

	Cooking Time HIGH Pressure (in minutes)	Liquid Needed	Release Method		Cooking Time HIGH Pressure (in minutes)	Liquid Needed	Release 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 (1 - 1 ½ pounds )	8	1 cup	NATURAL
Chicken Thigh (bone in)	7	1 cup	QUICK	Turkey Breast (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 - 60	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 (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 (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, 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 (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				

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<b>GRAINS (1 CUP)</b>				VISIT <a href="https://www.bluejeanchef.com">BLUEJEANCHEF.COM</a> FOR PRESSURE COOKER RECIPES			
Barley (pearled)	20 - 25	3 cups	QUICK	Polenta (fine, not instant)	5	2 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="https://www.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				