



COOK TIME CHEAT SHEET FOR THE INSTANT POT®

All high pressure setting except where noted

MEAT, EGGS & SEAFOOD

*All times in minutes

CHICKEN



Breast: 8
Thighs: 7
Whole: 25

BEEF



Ground: 8
Stew: 40
Chuck: 60

PORK



Shoulder: 40
Ribs: 30

FISH



Whole: 5
Fillet: 3

EGGS



Hard boiled: 4
(low pressure)

SHRIMP



1

LOBSTER



2

BEANS & GRAINS (Grains: Water)

CHICKPEAS



Dry: 35 (1:4)

QUINOA



1 (1:1)

BEANS



Dry: 40 (1:4)

OATS



Rolled: 3 (1:2)
Steel cut: 20 (1:3)

RICE



White: 10 (1:1)
Brown: 20 (1:1)
Wild: 25 (1:2)

LENTILS



8 (1:1 3/4)

POLENTA



10 (1:4)

VEGETABLES

CARROTS



4

CORN



4

CAULIFLOWER



6

BROCCOLI



1

GREEN BEANS



3 (low pressure)

CABBAGES



4

BUTTERNUT SQUASH



10

POTATOES

Whole



Russet: 20
Sweet: 15

DAIRY

YOGURT

milk + yogurt starter



9 hrs (loose & mild)
12 hrs (thick & tart)