

Pressure Cooker Cook Time

CHEAT SHEET

BEEF ROAST (MEAT ONLY) OR BRISKET		BEEF STEW (MEAT ONLY)		HAM	
30-40 MIN		15-20 MIN		20-30 MIN	
RIBS (PORK OR BEEF) (MEAT ONLY)		PORK LION		PORK BUTT	
20-30 MIN		50-60 MIN		40-50 MIN	
WHOLE CHICKEN		CHICKEN BREAST		CHICKEN LEGS OR THIGHS	
20-25 MIN		8-10 MIN		10-15 MIN	
TURKEY BREAST		SHRIMP		CRAB OR LOBSTER	
15-20 MIN		1-3 MIN		3-4 MIN	
FISH		MUSSELS		BEAN (COOKED IN WATER)	
2-5 MIN		2-3 MIN		20-30 MIN	
WHITE RICE 12 MIN	BROWN RICE 25 MIN	HARD BOIL EGG 4 MIN	WHOLE POTATOES 12-15 MIN	SWEET POTATOES 5-7 MIN	FRESH VEGETABLES 1-3 MIN
WILD RICE 27 MIN	UNCOOKED PASTA 4 MIN	STEEL CUT OATS 10 MIN	QUICK OATS 5 MIN	CORN ON THE COB 4 MIN	FRESH CARROTS 5-6 MIN