



MEAT

BEEF

Stew / curry / oxtail 35 - 40 mins

Ribs 25 mins per 450g

POULTRY

Whole chicken 6 mins per 500g meat

Chicken breasts 8 mins

Chicken wings / thighs 9 mins

Duck 10 - 15 mins

PORK

Fillet 15 - 20 mins / 450g

Ribs 15 - 20 mins / 450g

Chops 5 mins

Ham 8 mins / 450g

LAMB

Leg 45 - 55 mins

Shanks 45 - 55 mins

SEAFOOD

Note: First cooking time is for food immersed in liquid, second time is for placement out of liquid in steaming basket or bowl.

Crab / fish fillet 2 - 3 mins / 4 - 5 mins

Mussels 1 - 2 mins / 2 - 3 mins

VEGETABLES

Note: First cooking time is for fresh ingredients, second time is for frozen.

Artichoke 9 - 11 mins

Asparagus 1 - 2 mins / 2 - 3 mins

Baby marrow 3 mins / 4 mins

Beetroot **sml** 11 - 13 mins / **lrg** 20 - 25 mins

Broccoli / cauliflower 1 - 2 mins / 2 - 3 mins

Brussel sprouts 4 mins / 6 mins

Butternut / pumpkin 6 - 8 mins / 10 - 12 mins

Cabbage 3 - 4 mins / 4 - 5 mins

Carrots 4 - 6 mins / 6 - 8 mins

Gem squash 7 mins

Leeks 2 - 3 mins / 3 - 4 mins

Mielies (corn) 10 mins / 12 mins

Peas 0 mins / 1 - 2 mins

Potato (whole / cubed) 12 - 15 mins / 3 - 4 mins

Sweet potato (whole / cubed) 10 - 12 mins / 3 - 4 mins

GRAINS

Note: For beans, the first cooking time is for pre-soaked and second time is for unsoaked. The water ratio is in brackets.

White rice 7 mins (1:1)

Basmati / jasmine rice 5 mins (1:1)

Brown rice 20 - 25 mins (1:2)

Quick oats 2 - 3 mins (1:2) QPR

Steel cut oats 10 - 12 mins (1:3) NPR

Mielie meal / polenta 10 - 12 mins (1:1.75) / (1:2)

Quinoa 1 min (1:1.25) QPR

Cous cous 2 - 3 mins (1:2) QPR

Millet 10 - 12 mins (1:1.75) QPR

Barley 20 - 22 mins (1:2.5) QPR

Pasta 4 mins (refer to recipe)

Cannellini 6 - 9 mins / 30 - 35 mins (1:3)

Red kidney beans 7 - 8 mins / 15 - 20 mins (1:3)

Black beans 6 - 8 mins / 20 - 25 mins (1:3)

Chickpeas 20 - 25 mins / 45 - 50 mins (1:3)

Brown / green lentils 10 - 15 mins / 30 - 35 mins (1:3)

Yellow / split lentils 1 - 2 mins (1:3)