

Pressure Cook Chart

TIP Use hot water for pressure cooking to build pressure quicker.



Don't forget to add water or stock to create steam and cook your food.

TIPS When freestyling with foods in these charts, keep the following tips in mind:

If food volume increases and size stays the same (e.g., increasing from one to two 1-lb pork tenderloins), cook time should remain the same.

If food size increases (e.g., increasing from a 2-lb pork shoulder to a 5-lb one), the cook time must increase.

The amount of water can remain the same for all food volumes—but always use at least 1 cup water so the unit can build pressure.

INGREDIENT	WEIGHT	PREPARATION	WATER	ACCESSORY	PRESSURE	TIME	RELEASE
POULTRY							
Chicken breasts	2 lbs	Bone in	1 cup	N/A	High	15 mins	Quick
	6 small or 4 large (about 2 lbs)	Boneless	1 cup	N/A	High	8-10 mins	Quick
Chicken breasts (frozen)	4 large (2 lbs)	Boneless	1 cup	N/A	High	25 mins	Quick
Chicken thighs	8 thighs (4 lbs)	Bone in/skin on	1 cup	N/A	High	20 mins	Quick
	8 thighs (2 lbs)	Boneless	1 cup	N/A	High	20 mins	Quick
Chicken, whole	4-5 lbs	Bone in/legs tied	1 cup	Cook & Crisp™ Basket	High	25-30 mins	Quick
Turkey breast	1 breast (6-8 lbs)	Bone in	1 cup	N/A	High	40-50 mins	Quick
GROUND MEAT							
Ground beef, pork, or turkey	1-2 lbs	Ground (not in patties)	1 cup	N/A	High	5 mins	Quick
Ground beef, pork, or turkey (frozen)	1-2 lbs	Frozen, ground (not in patties)	1 cup	N/A	High	20-25 mins	Quick
RIBS							
Pork baby back	2 1/2-3 1/2 lbs	Cut in thirds	1 cup	N/A	High	20 mins	Quick
ROASTS							
Beef brisket	3-4 lbs	Whole	1 cup	N/A	High	1-1 1/2 hrs	Quick
Boneless beef chuck-eye roast	3-4 lbs	Whole	1 cup	N/A	High	1-1 1/2 hrs	Quick
Boneless pork butt	4 lbs	Season as desired	1 cup	N/A	High	1 1/2 hrs	Quick
Pork tenderloin	2 tenderloins (1-1 1/2 lbs each)	Season as desired	1 cup	N/A	High	3-4 mins	Quick
STEW MEAT							
Boneless beef short ribs	6 ribs (3 lbs)	Whole	1 cup	N/A	High	25 mins	Quick
Boneless leg of lamb	3 lbs	Cut in 1-inch pieces	1 cup	N/A	High	30 mins	Quick
Boneless pork butt	3 lbs	Cut in 1-inch pieces	1 cup	N/A	High	30 mins	Quick
Chuck roast, for stew	2 lbs	Cut in 1-inch pieces	1 cup	N/A	High	25 mins	Quick
EGGS							
Hard-boiled eggs†	1-12 eggs	None	1 cup	N/A	High	4 mins	Quick

