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Gastronomy & Recipes

Time Table: Vegetable Cooking Times for Pressure Cookers

(Pressure-cooking instructions are below the time table.)

Have a look at : [Multilingual Glossary of Gastronomic Dishes](#)

Vegetable	Approximate Cooking Time (minutes)	Pressure Level
Artichoke, large whole, without leaves	9 to 11	High
Artichoke, medium whole, without leaves	6 to 8	High
Artichoke, small whole, without leaves	4 to 5	High
Artichoke, hearts	2 to 3	High
Asparagus, fine, whole	1 to 1 1/2	High
Asparagus, thick, whole	1 to 2	High
Beans, green, whole (fresh or frozen)	2 to 3	High
Beets, 1/4" (5 mm) slices	5 to 6	High
Beet greens	1	High
Beans, yellow, whole (fresh or frozen)	2 to 3	High
Broccoli, flowerets	2	High
Broccoli, stalks	5 to 6	High
Broccoli, stalks, 1/4" (5 mm) slices	3 to 4	High
Brussel sprouts, whole	4	High
Cabbage, red or green, in quarters	3 to 4	High
Cabbage, red or green, 1/4" (5 mm) slices	1	High
Carrots, 1/4" (5 mm) slices	1	High
Carrots, 1" (25 mm) chunks	4	High
Cauliflower flowerets	2 to 3	High
Celery, 1" (25 mm) chunks	3	High
Collard	5	High
Corn, kernels	1	High
Corn on the cob	3	High
Eggplant, 1/4" (5 mm) slices	3	High
Eggplant, 1/2" (10 mm) chunks	3	High
Endive, thickly cut	1 to 2	High
Escarole, coarsely chopped	1 to 2	High

Green beans, whole (fresh or frozen)	2 to 3	High
Kale, coarsely chopped	2	High
Leeks (white part)	2 to 4	High
Mixed vegetables, frozen	2 to 3	High
Okra, small pods	2 to 3	High
Onions, medium whole	2 to 3	High
Parsnips, 1/4" (5 mm) slices	1	High
Parsnips, 1" (25 mm) slices	2 to 4	High
Peas, in the pod	1	High
Peas, green	1	High
Potatoes, cut into 1" (25 mm) cubes	5 to 7	High
Potatoes, new, whole small	5 to 7	High
Potatoes, whole large	10 to 12	High
Pumpkin, 2" (50 mm) slices	3 to 4	High
Red beet, in 1/4" (5 mm) slices	4	High
Red beet, large, whole	20	High
Red beet, small, whole	12	High
Rutabaga, 1/2" (10 mm) slices	4	High
Rutabaga, 1" (25 mm) chunks	5	High
Spinach, fresh		Low
Spinach, frozen	4	High
Squash, acorn, halved	7	High
Squash, butternut, 1" (25 mm) slices	4	High
Sweet potato, 1 1/2" (40 mm) slices	5	High
Swede, 1" (25 mm) slices	7	High
Swiss chard	2	High
Tomatoes, in quarters	2	High
Tomatoes, whole	3	High
Turnip, small, in quarters	3	High
Turnip, in 1 1/2" (40 mm) slices	3	High
Yellow beans, whole (fresh or frozen)	2 to 3	High
Zucchini, 1/4" (5 mm) slices	2	High

Time Table: Bean/Legume Cooking Times for Pressure Cookers

(Bean pressure-cooking instructions are below the time table.)

Bean/Legume	Soaked Natural Release] (minutes)	Soaked Quick Release (minutes)	Un-soaked Quick Release (minutes)	Pressure Level
Adzuki	2 to 3	5 to 9	14 to 20	High
Anasazi	1 to 2	4 to 7	20 to 22	High

Beans, black	3 to 6	5 to 9	8 to 25	High
Beans, garbanzo (chickpeas)	9 to 14	13 to 18	30 to 40	High
Beans, great northern	4 to 8	8 to 12	25 to 30	High
Beans, lima, baby	2 to 3	5 to 7	12 to 15	High
Beans, lima, large	1 to 3	4 to 7	12 to 16	High
Beans, navy or pea or white (haricot)	3 to 4	6 to 8	16 to 25	High
Beans, pinto	1 to 3	4 to 6	22 to 25	High
Beans, red kidney	5 to 8	10 to 12	20 to 25	High
Beans, soy (beige)	5 to 8	9 to 12	28 to 35	High
Beans, soy (black)	16 to 18	20 to 22	35 to 40	High
Beans, white kidney (cannellini)	6 to 8		30 to 40	High
Chickpeas (chick peas, garbanzo bean or kabuli)	9 to 14	13 to 18	30 to 40	High
Cranberry (romano or borlotti)	5 to 8	9 to 12	30 to 34	High
Gandules (pigeon peas)	2 to 5	6 to 9	20 to 25	High
Lentils, French green	-	-	10 to 12	High
Lentils, green, mini (brown)	-	-	8 to 10	High
Lentils, red, split	-	-	4 to 6	High
Lentils, yellow, split (moong dal)	-	-	4 to 6	High
Peas, split, green or yellow	-	-	6 to 10	High
Peas, dried, whole	4 to 6	8 to 10	16 to 18	High
Peas, black eyed	-	-	10 to 11	High
Scarlet runner	8 to 10	12 to 14	17 to 20	High

Time Table: Rice and Grain Cooking Times for Pressure Cookers

(Rice and grain pressure-cooking instructions are below the time table.)

