

COOKING



TIME TABLES

12 PSI | HIGH PRESSURE LEVEL



COOKING TIME
MINS

9 18 27 36 45

BEANS & LENTILS
(dry and soaked)



BLACK BEANS

D 20~25 mins
S 6~8 mins



BLACK EYED PEAS

D 14~18 mins
S 4~5 mins



CHICKPEAS

D 30~40 mins
S 10~15 mins



KIDNEY BEANS (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 20~24 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



SOYBEANS

D 35~45 mins
S 18~20 mins

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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

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RICE & GRAINS



COOKING TIME
MINS



GRAIN TO
WATER RATIO



BARLEY (pearl)

1 : 2.5



20~22 mins



CONGEE

1 : 4 ~ 1 : 5



15~20 mins



MILLET

1 : 1.75



10~12 mins



OATMEAL

1 : 2



2-3 mins



OATS (steel cut)

2 : 3



3-5 mins



PORRIDGE

1 : 6 ~ 1 : 7



5~7 mins



QUINOA

1 : 1.25



1 min



RICE (Basmati)

1 : 1



2-3 mins



RICE (brown)

1 : 1



20~22 mins



RICE (Jasmine)

1 : 1



4 min



RICE (white)

1 : 1

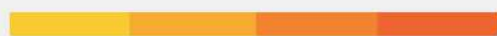


4 min



RICE (wild)

1 : 2



20~25 mins

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COOKING TIME
MINS



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

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VEGETABLES



COOKING TIME
MINS



ASPARAGUS

1-2 mins



BEANS (yellow & green)

1-2 mins



BROCCOLI (florets)

1-2 mins



BRUSSELS SPROUTS

2-3 mins



BUTTERNUT SQUASH

4-6 mins



CABABGE (whole/wedges)

2-3 mins



CARROTS (whole/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