Pressure Cook Chart, continued



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INGREDIENT	AMOUNT	PREPARATION	WATER	ACCESSORY	PRESSURE	COOK TIME	RELEASE
VEGETABLES							
Beets	8 small or 4 large	Rinse well, trim tops and ends; cool and peel after cooking	1 cup	N/A	High	15–20 mins	Quick
Broccoli	1 head or 4 cups	Cut in 1–2-inch florets, remove stem	1 cup	Deluxe Reversible Rack, lower position	Low	1 min	Quick
Brussels sprouts	1 lb	Cut in half	1 cup	Deluxe Reversible Rack, lower position	Low	1 min	Quick
Butternut squash (cubed for side dish or salad)	32 oz (2 lbs)	Peel, cut in 1-inch pieces, remove seeds	1 cup	Cook & Crisp™ Basket	Low	2 mins	Quick
Butternut squash (for mashed, puree, or soup)	32 oz	Peel, cut in 1-inch pieces, remove seeds	1 cup	N/A	High	2 mins	Quick
Cabbage (braised)	1 head	Cut in half, slice in 1/2-inch strips, remove core	1 cup	N/A	Low	3 mins	Quick
Cabbage (crisp)	1 head	Cut in half, slice in 1/2-inch strips, remove core	1 cup	Cook & Crisp Basket	Low	2 mins	Quick
Carrots	1 lb	Peel, cut in 1/2-inch pieces	1 cup	N/A	High	2–3 mins	Quick
Cauliflower	1 head	Cut in 1–2-inch florets, remove stem	1 cup	Cook & Crisp Basket	Low	1 min	Quick
Collard greens	2 bunches or 1 bag (16 oz)	Remove stems, chop leaves	1 cup	N/A	Low	6 mins	Quick
Green beans	1 bag (12 oz)	Whole	1 cup	Cook & Crisp Basket	Low	0 mins*	Quick
Kale leaves/greens	2 bunches or 1 bag (16 oz)	Remove stems, chop leaves	1 cup	N/A	Low	3 mins	Quick
Potatoes, red (cubed for side dish or salad)	2 lbs	Scrub, cut in 1-inch cubes	1 cup	Cook & Crisp Basket	High	1–2 mins	Quick
Potatoes, red (for mashed)	2 lbs	Scrub, whole, large potatoes cut in half	1 cup	N/A	High	15–20 mins	Quick
Potatoes, russet or Yukon (cubed for side dish or salad)	2 lbs	Peel, cut in 1-inch cubes	1 cup	Cook & Crisp Basket	High	1–2 mins	Quick
Potatoes, russet or Yukon (for mashed)	2 lbs	Peel, cut in 1-inch thick slices	1 cup	N/A	High	6 mins	Quick
Potatoes, sweet (cubed for side dish or salad)	2 lbs	Peel, cut in 1-inch cubes	1 cup	Cook & Crisp Basket	High	1–2 mins	Quick
Potatoes, sweet (for mashed)	2 lbs	Peel, cut in 1-inch thick slices	1 cup	N/A	High	6 mins	Quick
DOUBLE-CAPACITY VEGETABLES							
Broccoli	2 heads or 8 cups	Cut in 1–2-inch florets, remove stem	1 cup	Deluxe Reversible Rack (both layers)	Low	1 min	Quick
Brussels sprouts	2 lbs	Cut in half, remove stem	1 cup	Deluxe Reversible Rack (both layers)	Low	1 min	Quick
Butternut squash	48 oz	Peel, cut in 1-inch pieces	1 cup	Deluxe Reversible Rack (both layers)	High	3 mins	Quick
Cabbage	1 1/2 heads	Cut in half, remove core	1 cup	Deluxe Reversible Rack (both layers)	Low	5 mins	Quick
Green beans	2 bags (24 oz)	Whole	1 cup	Deluxe Reversible Rack (both layers)	Low	0 mins*	Quick

Pressure Cook Chart, continued

TIP For best results, rinse rice and grains thoroughly before pressure cooking. When increasing the amount of rice, use the same rice-to-water ratio in the chart below.

