



# Cooking Time Tables

As with conventional cooking, cooking with the Instant Pot® is full of personal choices, creativity, a lot of science, and little experimentation. No two people have exactly the same tastes, preferences of tenderness and texture of food. The purpose of the Cooking Time Tables is to provide you with a reference, however you are encouraged to experiment and find the time settings that best suit your personal preferences.

There are other factors that may affect the cooking time. Different cuts of meat and diverse types of rice, for example, may require different cooking times to yield the same tenderness or texture.

When cooking frozen food, there is no need to defrost the food in the microwave first. However, frozen food will prolong the pre-heating time and cooking time by a few minutes, depending on the amount of food.

The timing indicated within the Cooking Time Tables are based on the cooking pressure within the range of 10.15-11.6 psi.

## SEAFOOD & FISH

The cooking time for seafood is typically short. The best result is achieved with the original juice being retained in the food. Steaming is the ideal cooking method, however stewing the food will also produce great results.

When steaming seafood, you will need at least one 1 cup (250 mL) of water, and an ovenproof or steel bowl on a trivet. When seafood or fish are over-cooked, their texture becomes tough. Unless that's the intended result, you should control the cooking time precisely. Normally, you'll need to use the steam release handle to release the pressure and stop cooking as soon as the programmed cooking period is over. An alternative is to take the natural cooling time (7 – 10 minutes) into consideration.

Seafood & Fish	FRESH Cooking Time (minutes)	FROZEN Cooking Time (minutes)
Crab, whole	2 – 3	4 – 5
Fish, whole	4 – 5	5 – 7
Fish, fillet	2 – 3	3 – 4
Fish, steak	3 – 4	4 – 6
Lobster	3 – 4	4 – 6
Mussels	2 – 3	N/A
Seafood soup or stock	7 – 8	8 – 9
Shrimp or Prawn	1 – 3	2 – 4

# RICE & GRAINS

If you would like to cook some specialty rice or grains, please use the following grain : water ratio.

The provided **Rice Measuring Cup (180 mL)** can be used to measure the required grain to water ratios. One cup of grain yields about one adult serving.



Rice & Grains	Water Quantity Ratio (grain : water)	Cooking Time (minutes)
Barley, pearl	1 : 2 ½	20 – 22
Barley, pot	1 : 3 ~ 1 : 4	25 – 30
Congee, thick	1 : 4 ~ 1 : 5	15 – 20
Congee, thin	1 : 6 ~ 1 : 7	15 – 20
Couscous	1 : 2	2 – 3
Corn, dried / halved	1 : 3	5 – 6
Kamut, whole	1 : 2	10 – 12
Millet	1 : 1 ¾	10 – 12
Oats, quick cooking	1 : 1 ½	2 – 3
Oats, steel-cut	2 : 2 ½	3 – 5
Porridge, thin	1 : 2	10 – 15
Quinoa, quick cooking	1 : 1 ¼	1
Rice, Basmati	1 : 1	4
Rice, Brown	1 : 1	22 – 25
Rice, Jasmine	1 : 1	4
Rice, white	1 : 1	4
Rice, wild	1 : 1	20 – 25
Sorghum	1 : 3	20 – 25
Spelt berries ( <i>unsoaked</i> )	1 : 1 ½	25 – 30
Wheat berries ( <i>unsoaked</i> )	1 : 3	20 – 25



## INSTANT TIP: Use the Smart Programs

Instant Pot®'s built-in **[Rice]** and **[Multigrain]** Smart Programs provide the optimal method of cooking rice and grains.

# DRIED BEANS, LEGUMES, & LENTILS

There are a few things to be aware of when cooking dried beans and legumes:

- Dried beans double in volume and weight after soaking or cooking. To avoid overflow, please do not fill the inner pot more than half capacity to allow for expansion.
- When cooking dried beans, use enough liquid to cover the beans.

Beans and legumes are less likely to be over-cooked, but if they are undercooked the texture is typically unpleasant. Please consider the cooking time as the minimal time.

