



The Paleo Instant Pot Cooking Times Cheat Sheet

12 PSI | HIGH PRESSURE LEVEL

SEAFOOD	FISH	SHRIMP	SEAFOOD STOCK
	Whole 	Fillet 	Breasts
Natural Release	Natural Release	Natural Release	Natural Release
High	High	High	High
4/5 mins	2/3 mins	1/3 mins	7/8 mins

MEAT & EGGS	BEER	CHICKEN	LAMB	PORK	EGGS				
	Stew 	Large Pieces 	Ribs 	Breasts 	Whole 	Bone Stock 	Leg 	Butt Roast 	Baby Back Ribs
Natural Release	Natural Release	Natural Release	Natural Release	Natural Release	Natural Release	Natural Release	Natural Release	Natural Release	Natural Release
High	High	High	High	High	High	High	High	High	High
25 mins	25-30 mins	4 hours	5-8 mins	8 mins	2 hours	15 mins	15 mins	15 mins	3-5 mins
per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb

RICE & GRAINS	BARLEY	CONGEE	MILLET	OATMEAL	OATS	PARRIHOE	QUINOA	RICE			
	Pearl 				Steel Cut 			Basmati 	Brown 	Jasmine 	White
Natural Release	Natural Release	Natural Release	Natural Release	Natural Release	Natural Release	Natural Release	Natural Release	Natural Release	Natural Release	Natural Release	Natural Release
High	High	High	High	High	High	High	Low	Low	Low	Low	Low
20-22 mins	15-20 mins	10-12 mins	2-3 mins	3-5 mins	5-7 mins	1 mins	2-3 mins	20-22 mins	4 mins	4 mins	20-25 mins
per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb

VEGETABLES	ASPARAGUS	BROCCOLI	BRUSSELS SPROUTS	BUTTERNUT SQUASH	CABBAGE	CARROTS	CAULIFLOWER	CORN	MIXED VEGETABLES	POTATOES		SWEET POTATOES	
		Florets 			Whole Wedges 	Whole Chunks 	Florets 	On the cob 		Large, Whole 	Small, Whole 	Cubed 	Whole
Quick Release	Quick Release	Quick Release	Quick Release	Quick Release	Quick Release	Quick Release	Quick Release	Quick Release	Quick Release	Quick Release	Quick Release	Quick Release	Quick Release
High	High	High	High	High	High	High	High	High	High	High	High	High	High
1-2 mins	1-2 mins	2-3 mins	4-6 mins	2-3 mins	6-8 mins	2-3 mins	3-5 mins	3-4 mins	12-15 mins	8-10 mins	3-4 mins	12-15 mins	2-4 mins
per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb	per 450 g/lb