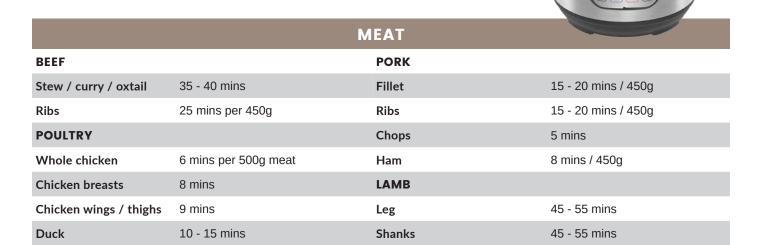
Instant Pot

Pressure Cook Timetables



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 | Carrots | 4 - 6 mins / 6 - 8 mins |
|------------------------|---------------------------------------------------|------------------------------|---------------------------|
| Asparagus | 1 - 2 mins / 2 - 3 mins | Gem squash | 7 mins |
| Baby marrow | 3 mins / 4 mins | Leeks | 2 - 3 mins / 3 - 4 mins |
| Beetroot | sml 11 - 13 mins / Irg 20 - 25 mins | Mielies (corn) | 10 mins / 12 mins |
| Broccoli / cauliflower | 1 - 2 mins / 2 - 3 mins | Peas | 0 mins / 1 - 2 mins |
| Brussel sprouts | 4 mins / 6 mins | Potato (whole / cubed) | 12 - 15 mins / 3 - 4 mins |
| Butternut / pumpkin | 6 - 8 mins / 10 - 12 mins | Sweet potato (whole / cubed) | 10 - 12 mins / 3 - 4 mins |
| Cabbage | 3 - 4 mins / 4 - 5 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.

| Basmati / jasmine rice 5 mins (1:1) Pasta 4 mins (refer to recipe) Brown rice 20 - 25 mins (1:2) Cannellini 6 - 9 mins / 30 - 35 mins (1:3) Quick oats 2 - 3 mins (1:2) QPR Red kidney beans 7 - 8 mins / 15 - 20 mins (1:3) Steel cut oats 10 - 12 mins (1:3) NPR Black beans 6 - 8 mins / 20 - 25 mins (1:3) Mielie meal / polenta 10 - 12 mins (1:1.75) / (1:2) Chickpeas 20 - 25 mins / 45 - 50 mins (1:3) Quinoa 1 min (1:1.25) QPR Brown / green lentils 10 - 15 mins / 30 - 35 mins (1:3) Cous cous 2 - 3 mins (1:2) QPR Yellow / split lentils 1 - 2 mins (1:3) Millet 10 - 12 mins (1:1.75) QPR | White rice | 7 mins (1:1) | Barley | 20 - 22 mins (1:2.5) QPR |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|-------------------------------|------------------------|-----------------------------------|
| Quick oats 2 - 3 mins (1:2) QPR Red kidney beans 7 - 8 mins / 15 - 20 mins (1:3) Steel cut oats 10 - 12 mins (1:3) NPR Black beans 6 - 8 mins / 20 - 25 mins (1:3) Mielie meal / polenta 10 - 12 mins (1:1.75) / (1:2) Chickpeas 20 - 25 mins / 45 - 50 mins (1:3) Quinoa 1 min (1:1.25) QPR Brown / green lentils 10 - 15 mins / 30 - 35 mins (1:3) Cous cous 2 - 3 mins (1:2) QPR Yellow / split lentils 1 - 2 mins (1:3) | Basmati / jasmine rice | 5 mins (1:1) | Pasta | 4 mins (refer to recipe) |
| Steel cut oats 10 - 12 mins (1:3) NPR Black beans 6 - 8 mins / 20 - 25 mins (1:3) Mielie meal / polenta 10 - 12 mins (1:1.75) / (1:2) Chickpeas 20 - 25 mins / 45 - 50 mins (1:3) Quinoa 1 min (1:1.25) QPR Brown / green lentils 10 - 15 mins / 30 - 35 mins (1:3) Cous cous 2 - 3 mins (1:2) QPR Yellow / split lentils 1 - 2 mins (1:3) | Brown rice | 20 - 25 mins (1:2) | Cannellini | 6 - 9 mins / 30 - 35 mins (1:3) |
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| Cous cous 2 - 3 mins (1:2) QPR Yellow / split lentils 1 - 2 mins (1:3) | Mielie meal / polenta | 10 - 12 mins (1:1.75) / (1:2) | Chickpeas | 20 - 25 mins / 45 - 50 mins (1:3) |
| | Quinoa | 1 min (1:1.25) QPR | Brown / green lentils | 10 - 15 mins / 30 - 35 mins (1:3) |
| Millet 10 - 12 mins (1:1.75) QPR | Cous cous | 2 - 3 mins (1:2) QPR | Yellow / split lentils | 1 - 2 mins (1:3) |
| | Millet | 10 - 12 mins (1:1.75) QPR | | |