Dried Beans, Legumes, & Lentils	DRY Cooking Time (minutes)	SOAKED Cooking Time (minutes)
Adzuki / Azuki / Aduki	16 – 20	4 – 6
Anasazi	20 – 25	5 – 7
Black beans	20 – 25	6 – 8
Black-eyed peas	10 – 15	4 – 5
Chickpeas (chickpeas, garbanzo bean, or kabuli)	35 – 40	10 – 15
Cannellini beans	30 – 35	8 – 10
Great Northern beans	25 – 30	8 – 10
Kidney beans, red	25 – 30	8 – 10
Kidney beans, white / Cannellini	30 – 35	8 – 10
Lentils, green	10 – 12	N/A
Lentils, brown	10 – 12	N/A
Lentils, red, split	5 – 6	N/A
Lentils, yellow, split (moong dal)	18 – 20	N/A
Lima beans	12 – 14	8 – 10
Navy beans	20 – 25	7 – 8
Pinto beans	25 – 30	8 – 10
Peas	6 – 10	N/A
Scarlet runner	20 – 25	8 – 10
Soy beans	35 – 45	18 – 20



## INSTANT TIP: Save Time, Soak the Beans

Although not strictly necessary, soaking the dried beans can speed up cooking significantly. Immerse the beans in 4 times their volume of water for 4-6 hours.

# MEAT (POULTRY, BEEF & LAMB)

There are a few things to be aware of when cooking meat:

- Raw meat is perishable and should not be left at room temperature for more than 2 hours (or 1 hour if room temperature is above 32°C / 90°F). When using the [Delay Start] program, do not set time for more than 1-2 hours. We recommend to pre-cook the meat and select the automatic [Keep Warm] or [Warm] program to maintain the food at serving temperature.
- Do not try to thicken the sauce before cooking. Corn starch, flour or arrow-root may deposit on the bottom of the inner pot and block heat dissipation. As a result, the pressure cooker may overheat.

You may want to brown the meat by selecting the [Sauté] program to seal the juices before pressure cooking.

Meat	DRY Cooking Time (minutes)
Beef, stew meat	20 / 450 gm / 1 lb
Beef, meat ball	8-10 / 450 gm / 1 lb
Beef, dressed	20 / 450 gm / 1 lb
Beef (pot roast, steak, rump, round, chuck, blade or brisket (small chunks)	15 / 450 gm / 1 lb
Beef (pot roast, steak, rump, round, chuck, blade or brisket (large chunks)	20 / 450 gm / 1 lb
Beef, ribs	20 – 25
Beef, shanks	25 – 30
Beef, oxtail	40 – 50
Chicken, breasts (boneless)	6 – 8
Chicken, whole 2-2.5 Kg	8 / 450 gm / 1 lb
Chicken, cut with bones	10 – 15
Chicken, bones for stock	40 – 45
Duck, portions with bones	12 – 15
Duck, whole	10 / 450 gm / 1 lb



Meat	Cooking Time (minutes)
Lamb, cubes	10 – 15
Lamb, stew meat	12 – 15
Lamb, leg	15 / 450 gm / 1 lb
Pheasant	8 / 450 gm / 1 lb
Turkey, breast (boneless)	7 – 9
Turkey, breast (whole)	20 – 25
Turkey, drumsticks (leg)	15 – 20
Veal, chops	5 – 8
Veal, roast	12 / 450 gm / 1 lb
Quail, whole	8 / 450 gm / 1 lb



**INSTANT TIP:** Seasoning Beef— Try These On Your Next Meal

Beef: (approximately 500 g or 1 lb)

- 50 g (2 oz) butter, 2 cloves crushed garlic, 2 sprigs fresh thyme
- 50 g (2 oz) butter, 2 cloves crushed garlic, 2 sprigs fresh parsley
- 50 g (2 oz) butter, 2 tbsp (30 mL) fresh chives, 1 tbsp (15 mL) grainy mustard
- 1 tbsp (15 mL) olive oil, 2 sprigs fresh thyme



# VEGETABLES

When steaming vegetables, you will need 1 cup (250 mL) of water and an ovenproof or steel bowl on a trivet.

Due to short pressure keeping period, leaving the pressure cooker naturally cooling down without using the steam release will add some extra cooking time to the food. (**Natural Release** – see page 7).



