



Cooking Time Tables

12 PSI
HIGH PRESSURE LEVEL

VEGETABLES

ASPARAGUS



1~2 mins

BEANS
(yellow & green)



1~2 mins

BROCCOLI
(florets)



1~2 mins

BRUSSEL
SPROUTS



2~3 mins

BUTTERNUT
SQUASH



4~6 mins

CABBAGE
(whole or wedges)



2~3 mins

CARROTS
(whole or chunks)



6~8 mins

CAULIFLOWER
(florets)



2~3 mins

CORN
(on the cob)



3~5 mins

MIXED
VEGETABLES



3~4 mins

POTATOES
(large, whole)



12~15 mins

POTATOES
(small, whole)



8~10 mins

POTATOES
(cubed)



3~4 mins

SWEET POTATOES
(whole)



12~15 mins

SWEET POTATOES
(cubed)



2~4 mins

MEAT & EGGS

BEEF
(stew)



20 mins
(per 450 g / 1 lb)

BEEF
(large pieces)



20~25 mins
(per 450 g / 1 lb)

BEEF
(ribs)



20~25 mins
(per 450 g / 1 lb)

CHICKEN
(breasts)



6~8 mins
(per 450 g / 1 lb)

CHICKEN
(whole)



8 mins
(per 450 g / 1 lb)

CHICKEN
(bone stock)



40~50 mins

LAMB
(leg)



15 mins
(per 450 g / 1 lb)

PORK
(butt roast)



15 mins
(per 450 g / 1 lb)

PORK
(baby back ribs)



15~20 mins
(per 450 g / 1 lb)

EGGS
(large)



Hard: 5 mins

RICE & GRAINS (grain : water ratio)

BARLEY (pearl)



20~22 mins
1 : 2.5

CONGEE



15~20 mins
1 : 4 ~ 1 : 5

MILLET



10~12 mins
1 : 1.75

OATMEAL



2-3 mins
1 : 2

OATS (steel cut)



3~5 mins
2 : 3

PORRIDGE



5~7 mins
1 : 6 ~ 1 : 7

QUINOA



1 min
1 : 1.25

RICE (Basmati)



4 mins
1 : 1

RICE (brown)



20~22 mins
1 : 1

RICE (Jasmine)



4 mins
1 : 1

RICE (white)



4 mins
1 : 1

RICE (wild)



20~25 mins
1 : 2

BEANS & LENTILS (dry & soaked)

BLACK BEANS



D: 20~25 mins
S: 6~8 mins

BLACK EYED PEAS



D: 14~18 mins
S: 4~5 mins

CHICKPEAS



D: 35~40 mins
S: 10~15 mins

KIDNEY BEAN (red)



D: 20~25 mins
S: 7~8 mins

KIDNEY BEANS (white)



D: 25~30 mins
S: 6~9 mins

LENTILS (green)



D: 8~10 mins
S: N/A

LENTILS (yellow)



D: 1~2 mins
S: N/A

LIMA BEANS



D: 12~14 mins
S: 6~10 mins

NAVY BEANS



D: 20~25 mins
S: 7~8 mins

PIGEON PEAS (Gandules)



D: 25~30 mins
S: 6~9 mins

PINTO BEANS



D: 25~30 mins
S: 6~9 mins

SOY BEANS



D: 35~45 mins
S: 18~20 mins

SEAFOOD

FISH (whole)



4~5 mins

FISH (fillet)



2~3 mins

LOBSTER



2~3 mins

MUSSELS



1~2 mins

SHRIMP (or prawn)



1~3 mins

SEAFOOD STOCK



7~8 mins