20   7-8	1:3
Cannellini Beans	30-35   6-9	1:3
Red Lentils	1-2   n/a	1:3
Brown Lentils	8-10   n/a	1:3
Chick Peas	35-40   10-15	1:3

## RICE & GRAINS

	TIME	RATIO
White Rice	4	1:1
Jasmine Rice	4-6	1:3
Brown Rice	20-22	1:3
Wild Rice	20-25	1:1
Quinoa	1	1:1
Quick Cook. Oats	1	1:2
Steel Cut Oats	10	1:2

## VEGETABLES

	TIME	RELEASE
Carrots (whole)	3-5	Natural
Carrots (sliced)	1-2	Quick
Broccoli Florets	1	Quick
Brussel Sprouts (Whole)	1	Quick
Cabbage	1	Quick
Corn on the Cob	1	Quick
Potato (Cubed)	1	Quick
Potato (Whole Small)	3-5	Quick
Potato (Whole Large)	20-25	Natural
Sweet Potato (Cubed)	1	Natural
Butternut Squash (Sliced)	1-2	Quick
Eggplant (Sliced or Cubed)	3-4	Quick
Collard Greens	4-5	Quick

\* ADD 1 CUP OF WATER OR STOCK FOR EXTRA FLAVOR

