

Instant Pot Complete Cooking Time Table



Items	Cooking Time	Pressure
Poultry		
Boneless Chicken Breast/Thigh (Defrosted)	5 Minutes	High Pressure
Bone-In Chicken Legs/Thigh (Defrosted)	10 Minutes	High Pressure
Whole Chicken (1.5 kg or 3 Lb) (Defrosted)	12 Minutes	High Pressure
Boneless Chicken Breast/Thigh (Frozen)	20 Minutes	High Pressure
Bone-In Chicken Legs/Thigh (Frozen)	30 Minutes	High Pressure
Ground Chicken	5 Minutes	High Pressure
Beef-Lamb-Goat		
Stew Cut Beef (Firm Texture)	20 Minutes	High Pressure
Stew Cut Beef (Fork Tender Texture)	25 Minutes	High Pressure
Meat Balls	5 Minutes	High Pressure
Pot Roast (1 to 1.5 Lb)	45 Minutes	High Pressure
Pot Roast (2 to 3 Lb)	1 Hour	High Pressure
Beef Ribs	30 Minutes Per Pound	High Pressure
Ground Beef	5 Minutes	High Pressure
Stew Cut Lamb-Goat (Firm Texture)	20 Minutes	High Pressure
Stew Cut Lamb-Goat (Fork Tender Texture)	25 Minutes	High Pressure
Lamb-Goat Chops	3 Minutes	High Pressure
Seafood		
Fish Fillet (Thawed)	2 Minutes	High Pressure
Fish Fillet (Frozen)	4 Minutes	High Pressure
Whole Fish (Thawed)	4 Minutes	High Pressure
Whole Fish (Frozen)	6 Minutes	High Pressure
Lobster (Thawed)	3 Minutes	High Pressure
Lobster (Frozen)	5 Minutes	High Pressure
Shrimp (Thawed)	3 Minutes	High Pressure
Shrimp (Frozen)	5 Minutes	High Pressure
Rice & Grains		
White Basmati Rice	6 Minutes	High Pressure
Brown Basmati Rice	20 Minutes	High Pressure
Brown Rice	20 Minutes	High Pressure
White Long Grain Rice	10 Minutes	High Pressure
Jasmine Rice	6 Minutes	High Pressure
Wild Rice	25 Minutes	High Pressure
Quinoa (Crisp Texture)	1 Minute	High Pressure
Quinoa (Soft Texture)	2 Minutes	High Pressure
Steel Cut Oats	5 Minutes	High Pressure
Quick Cook Oats	2 Minutes	High Pressure
Barley Pearls	20 Minutes	High Pressure
Couscous	2 Minutes	High Pressure
Legumes & Lentils		
Dried Chickpeas (Firm Texture)	20 Minutes	High Pressure
Dried Chickpeas (Soft Texture)	25 Minutes	High Pressure
Dried Kidney Beans	25 Minutes	High Pressure

Items	Cooking Time	Pressure
Dried White Beans	25 Minutes	High Pressure
Black-Navy-Lima Beans	25 Minutes	High Pressure
Red Lentil	2 Minutes	High Pressure
Moong Or Mung Beans	25 Minutes	High Pressure
Split Mung Bean Or Dal	3 Minutes	High Pressure
Split Pigeon Bean Or Toor Dal	10 Minutes	High Pressure
Split Chickpeas Or Chana Dal	10 Minutes	High Pressure
Vegetables		
Cut Vegetables (Carrot, Broccoli, Cauliflower)	0 Minute	High Pressure
Asparagus, Peppers, Eggplant, Brussel Sprouts	1 Minute	High Pressure
Whole Potatoes	10 Minutes	High Pressure
Diced Potatoes	3 Minutes	High Pressure
Pumpkin (Large Chunks)	10 Minutes	High Pressure
Pumpkin (Small Chunks)	5 Minutes	High Pressure
Desserts		
Cheesecake	35 Minutes	High Pressure
Cake	40 Minutes	High Pressure
Yogurt	8 Hours Incubation	Medium Temperature
Hard Boiled Eggs	5 Minutes	High Pressure