



# INSTANT POT COOKING CHEAT SHEET

\*Cook all foods below on HIGH. Times listed below are for fresh foods. Times will need to be adjusted for foods that are frozen.

\*Sear/brown meats in oil to seal juices & for extra flavor.

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   Prawns	1-3	Quick
Salmon Fillets	4	Quick
Lobster   Crab   Fish Fillet	2-3	Quick
Crab (Whole)	2-3	Quick
Mussels	1-2	Quick
Calamari	20-23	Quick

VEGETABLES (+ 250mL of water)	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
Okra	2-3	Quick
Collard Greens	4-5	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
Peas	1-2	Quick
Cauliflower Florets	1	Quick

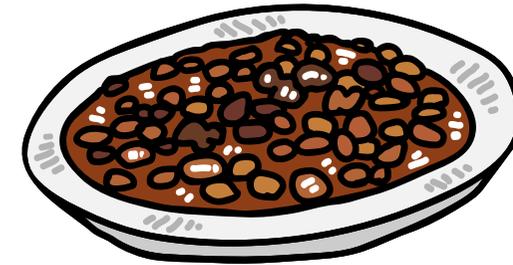


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\*Cook BEANS & LEGUMES on HIGH. Let the pressure release naturally for at least 20 minutes before doing a quick release

\*Cook RICE & GRAINS on HIGH. Natural Release for 10 minutes before releasing remaining pressure using quick release

BEANS & LEGUMES	LIQUID RATIO	TIME (DRY)	TIME (SOAKED)
Lima Beans	1:3	12-14	6-10
Cannellini Beans	1:3	30-35	6-9
Kidney Beans	1:3	15-20	7-8
Black Beans	1:3	20-25	6-8
Pinto Beans	1:3	25-30	6-9
Navy Beans	1:3	20-25	7-8
Green Lentils	1:3	8-10	-
Red Lentils	1:3	1-2	-
Brown Lentils	1:3	8-10	-
Chick Peas	1:3	35-40	10-15
Soy Beans	1:3	35-45	18-20
Peas	1:3	16-20	10-12



RICE & GRAINS	LIQUID RATIO	TIME
Jasmine Rice	1:3	4-6
Brown Rice	1:3	20-22
White Rice	1:1	4
Wild Rice	1:1	20-25
Israeli Couscous	1:2	2-3
Pearl Barley	1:2.5	20-22
Quinoa	1:1	1
Quick Cooking Oatmeal	1:2	1
Steel Cut Oatmeal	1:2	15
Old Fashioned Oatmeal	1:2	10
Polenta	1:2.5	9

