

INSTANT POT

Cooking Cheat Sheet



All items listed below should be cooked at high pressure with manual setting. For rice & grains use NATURAL RELEASE for 10 minutes, then QUICK RELEASE.

Rice & Grains

FOOD	LIQUID RATIO	COOKING TIME
BULGUR	1:3	20
COUSCOUS, ISRAELI	1:2	2 - 3
FARRO	1:2	10 - 12
KAMUT, WHOLE	1:2	10 - 12
MILLET	1:1.75	10
OATS (QUICK)	1:2	1
OATS (STEEL-CUT)	1:2	15
OATS (OLD-FASHIONED)	1:2	10
PASTA, PENNE OR SIMILAR	COVER	4

FOOD	LIQUID RATIO	COOKING TIME
PEARL BARLEY	1:2.5	20-22
POLENTA	1:4	9
QUINOA	1:1	1
RICE (BASMATI, JASMINE)	1:1	4-6
RICE, BROWN	1:1	20 - 22
RICE, WHITE	1:1	4
RICE, WILD	1:2	20 - 25
SPAGHETTI	1:2	6
STEEL CUT OATS	1:3	10 - 14

Beans & Legumes

FOOD	LIQUID RATIO	COOKING TIME
ADZUKI/AZUKI/ADUKI	1:3	16/4 SOAKED
ANASAZI	1:2	20/5 SOAKED
BLACK BEANS	1:3	25/8 SOAKED
BLACK EYED PEAS	1:3	15/5 SOAKED
WHITE KIDNEY BEANS	1:3	35/12 SOAKED
RED KIDNEY BEANS	1:3	25/8 SOAKED
CHICKPEAS	1:3	40/15 SOAKED
GREAT NORTHERN BEANS	1:3	25/8 SOAKED

FOOD	LIQUID RATIO	COOKING TIME
LENTILS (GREEN OR BROWN)	1:3	10
LENTILS (RED OR YELLOW)	1:3	6
LIMA	1:3	20
NAVY	1:3	25/8 SOAKED
PEAS	1:3	8
PINTO	1:3	25/8 SOAKED
SOY	1:3	45/20 SOAKED

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All items listed below should be fresh (not frozen) cooked at high pressure with manual setting. Add at least 1 cup of liquid.

Vegetables

FOOD	TIME	RELEASE
ARTICHOKE (WHOLE & TRIMMED)	9 - 11	QUICK
ASPARAGUS (WHOLE OR CUT)	1 - 2	QUICK
BEANS (GREEN, YELLOW, WAX)	1 - 2	QUICK
BEETROOT (SMALL WHOLE)	11 - 13	QUICK
BEETROOT (LARGE WHOLE)	20 - 25	QUICK
BROCCOLI (FLORETS)	0 - 1	QUICK
BROCCOLI (STALKS)	3 - 4	QUICK
BRUSSELS SPROUTS (WHOLE)	3 - 4	QUICK
CABBAGE (WHOLE OR WEDGES)	3 - 4	QUICK
CARROTS (SLICED OR SHREDDED)	2 - 3	QUICK

FOOD	TIME	RELEASE
CARROTS (WHOLE)	6 - 8	QUICK
CAULIFLOWER (FLORETS)	2 - 3	QUICK
CELERY (CHUNKS)	2 - 3	QUICK
COLLARD GREENS	4 - 5	QUICK
CORN ON THE COB	3 - 5	QUICK
LEEKs	2 - 3	QUICK
OKRA	2 - 3	QUICK
POTATOES (WHOLE)	10 - 20	NATURAL
POTATOES (BABY)	5 - 7	QUICK
SWEET POTATOES	12 - 18	NATURAL

Poultry

FOOD	TIME	RELEASE
CHICKEN (WHOLE)	6 /LB.	NATURAL
CHICKEN BREAST (BONE IN)	12	QUICK
CHICKEN BREAST (BONELESS)	5 - 8	QUICK
CHICKEN THIGHS (BONE IN)	12	QUICK
CHICKEN THIGHS (BONELESS)	6 - 8	QUICK
CHICKEN LEGS (DRUMSTICKS)	15 - 20	QUICK
CHICKEN WINGS	5 - 7	NATURAL

FOOD	TIME	RELEASE
CORNISH GAME HEN	12 - 15	NATURAL
DUCK (WHOLE)	10 - 15	NATURAL
DUCK (BONE IN PORTIONS)	12 - 15	QUICK
TURKEY BREAST (WHOLE)	20 - 25	NATURAL
TURKEY BREAST (BONELESS)	7 - 9	NATURAL
TURKEY LEG (DRUMSTICK)	15 - 20	NATURAL

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Beef

FOOD	TIME	RELEASE
BRISKET/CHUCK/ROUND (LARGE)	20 - 25	NATURAL
BRISKET/CHUCK/ROUND (SMALL)	15 - 20	NATURAL
CORNED BEEF BRISKET	90	NATURAL
FLANK STEAK	25	NATURAL
GROUND BEEF	5	QUICK
MEATBALLS	5/LB.	5 MIN QUICK + NATURAL
RIBS	20 - 25	NATURAL
SHANK	25 - 30	NATURAL
STEW MEAT	20/LB.	NATURAL

Pork

FOOD	TIME	RELEASE
BABY BACK RIBS	10 / LB.	NATURAL
BUTT ROAST	15 / LB.	NATURAL
CHOPS, BONE IN (INCH-THICK)	5	NATURAL
CHOPS, BONELESS (INCH-THICK)	4 - 5	NATURAL
HAM	8 / LB.	NATURAL
SAUSAGE	10 - 15	QUICK
SHOULDER	55	NATURAL
SPARE RIBS	25	NATURAL
TENDERLOIN	7 - 9	QUICK

Fish & Seafood

FOOD	TIME	RELEASE
CRAB (WHOLE)	2-3	QUICK
FISH (WHOLE)	4 - 5	QUICK
FISH (FILLET)	2 - 3	QUICK
LOBSTER	2 - 3	QUICK
MUSSELS	1 - 2	QUICK
CALAMARI	20	QUICK
CLAMS	4	QUICK
SALMON	5	QUICK
SHRIMP OR PRAWN	1 - 3	QUICK

Lamb

FOOD	TIME	RELEASE
GROUND LAMB	5	QUICK
LAMB SHANKS	30	NATURAL
MEATBALLS	5	NATURAL
LEG OF LAMB (BONELESS, 3½-4 LB.)	35-45	NATURAL
STEW MEAT (1-INCH CUBES)	15 - 20	NATURAL