

Instant Pressure Cooker Times

— COOK TIMES & LIQUID RATIOS —

LEGEND - Neutral Release - Quick Release
 = Use Scanner Basket = First Brown Seal Mark
 = Use 1/2 Cup of Meat = Use 1/2 Cup of Beans

BEANS AND LEGUMES

Type	Size	Liquid	Time	Frozen	Temp
Black Beans	Any	Covered	20 min	N/A	High
Black-Eyed Peas	Any	Covered	8 min	N/A	High
Canellini	Any	Covered	35 min	N/A	High
Garbanzo	Any	Covered	35 min	N/A	High
Great Northern	Any	Covered	25 min	N/A	High
Kidney	Any	Covered	32 min	N/A	High
Lentils	Any	Covered	8 min	N/A	High
Lima	Any	Covered	12 min	N/A	High
Navy	Any	Covered	20 min	N/A	High
Peanut, Raw	Any	Covered	75 min	N/A	High
Pinto	Any	Covered	22 min	N/A	High
Split Runner	Any	Covered	16 min	N/A	High
Split Peas	Any	Covered	6 min	N/A	High

PASTA AND GRAINS

Type	Weight/Per Cup	Size	Liquid	Time	Frozen	Temp
Brown Rice, arborio	Per Cup	1x	1x	10-15 min	N/A	High
Brown Rice, long	Per Cup	1x	1x	15-20 min	N/A	High
Couscous	Per Cup	1 1/2x	2 min	N/A	High	
Ozco	Per Cup	3 1/2x	4 min	N/A	High	
Shaped Macaroni	Per Cup	2 1/2x	6 min	N/A	High	
Steel-Cut Oats	Per Cup	2x	5 min	N/A	High	
Quick Oats	Per Cup	2x	3 min	N/A	High	
Tortellini, dried	Per Cup	3x	5 min	N/A	High	
White Rice, short	Per Cup	1x	1x	5 min	N/A	High
White Rice, long	Per Cup	1x	1x	4 min	N/A	High

SEAFOOD

Type	Size	Liquid	Time	Frozen	Temp
Clams	Any	1 cup	5 min	N/A	High
Cod	Any	1/2 cup	5 min	+4 min	High
Crab Legs	Small	1 cup	3 min	N/A	High
Lobster Tail	1/2 pound	1 cup	6 min	+4 min	High
Mussels	Any	1 cup	3 min	N/A	High
Salmon	Any	1/2 cup	5 min	+5 min	High
Scallops, air	Any	1/2 cup	1 min	+2 min	High
Scallops, sea	Any	1/2 cup	2 min	+1 min	High
Shrimp	Medium	1/2 cup	2 min	+2 min	High
Shrimp	Jumbo	1/2 cup	3 min	+4 min	High
Tilapia	Any	1/2 cup	5 min	+4 min	High

BEEF

Type	Size	Liquid	Time	Frozen	Temp
Briquet	2-3 lbs	Covered	70 min	N/A	High
Briquet	4-5 lbs	Covered	85 min	N/A	High
Chuck Roast	3-4 lbs	2 cups	70 min	N/A	High
Cornd Beef	2-3 lbs	Covered	70 min	N/A	High
Cornd Beef	4-5 lbs	Covered	85 min	N/A	High
Flank Steak	2-3 lbs	1 cup	25 min	+8 min	High
Meatballs	1-2 lbs	2/3 cup	5 min	N/A	High
Rib Roast	3-4 lbs	2 cups	60 min	N/A	High
Round Roast	3-4 lbs	2 cups	70 min	N/A	High
Shanks	Any	1 1/2 cups	45 min	N/A	High
Short Ribs	Any	1 1/2 cups	30 min	+10 min	High
Shoulder Roast	1-4 lbs	2 cups	70 min	N/A	High
Steak, tri tip	1" thick	2/3 cup	20 min	+5 min	High
Steak, Meat	1" cubes	1 cup	20 min	+8 min	High

CHICKEN

Type	Size	Liquid	Time	Frozen	Temp
Breasts, w bone	Any	1/2 cup	12 min	+9 min	High
Breasts, boneless	Any	1/2 cup	5-8 min	+7 min	High
Corndr Hen	2 hens	1 cup	14 min	+10 min	High
Ground Chicken	Any	2/3 cup	6 min	N/A	High
Leg Quarters	2 lbs	1 cup	14 min	+10 min	High
Thighs	2 lbs	2/3 cup	8 min	+8 min	High
Whole Chicken	3-4 lbs	2 cups	30 min	+15 min	High
Wings	2-3 lbs	2/3 cup	6 min	N/A	High

PORK

Type	Size	Liquid	Time	Frozen	Temp
Baby Back Ribs	1 rack	1 cup	20 min	N/A	High
Chops	1/2 inch	1/2 cup	8 min	+7 min	High
Chops	1 inch	1/2 cup	16 min	+10 min	High
Ham Hocks	Any	Covered	50 min	N/A	High
Ham Steaks	2-4 steaks	1/2 cup	6 min	+5 min	High
Ham, Whole	3-8 lbs	3 cups	40 min	+25 min	High
Loin Roast	2-4 lbs	2 cups	45 min	N/A	High
Roast	3-5 lbs	2 cups	80 min	N/A	High
Roast, 7' x 6"	3-8 lbs	2 cups	80 min	N/A	High
Sausages	Any	Covered	10 min	+7 min	High
Spareribs	2-4 lbs	1 cup	20 min	N/A	High

OTHER MEATS

Type	Size	Liquid	Time	Frozen	Temp
Lamb Chops	1/2 inch	1/2 cup	8 min	+5 min	High
Lamb Chops	1 inch	1/2 cup	12 min	+7 min	High
Lamb Leg	3-4 lbs	2 cups	45 min	+20 min	High
Lamb Shank	Any	1 1/2 cups	30 min	+10 min	High
Turkey Breast	3-5 lbs	2 cups	40 min	+15 min	High
Turkey Legs	2-4 lbs	1 1/2 cups	20 min	+10 min	High
Veal Shank	2-4 lbs	2 cups	60 min	+20 min	High
Veal Stakes	Any	1 1/2 cups	25 min	N/A	High
Veal Stakes	1/2 inch	1/2 cup	6 min	+7 min	High
Vealton Roast	3-4 lbs	2 cups	50 min	+20 min	High
Vealton Stew Meat 1" cubes	1 1/2 cups	1 1/2 cups	30 min	+10 min	High

VEGETABLES

Type	Size	Liquid	Time	Frozen	Temp
Acorn Squash	Halved	1 cup	6 min	N/A	High
Artichokes	Whole	1 cup	9 min	N/A	High
Asparagus	Thick	1/2 cup	2 min	N/A	Low
Beets	Sliced	3/4 cup	5 min	N/A	High
Butternut Squash	Any	1/2 cup	2 min	N/A	High
Cabbage	Cubed	1 cup	3-4 min	N/A	High
Carrots	Quartered	Covered	4 min	N/A	High
Corn on the Cob	Any	1 cup	3 min	N/A	High
Eggplant	Chopped	1/2 cup	4 min	N/A	Low
Green Beans	Any	1/2 cup	2 min	N/A	Low
Potato, white/yellow	Whole	1 cup	8-14 min	N/A	High
Potato, white/yellow	Cubed	1 cup	3-4 min	N/A	High
Squash, yellow	Thick Cut	1/2 cup	2 min	N/A	Low
Zucchini	Thick Cut	1/2 cup	2 min	N/A	Low

