



# PRESSURE COOKING

## times chart

### POULTRY

	Cook Time (minutes)	Required Liquid	Release Method
Chicken Bones for Stock	40	6 cups	NATURAL
Chicken Breast (bone in)	6	1 cup	QUICK
Chicken Breast (boneless)	4	1 cup	QUICK
Chicken Thigh (bone in)	7	1 cup	QUICK

	Cook Time (minutes)	Required Liquid	Release Method
Chicken Bones for Stock	40	6 cups	NATURAL
Chicken Breast (bone in)	6	1 cup	QUICK
Chicken Breast (boneless)	4	1 cup	QUICK
Chicken Thigh (bone in)	7	1 cup	QUICK

### BEEF

	Cook Time (minutes)	Required Liquid	Release Method
Beef Bones for stock	40	6 cups	NATURAL
Brisket (3 1/2 to 4 lbs)	55 to 60	1 1/2 cups	NATURAL
Corned Beef Brisket	55	covered	NATURAL
Flanked Steak (1 lb)	25	1 cup	NATURAL
Ground Beef	5	1 cup	QUICK
Meatballs	5	1 cup	NATURAL

	Cook Time (minutes)	Required Liquid	Release Method
Meatloaf	35	1 1/2 cups	NATURAL
Pot Roast (3 1/2 to 4 lbs)	55 to 65	2 cups	NATURAL
Short Ribs	55	1 1/2 cups	NATURAL
Stew Meat (1-inch cubes)	15 to 20	1 cup	NATURAL
Veal Shanks	20 to 25	1 1/2 cups	NATURAL
Veal Stew Meat (1-inch cubes)	10	1 cup	NATURAL

### PORK

	Cook Time (minutes)	Required Liquid	Release Method
Baby Back Ribs	30	1 cup	NATURAL
Country Style Ribs	20 to 25	1 1/2 cups	NATURAL
Ground Pork	5	1 cup	QUICK
Ham (bone-in, 5 lbs, precooked)	25 to 30	1 1/2 cups	NATURAL
Meatballs	5	1 cup	NATURAL
Pork Chops (bone-in, 1-inch)	6	1 1/2 cups	NATURAL

	Cook Time (minutes)	Required Liquid	Release Method
Pork Chops (boneless, 1-inch)	4 to 5	1 1/2 cups	NATURAL
Pork Loin (2 to 2 1/2 lbs)	25	1 1/2 cups	NATURAL
Pork Shoulder (2 lbs)	55	1 1/2 cups	NATURAL
Sausages	10 to 15	1 1/2 cups	QUICK
Spare Ribs	45	1 cup	NATURAL
Stew Meat (1-inch cubes)	15 to 20	1 cup	NATURAL

### LAMB

	Cook Time (minutes)	Required Liquid	Release Method
Ground Lamb	5	1 cup	QUICK
Lamb Shanks	30	1 1/2 cups	NATURAL
Meatballs	5	1 cup	NATURAL

	Cook Time (minutes)	Required Liquid	Release Method
Leg of Lamb (boneless, 3 1/2 to 4 lbs)	35 to 45	1 1/2 cups	NATURAL
Stew Meat (1-inch cubes)	15 to 20	1 cups	NATURAL

### FISH & SEAFOOD

	Cook Time (minutes)	Required Liquid	Release Method
Calamari	20	5 cups	QUICK
Clams	4	1 cup	QUICK
Crab Legs	4	1 cup	QUICK
Fish Fillet (1-inch thick)	5	6 cups	QUICK

	Cook Time (minutes)	Required Liquid	Release Method
Mussels	4	2 cups	QUICK
Salmon	5	4 cups	QUICK
Shrimp	2	3 cups	QUICK



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### GRAINS (1 CUP)

	Cook Time (minutes)	Required Liquid	Release Method
Barley (pearled)	20 – 15	3 cups	QUICK
Brown Rice	20	2 cups	NATURAL
Bulgar	6	2 cups	QUICK
Farro (pearled)	8	2 cups	QUICK
Farro (whole grain)	18	3 cups	QUICK
Polenta (coarse, not instant)	8 – 10	4 cups	QUICK

	Cook Time (minutes)	Required Liquid	Release Method
Polenta (fine, not instant)	5	2 cups	QUICK
Quinoa	5	1½ cups	QUICK
Steel Cut Oats	5	2 cups	NATURAL
White Rice, long-grain	4 – 6	1½ cups	QUICK
White Rice, short-grain	7	2 2/3 cups	QUICK
Wild Rice	22	3 – 4 cups	QUICK

### VEGETABLES

	Cook Time (minutes)	Required Liquid	Release Method
Acorn Squash (halved)	8	1 cup	QUICK
Artichokes (medium, whole)	12	1 cup	QUICK
Asparagus	2	1 cup	QUICK
Beets (medium, whole)	15	1 cup	QUICK
Broccoli	3	1 cup	QUICK
Broccoli Rabe	3	1 cup	QUICK
Brussels Sprouts	4 – 6	1 cup	QUICK
Butternut Squash (1-inch cubes)	5	1 cup	QUICK
Cabbage (quartered)	4 – 6	1 cup	QUICK
Cauliflower (whole)	12 – 15	1 cup	QUICK
Collard Greens	5 – 10	1 cup	QUICK
Corn on the Cob	2 – 3	1 cup	QUICK

	Cook Time (minutes)	Required Liquid	Release Method
Eggplant	3 – 4	1 cup	QUICK
Fennel (wedges)	4	1 cup	QUICK
Green Beans	3 – 4	1 cup	QUICK
Kale	4	1 cup	QUICK
Leeks (1-inch pieces)	4	1 cup	QUICK
Parsnips (1-inch chunks)	4 – 5	1 cup	QUICK
Potatoes (1-inch chunks or small whole)	6 – 8	1 cup	QUICK
Rutabaga (1-inch chunks)	4	1 cup	QUICK
Spaghetti Squash (1-inch chunks)	12 – 15	1 cup	QUICK
Sweet Potatoes (1-inch chunks)	4 – 5	1 cup	QUICK
Swiss Chard	2	1 cup	QUICK
Turnips (1-inch chunkso	3 – 4	1 cup	QUICK

### BEANS & LEGUMES

	Cook Time (minutes)	Required Liquid	Release Method
Black Beans	25	7	NATURAL
Black-Eyed Peas	8	6	NATURAL
Cannellini Beans	25	7	NATURAL
Chickpeas	35 – 40	15	NATURAL
Great Northern Beans	25	8 – 10	NATURAL
Kidney Beans	25	8 – 10	NATURAL

	Cook Time (minutes)	Required Liquid	Release Method
Lentils	7 – 8	unnecessary	QUICK
Navy Beans	20	8 – 10	NATURAL
Pinto Beans	25	8 – 10	NATURAL
Split Peas	8 – 10	unnecessary	NATURAL
White Beans	20	8 – 10	NATURAL