

COOKING

















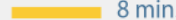



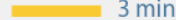
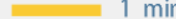














TIME TABLES

12 PSI | HIGH PRESSURE LEVEL

BEANS & LENTILS
(dry and soaked)



	VENTING METHOD	PRESSURE LEVEL	
 BLACK BEANS	Quick Release	High	Dry  20 mins Soaked  3 mins
 BLACK EYED PEAS	Quick Release	High	Dry  16 mins Soaked  4 mins
 CHICKPEAS	Quick Release	High	Dry  35 mins Soaked  5 mins
 KIDNEY BEANS (red)	Natural Release	High	Dry  20 mins Soaked  3 mins
 KIDNEY BEANS (white)	Natural Release	High	Dry  25 mins Soaked  3 mins
 LENTILS (green)	Quick Release	High	Dry  8 mins Soaked N/A
 LENTILS (yellow)	Quick Release	High	Dry  2 mins Soaked N/A
 LIMA BEANS	Natural Release	High	Dry  3 mins Soaked  1 min
 NAVY BEANS	Natural Release	High	Dry  15 mins Soaked  3 mins
 PIGEON PEAS (gandules)	Natural Release	High	Dry  10 mins Soaked  2-3 mins
 PINTO BEANS	Natural Release	High	Dry  10 mins Soaked  2-3 mins
 SOYBEANS	Quick Release	High	Dry  35 mins Soaked  17 mins

COOKING



TIME TABLES

12 PSI | HIGH PRESSURE LEVEL

MEAT & EGGS



COOKING TIME
MINS



VENTING
METHOD

PRESSURE
LEVEL



BEEF (stew)

Natural Release

High



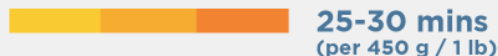
25 mins



BEEF (large pieces)

Natural Release

High



25-30 mins
(per 450 g / 1 lb)



BEEF (ribs)

Natural Release

High



4 hours
(per 450 g / 1 lb)



CHICKEN (breasts)

Natural Release

High



5-8 mins
(per 450 g / 1 lb)



CHICKEN (whole)

Natural Release

High



8 mins
(per 450 g / 1 lb)



CHICKEN (bone stock)

Natural Release

High



2 hours



LAMB (leg)

Natural Release

High



15 mins
(per 450 g / 1 lb)



PORK (butt roast)

Natural Release

High



15 mins
(per 450 g / 1 lb)



PORK (baby back ribs)

Natural Release

High



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



EGGS (large)

Natural Release

High



3-5 mins
(8-12)

COOKING



TIME TABLES

12 PSI | HIGH PRESSURE LEVEL

COOKING TIME
MINS

2

4

6

8

10

**FISH** (whole)

Quick Release

Low



4~5 mins

**FISH** (fillet)

Quick Release

Low



1~2 mins

**LOBSTER**

Quick Release

Low



2 mins

**MUSSELS**

Quick Release

Low



1~2 mins

**SHRIMP** (or prawn)

Quick Release

Low



1~2 mins

**SEAFOOD STOCK**

Quick Release

Low



7~8 mins

























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12 PSI | HIGH PRESSURE LEVEL


COOKING TIME
MINS


	GRAIN TO WATER RATIO	VENTING METHOD	PRESSURE LEVEL	
 BARLEY (pearl)	1 : 2.5	Natural Release	High	 10 mins
 CONGEE	1 : 4 ~ 1 : 5	Natural Release	High	 15~20 mins
 MILLET	1 : 1.75	Natural Release	High	 1-3 mins
 OATMEAL	1 : 2	Natural Release	High	 1-3 mins
 OATS (steel cut)	2 : 3	Natural Release	High	 2-3 mins
 PORRIDGE	1 : 6 ~ 1 : 7	Natural Release	High	 5~7 mins
 QUINOA	1 : 1.25	Natural Release	High	 1 min
 RICE (Basmati)	1 : 1	Natural Release	Low	 4 mins
 RICE (brown)	1 : 1	Natural Release	Low	 20 mins
 RICE (Jasmine)	1 : 1	Natural Release	Low	 4 mins
 RICE (white)	1 : 1	Natural Release	Low	 4 mins
 RICE (wild)	1 : 2	Natural Release	Low	 20 mins

COOKING



TIME TABLES

12 PSI | HIGH PRESSURE LEVEL


COOKING TIME
MINS

3 6 9 12 15

VENTING
METHOD

PRESSURE
LEVEL


ASPARAGUS

Quick Release

High

1 min



BEANS (yellow & green)

Quick Release

High

1 min



BROCCOLI (florets)

Quick Release

Low

1 min



BRUSSELS SPROUTS

Quick Release

High

1 min



BUTTERNUT SQUASH

Quick Release

High

4-6 mins



CABABGE (whole/wedges)

Quick Release

High

1 min



CARROTS (whole/chunks)

Quick Release

High

1-3 mins



CAULIFLOWER (florets)

Quick Release

High

1 min



CORN (on the cob)

Quick Release

High

1 min



MIXED VEGETABLES

Quick Release

High

1 min



POTATOES (large,whole)

Quick Release

High

5-8 mins



POTATOES (small,whole)

Quick Release

High

3-5 mins



POTATOES (cubed)

Quick Release

High

1 min



SWEET POTATOES (whole)

Quick Release

High

5-8 mins



SWEET POTATOES (cubed)

Quick Release

High

1 min