



INSTANT POT COOKING TIMES

MEATS	TIME/ LB	RELEASE	SEAFOOD	TIME	RELEASE
Whole Chicken (2-2.5KG)	8	Natural	Shrimp	1-3	Quick
Chicken Breast (Boneless)	6-8	Quick	Crab (Whole)	2-3	Quick
Chicken Pieces (w/Bones)	10-15	Quick	Salmon Fillets	4	Quick
Chicken Thighs (w/Bones)	12	Quick	Calamari	20-23	Quick
Chicken Wings	5-7	Natural	Mussels	1-2	Quick
Chicken Breast (Boneless)	6-8	Quick			
Stewing Beef	20	Natural			
Beef Oxtail	40-50	Natural			
Beef brisket roast steak (small)	15-20	Quick	BEANS & LEGUMES	TIME	RATIO
Beef brisket roast steak (large)	20-25	Quick		DRY SOAKED	BEANS LIQUID
Beef meatballs	5	Quick	Lima Beans	12-14 6-10	1:3
Beef Shank	25-30	Quick	Black Beans	20-25 6-8	1:3
Beef Ribs	20-25	Quick	Pinto Beans	25-30 6-9	1:3
Pork Ribs	15-20	Natural	Kidney Beans	15-20 7-8	1:3
Pork Sausage	10-15	Quick	Cannellini Beans	30-35 6-9	1:3
Pork Tenderloin	7-9	Quick	Red Lentils	1-2 n/a	1:3
Pork Butt Roast	15	Quick	Brown Lentils	8-10 n/a	1:3
Pork Chops Bone-in Boneless	4-5	Quick	Chick Peas	35-40 10-15	1:3
Ham (Picnic Shoulder)	8	Quick			
Turkey Breast (Whole)	20-25	Quick	RICE & GRAINS	TIME	RATIO
Turkey Breast (Boneless)	7-9	Quick			
Turkey Drumstick	15-20	Quick	White Rice	4	1:1
Lamb Shank	30	Natural	Jasmine Rice	4-6	1:3
Stewing Lamb	12-15	Natural	Brown Rice	20-22	1:3
Leg of Lamb	15	Natural	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

