

|                                       | Cooking Time<br>HIGH Pressure<br>(in minutes) | Liquid<br>Needed | Release<br>Method |  | Cooking Time<br>HIGH Pressure<br>(in minutes) | Liquid<br>Needed | Release<br>Method |
|---------------------------------------|---|------------------|-------------------|--|---|------------------|-------------------|
| <b>POULTRY</b>                        |   |                  |                   | VISIT <a href="http://BLUEJEANCHEF.COM">BLUEJEANCHEF.COM</a> FOR PRESSURE COOKER RECIPES |   |                  |                   |
| Chicken Bones for stock               | 40  | 6 cups           | NATURAL           | Chicken Thigh (boneless)   | 4   | 1 cup            | QUICK             |
| Chicken Breast (bone in)              | 6   | 1 cup            | QUICK             | Chicken, Whole   | 20  | 1 ½ cups         | NATURAL           |
| Chicken Breast (boneless)             | 4   | 1 cup            | QUICK             | Chicken Game Hen<br>(1 - 1 ½ pounds )  | 8   | 1 cup            | NATURAL           |
| Chicken Thigh (bone in)               | 7   | 1 cup            | QUICK             | Turkey Breast<br>(boneless, 2 - 3 pounds)  | 20 - 25                                       | 1 ½ cups         | NATURAL           |
| <b>BEEF</b>                           |   |                  |                   | VISIT <a href="http://BLUEJEANCHEF.COM">BLUEJEANCHEF.COM</a> FOR PRESSURE COOKER RECIPES |   |                  |                   |
| Beef Bones for stock                  | 40  | 6 cups           | NATURAL           | Meatloaf   | 35  | 1 ½ cups         | NATURAL           |
| Brisket (3 ½ - 4 pounds)              | 55 - 65                                       | 1 ½ cups         | NATURAL           | Pot Roast (3 ½ - 4 pounds)   | 55 - 65                                       | 2 cups           | NATURAL           |
| Corned Beef Brisket                   | 55  | covered          | NATURAL           | Short Ribs   | 55  | 1 ½ cups         | NATURAL           |
| Flanked Steak (1 pound)               | 25  | 1 cup            | NATURAL           | Stew Meat (1-inch cubes)   | 15 - 20                                       | 1 cup            | NATURAL           |
| Ground Beef                           | 5   | 1 cup            | QUICK             | Veal Shanks  | 20 - 25                                       | 1 ½ cups         | NATURAL           |
| Meatballs                             | 5   | 1 cup            | NATURAL           | Veal Stew Meat<br>(1-inch cubes)   | 10  | 1 cup            | NATURAL           |
| <b>PORK</b>                           |   |                  |                   | VISIT <a href="http://BLUEJEANCHEF.COM">BLUEJEANCHEF.COM</a> FOR PRESSURE COOKER RECIPES |   |                  |                   |
| Baby Back Ribs                        | 30  | 1 cup            | NATURAL           | Pork Chops<br>(boneless, 1-inch)   | 4 - 5   | 1 ½ cups         | NATURAL           |
| Country Style Ribs                    | 20 - 25                                       | 1 ½ cups         | NATURAL           | Pork Loin (2 - 2 ½ pounds)   | 25  | 1 ½ cups         | NATURAL           |
| Ground Pork                           | 5   | 1 cup            | QUICK             | Pork Shoulder (2 pounds)   | 55  | 1 ½ cups         | NATURAL           |
| Ham (bone in, 5 pounds,<br>precooked) | 25 - 30                                       | 1 ½ cups         | NATURAL           | Sausages   | 10 - 15                                       | 1 ½ cups         | QUICK             |
| Meatballs                             | 5   | 1 cup            | NATURAL           | Spare Ribs   | 45  | 1 cup            | NATURAL           |
| Pork Chops (bone in, 1-inch)          | 6   | 1 ½ cups         | NATURAL           | Stew Meat (1-inch cubes)   | 15 - 20                                       | 1 cup            | NATURAL           |
| <b>LAMB</b>                           |   |                  |                   | VISIT <a href="http://BLUEJEANCHEF.COM">BLUEJEANCHEF.COM</a> FOR PRESSURE COOKER RECIPES |   |                  |                   |
| Ground Lamb                           | 5   | 1 cup            | QUICK             | Leg of Lamb<br>(boneless, 3 ½ - 4 pounds)  | 35 - 45                                       | 1 ½ cups         | NATURAL           |
| Lamb Shanks                           | 30  | 1 ½ cups         | NATURAL           | Stew Meat (1-inch cubes)   | 15 - 20                                       | 1 cup            | NATURAL           |
| Meatballs                             | 5   | 1 cup            | NATURAL           |  |   |                  |                   |
| <b>FISH &amp; SEAFOOD</b>             |   |                  |                   | VISIT <a href="http://BLUEJEANCHEF.COM">BLUEJEANCHEF.COM</a> FOR PRESSURE COOKER RECIPES |   |                  |                   |
| Calamari                              | 20  | 5 cups           | QUICK             | Mussels  | 4   | 2 cups           | QUICK             |
| Clams                                 | 4   | 1 cup            | QUICK             | Salmon   | 5   | 4 cups           | QUICK             |
| Crab Legs                             | 4   | 1 cup            | QUICK             | Shrimp   | 2   | 3 cups           | QUICK             |
| Fish Fillet (1-inch thick)            | 5   | 6 cups           | QUICK             |  |   |                  |                   |