Vegetables	FRESH Cooking Time (minutes)	FROZEN Cooking Time (minutes)
Artichoke, whole & trimmed	9 – 11	11 – 13
Artichoke, hearts	4 – 5	5 – 6
Asparagus, whole or cut	1 – 2	2 – 3
Beans, green, yellow or wax, whole, trim ends and strings	1 – 2	2 – 3
Beetroot, small / whole	11 – 13	13 – 15
Beetroot, large / whole	20 – 25	25 – 30
Broccoli, florets	1 – 2	2 – 3
Broccoli, stalks	3 – 4	4 – 5
Brussel sprouts, whole	2 – 3	3 – 4
Cabbage, red, purple or green, shredded	2 – 3	3 – 4
Cabbage, red, purple or green, wedges	3 – 4	4 – 5
Carrots, sliced or shredded	2 – 3	3 – 4
Carrots, whole or chunked	6 – 8	7 – 9
Cauliflower florets	2 – 3	3 – 4
Celery, chunks	2 – 3	3 – 4
Coliard Greens	4 – 5	5 – 6

## INSTANT TIP: Steaming Vegetables Preserves Vitamins & Minerals



When cooking vegetables, fresh or frozen, it's recommended to use steaming to preserve vitamins and minerals to the maximum. Steaming also retains the natural look of the vegetable, adding aesthetic value to your dish.

Vegetables	FRESH Cooking Time (minutes)	FROZEN Cooking Time (minutes)
Corn (kernels)	1 – 2	2 – 3
Corn (on the cob)	3 – 5	4 – 6
Eggplant (slices or chunks)	3 – 4	3 – 4
Endive	1 – 2	2 – 3
Escarole (chopped)	2 – 3	3 – 4
Green beans (whole)	2 – 3	3 – 4
Greens (chopped)	2 – 3	4 – 7
Leeks	2 – 3	3 – 4
Mixed vegetables	3 – 4	4 – 6
Okra	2 – 3	3 – 4
Onions (sliced)	2 – 3	3 – 4
Parsnips (chunks)	3 – 4	4 – 5
Peas (in the pod)	1 – 2	2 – 3
Peas (green)	1 – 2	2 – 3
Potatoes (cubed)	3 – 4	4 – 5
Baby potatoes (whole)	8 – 10	12 – 14
Large potatoes (whole)	12 – 15	15 – 19
Pumpkin (small pieces)	2 – 3	4 – 5
Pumpkin (larges pieces)	8 – 10	10 – 14
Rutabaga (slices)	3 – 4	4 – 5
Rutabaga (chunks)	4 – 6	6 – 8
Spinach	1 – 2	3 – 4
Acorn squash (slices)	6 – 7	8 – 10
Butternut squash (slices)	4 – 6	6 – 8
Sweet Potato (cubes)	3 – 4	4 – 5
Sweet Potato Large (whole)	12 – 15	17 – 19
Sweet Potato Small (whole)	8 – 10	12 – 14
Sweet Pepper (slices or chunks)	1 – 3	2 – 4
Tomatoes (quarters)	2 – 3	4 – 5

# FRUITS

When steaming fruit, you will need 1 cup (250 mL) of water and an ovenproof or steel bowl on a trivet.

Often times, fruit dish recipes have precise requirements of the fruits' texture. Instead of leaving the pressure cooker naturally cooling down, you'll need to open the pressure cooker using the **Quick Release** — to release the pressure and stop cooking (see page 7).



Fruits	FRESH Cooking Time (minutes)	FROZEN Cooking Time (minutes)
Apples (slices or pieces)	1 – 2	2 – 3
Apples (whole)	3 – 4	4 – 6
Apricots	2 – 3	3 – 4
Peaches	2 – 3	4 – 5
Pears (whole)	3 – 4	4 – 6
Pears (slices or halves)	2 – 3	4 – 5
Plums	2 – 3	4 – 5
Raisins	N/A	4 – 5

## INSTANT TIP: Steaming Fruit Preserves Vitamins & Minerals



Just like cooking vegetables, fresh or dried fruits are best steamed to preserve the texture and taste as well as vitamins and minerals. Steaming also retains the natural look of the fruit, essential to your fruit dish. Cook fruit of equal size and ripeness together.