Grains (1 cup/250 ml)	Approximate Water Quantity	Approximate Cooking Time (minutes)	Pressure Level
Barley, pearl	4 cups (950 ml)	15 to 20	High
Barley, pot	3 cups (750 ml)	20	High
Bulgur	3 cups (750 ml)	8 to 10	High
Couscous	2 cups (500 ml)	2 to 3	High
Kamut, whole	3 cups (750 ml)	10 to 12	High
Oats, quick cooking	1 2/3 cups (400 ml)	6	High
Oats, steel-cut	1 2/3 cups (400 ml)	11	High
Quinoa, quick cooking	2 cups (500 ml)	6	High
Rice, basmati	1 1/2 cups (350 ml)	5 to 7	High
Rice, brown	1 1/2 cups (350 ml)	12 to 15	High
Rice, white	1 1/2 cups (350 ml)	5 to 6	High
Rice, wild	3 cups (750 ml)	22 to 25	High

Spelt berries	3 cups (750 ml)	15	High
Wheat berries	3 cups (750 ml)	30	High

(Meat pressure-cooking instructions are below the time table.)

	<u>Meat/Poultry</u>	<u>Approximate Cooking Time</u> (minutes)	<u>Pressure Level</u>
Beef, 1" (25 mm) cubes, 1 1/2 lb (700 g)		10 to 15	High
Beef, dressed, 2 lb (900 g)		10 to 15	High
Beef, frozen		not advisable	-
Beef, heart, 3 to 4 lb (1.4 to 1.8 kg)		50 to 75	High
Beef, kidney		8 to 10	High
Beef, liver		5	High
Beef, meatballs, 1 to 2 lb (450 to 900 g)		4 to 9	High
Beef, meatloaf, 2 lb (900 g)		10 to 15	High
Beef, oxtail		40 to 45	High
Beef, pot roast, rump, round, chuck, blade or brisket, 1 1/2 lb to 2 lb (700 to 900 g)		35 to 40	High
Beef, ribs, short, grilling		15	High
Beef, ribs, short, stewing		20	High
Beef, shanks, 1 1/2" (40 mm) wide		25 to 30	High
Beef, steak, rump, round, chuck or blade, 1 to 2" (25 to 50 mm)		20 to 25	High
Beef, stew meat, 1 1/2" (40 mm) cubes		15	High
Chicken, breasts, with bone in, 2 to 3 lb (900 to 1400 g)		8 to 10	High
Chicken, cubes		5	High
Chicken, drumsticks (legs) or thighs		5	High
Chicken, ground		4]	High
Chicken, frozen, breasts or thighs, boneless		7 to 10	High
Chicken, liver		2]	High
Chicken, strips, boneless		5 to 6	High
Chicken, whole, 2 to 3 lb (900 to 1400 g)		12 to 18	High
Chicken, whole, 3 to 4 lb (1.4 to 1.8 kg)		18 to 25	High
Chicken, whole, frozen		not advisable	-
Cornish Hen, whole		8 to 10	High
Duck, pieces		8 to 10	High
Duck, whole 3 to 4 lb (1.4 to 1.8 kg)		25 to 30	High
Lamb, 1" (25 mm) cubes, 1 1/2 lb (700 g)		10 to 18	High
Lamb, chops, 1" (25 mm) thick		10	High
Lamb, leg		35 to 40	High
Lamb, stew meat		12 to 15	High

Pheasant	15 to 20	High
Pork, frozen	not advisable	-
Pork, ham shank, 2 lb (900 g)	20 to 25	High
Pork, ham, pieces	20 to 25	High
Pork, hocks, smoked (cover completely w/liquid)	40 to 50	High
Pork, ribs, 2 lb (900 g)	15	High
Pork, roast	40 to 45	High
Turkey, breast, boneless	20	High
Turkey, breast, whole, with bone in	20 to 30	High
Turkey, drumsticks (leg)	12	High

Time Table: Seafood and Fish Cooking Times for Pressure Cookers
(Pressure-cooking instructions are below the time table.)

<u>Seafood and Fish</u>	<u>Approximate Cooking Time (minutes)</u>	<u>Pressure Level</u>
Crab	2 to 3	Low
Fish fillet	2 to 3	Low
Fish steak	3 to 4	High
Fish, whole, gutted	5 to 6	Low
Fish soup or stock	5 to 6	High
Lobster, 1 1/2 to 2 lb (700 to 900 g)	2 to 3	Low
Mussels	2 to 3	Low
Prawns (shrimp)	1 to 2	Low

Time Table: Fruit Cooking Times for Pressure Cookers
(Fruit pressure-cooking instructions are below the time table.)

<u>Fruit</u>	<u>Approximate Cooking Time (minutes)</u>	<u>Pressure Level</u>
Apples, dried	3	High
Apples, fresh in slices or pieces	2 to 3	Low
Apricots, dried	4	High
Apricots, fresh, whole or in halves	2 to 3	Low
Peaches, dried	4 to 5	High
Peaches, fresh in halves	3	Low
Pears, dried	4 to 5	High
Pears, fresh in halves	3 to 4	Low
Prunes	4 to 5	High
Raisins	4 to 5	High