|                               | Cooking Time               | Liquid Needed | Release Method |  | Cooking Time               | Liquid Needed | Release Method |
|-------------------------------|----------------------------|---------------|----------------|--|----------------------------|---------------|----------------|
|                               | HIGH Pressure (in minutes) |               |                |  | HIGH Pressure (in minutes) |               |                |
| <b>GRAINS (1 CUP)</b>         |                            |               |                | VISIT <a href="http://BLUEJEANCHEF.COM">BLUEJEANCHEF.COM</a> FOR PRESSURE COOKER RECIPES |                            |               |                |
| Barley (pearled)              | 20 - 25                    | 3 cups        | QUICK          | Polenta (fine, not instant)  | 5                          | 4 cups        | QUICK          |
| Brown Rice                    | 20                         | 2 cups        | NATURAL        | Quinoa   | 5                          | 1 ½ cups      | QUICK          |
| Bulgar                        | 6                          | 2 cups        | QUICK          | Steel Cut Oats   | 5                          | 2 cups        | NATURAL        |
| Farro (pearled)               | 8                          | 2 cups        | QUICK          | White Rice, long-grain   | 4 - 6                      | 1 ½ cups      | QUICK          |
| Farro (whole grain)           | 18                         | 3 cups        | QUICK          | White Rice, short-grain  | 7                          | 2 ⅔ cups      | QUICK          |
| Polenta (coarse, not instant) | 8 - 10                     | 4 cups        | QUICK          | Wild Rice  | 22                         | 3 - 4 cups    | QUICK          |

| <b>VEGETABLES</b>               |         |       |       | VISIT <a href="http://BLUEJEANCHEF.COM">BLUEJEANCHEF.COM</a> FOR PRESSURE COOKER RECIPES |         |       |       |
|---------------------------------|---------|-------|-------|--|---------|-------|-------|
| Acorn Squash (halved)           | 8       | 1 cup | QUICK | Eggplant   | 3 - 4   | 1 cup | QUICK |
| Artichokes (medium, whole)      | 12      | 1 cup | QUICK | Fennel (wedges)  | 4       | 1 cup | QUICK |
| Asparagus                       | 2       | 1 cup | QUICK | Green Beans  | 3 - 4   | 1 cup | QUICK |
| Beets (medium, whole)           | 15      | 1 cup | QUICK | Kale   | 4       | 1 cup | QUICK |
| Broccoli                        | 3       | 1 cup | QUICK | Leeks (1-inch pieces)  | 4       | 1 cup | QUICK |
| Broccoli Rabe                   | 3       | 1 cup | QUICK | Parsnips (1-inch chunks)   | 4 - 5   | 1 cup | QUICK |
| Brussels Sprouts                | 4 - 6   | 1 cup | QUICK | Potatoes (1-inch chunks or small whole)  | 6 - 8   | 1 cup | QUICK |
| Butternut Squash (1-inch cubes) | 5       | 1 cup | QUICK | Rutabaga (1-inch chunks)   | 4       | 1 cup | QUICK |
| Cabbage (quartered)             | 4 - 6   | 1 cup | QUICK | Spaghetti Squash (halved)  | 12 - 15 | 1 cup | QUICK |
| Cauliflower                     | 12 - 15 | 1 cup | QUICK | Sweet Potatoes (1-inch chunks)   | 4 - 5   | 1 cup | QUICK |
| Collard Greens                  | 5 - 10  | 1 cup | QUICK | Swiss Chard  | 2       | 1 cup | QUICK |
| Corn on the Cob                 | 2 - 3   | 1 cup | QUICK | Turnips (1-inch chunks)  | 3 - 4   | 1 cup | QUICK |

|                      | Cooking Time           |                                     | Release Method | Cooking Time           |                                     | Release Method |         |
|----------------------|------------------------|-------------------------------------|----------------|------------------------|-------------------------------------|----------------|---------|
|                      | HIGH Pressure          | HIGH Pressure                       |                | HIGH Pressure          | HIGH Pressure                       |                |         |
|                      | Un-soaked (in minutes) | Soaked or Quick-Soaked (in minutes) |                | Un-soaked (in minutes) | Soaked or Quick-Soaked (in minutes) |                |         |
| Black Beans          | 25                     | 7                                   | NATURAL        | Lentils                | 7 - 8                               | unnecessary    | QUICK   |
| Black-Eye Peas       | 8                      | 6                                   | NATURAL        | Navy Beans             | 20                                  | 8 - 10         | NATURAL |
| Cannellini Beans     | 25                     | 7                                   | NATURAL        | Pinto Beans            | 25                                  | 8 - 10         | NATURAL |
| Chickpeas            | 35 - 40                | 15                                  | NATURAL        | Split Peas             | 8 - 10                              | unnecessary    | NATURAL |
| Great Northern Beans | 25                     | 8 - 10                              | NATURAL        | White Beans            | 20                                  | 8 - 10         | NATURAL |
| Kidney Beans         | 25                     | 8 - 10                              | NATURAL        |                        |                                     |                |         |