INGREDIENTS	AMOUNT	WATER	PRESSURE	COOK TIME	RELEASE
GRAINS					
Arborio rice*	1 cup	3 cups	High	4 mins	Delayed (10 mins)
Basmati rice	1 cup	1 cup	High	2 mins	Delayed (10 mins)
Brown rice, short/medium or long grain	1 cup	1 1/4 cups	High	15 mins	Delayed (10 mins)
Coarse grits/polenta*	1 cup	5 1/2 cups	High	4 mins	Delayed (10 mins)
Farro	1 cup	2 cups	High	10 mins	Delayed (10 mins)
Jasmine rice	1 cup	1 cup	High	2-3 mins	Delayed (10 mins)
Kamut	1 cup	2 cups	High	30 mins	Delayed (10 mins)
Millet	1 cup	2 cups	High	6 mins	Delayed (10 mins)
Pearl barley	1 cup	2 cups	High	22 mins	Delayed (10 mins)
Quinoa	1 cup	1 1/2 cups	High	2 mins	Delayed (10 mins)
Quinoa, red	1 cup	1 1/2 cups	High	2 mins	Delayed (10 mins)
Spelt	1 cup	2 1/2 cups	High	25 mins	Delayed (10 mins)
Steel-cut oats*	1 cup	3 cups	High	11 mins	Delayed (10 mins)
Sushi rice	1 cup	1 1/2 cups	High	3 mins	Delayed (10 mins)
Texmati® rice, brown**	1 cup	1 1/4 cups	High	5 mins	Delayed (10 mins)
Texmati® rice, light brown**	1 cup	1 1/4 cups	High	2 mins	Delayed (10 mins)
Texmati® rice, white**	1 cup	1 cup	High	2 mins	Delayed (10 mins)
Wheat berries	1 cup	3 cups	High	15 mins	Delayed (10 mins)
White rice, long grain	1 cup	1 cup	High	2 mins	Delayed (10 mins)
White rice, medium grain	1 cup	1 cup	High	3 mins	Delayed (10 mins)
Wild rice	1 cup	2 cups	High	22 mins	Delayed (10 mins)

*After releasing pressure, stir for 30 seconds to 1 minute, then let sit for 5 minutes.

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Pressure Cook Chart, continued

TIP Cover beans with 3 inches of water, soak overnight, then drain and rinse thoroughly. Return the beans to pot and cover with the amount of water designated in the chart below.

INGREDIENTS	AMOUNT	WATER	PRESSURE	COOK TIME	RELEASE
LEGUMES					
All beans, except lentils, should be soaked 8-24 hours before cooking.					
Black beans	1 lb, soaked 8-24 hrs	6 cups	Low	5 mins	Delayed (10 mins)
Black-eyed peas	1 lb, soaked 8-24 hrs	6 cups	Low	5 mins	Delayed (10 mins)
Cannellini beans	1 lb, soaked 8-24 hrs	6 cups	Low	3 mins	Delayed (10 mins)
Cranberry beans	1 lb, soaked 8-24 hrs	6 cups	Low	3 mins	Delayed (10 mins)
Garbanzo beans (chickpeas)	1 lb, soaked 8-24 hrs	6 cups	Low	3 mins	Delayed (10 mins)
Great northern bean	1 lb, soaked 8-24 hrs	6 cups	Low	1 min	Delayed (10 mins)
Lentils (green or brown)	1 cup dry	2 cups	Low	5 mins	Delayed (10 mins)
Lima beans	1 lb, soaked 8-24 hrs	6 cups	Low	1 min	Delayed (10 mins)
Navy beans	1 lb, soaked 8-24 hrs	6 cups	Low	3 mins	Delayed (10 mins)
Pinto beans	1 lb, soaked 8-24 hrs	6 cups	Low	3 mins	Delayed (10 mins)
Red kidney beans	1 lb, soaked 8-24 hrs	6 cups	Low	3 mins	Delayed (10 mins)
This section does not require beans to be soaked.					
Black beans	2 lbs	4 quarts (16 cups)	High	25 mins	Delayed (15 mins)
Black-eyed peas	2 lbs	4 quarts (16 cups)	High	25 mins	Delayed (15 mins)
Cannellini beans	2 lbs	4 quarts (16 cups)	High	40 mins	Delayed (15 mins)
Cranberry beans	2 lbs	4 quarts (16 cups)	High	40 mins	Delayed (15 mins)
Garbanzo beans (chickpeas)	2 lbs	4 quarts (16 cups)	High	40 mins	Delayed (15 mins)
Great northern bean	2 lbs	4 quarts (16 cups)	High	30 mins	Delayed (15 mins)
Lima beans	2 lbs	4 quarts (16 cups)	High	30 mins	Delayed (15 mins)
Navy beans	2 lbs	4 quarts (16 cups)	High	30 mins	Delayed (15 mins)
Pinto beans	2 lbs	4 quarts (16 cups)	High	30 mins	Delayed (15 mins)
Red kidney beans	2 lbs	4 quarts (16 cups)	High	40 mins	Delayed (15 mins)



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