

ChefAlli | Quick Cooking Chart

INSTANT POT/ELECTRIC PRESSURE COOKER

*Unless otherwise noted, cook with 1 cup broth

**Use High Pressure setting. Always use a Natural Release when cooking meats.


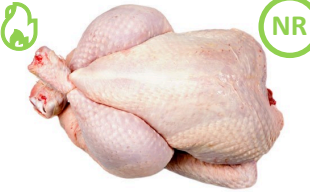












***If cooking meats from frozen, add 5-10 minutes to cooking time.

 - Natural Release

 - Quick Release

 - Sauté First

Cooking times listed below are based on utilizing a 6-quart pot.

 <p>BEEF CHUCK ROAST 3-4 pounds 65-70 minutes</p>	 <p>WHOLE CHICKEN 3-4 pounds 28-30 minutes</p>	 <p>PORK BUTT 3-4 pounds 65-70 minutes</p>	 <p>"COUNTRY-STYLE" BONELESS RIBS 2-4 pounds 20-22 minutes</p>
 <p>PORK CHOPS Up to 6 chops, 3/4" thick 15 minutes</p>	 <p>BONELESS SKINLESS CHICKEN BREASTS Up to 4 pounds 8-10 minutes</p>	 <p>BONELESS SKINLESS CHICKEN THIGHS Up to 4 pounds 8-10 minutes</p>	 <p>CORN ON THE COB 5-6 ears standing up 3 minutes</p>
 <p>STEEL CUT OATS 2 C. Oats/4.5 C. water 5 minutes</p>	 <p>RICE JASMINE/BASMATI 1.5 rice/2.25 broth 3 minutes</p>	 <p>HARD-BOILED EGGS 12-18 large eggs 6 minutes Use trivet + 1 C. water Chill in ice water 2mins, peel</p>	 <p>BEANS PINTO/BLACK Up to 2 pounds unsoaked 20-22 minutes Cover with broth by 1"</p>
 <p>YUKON GOLD MASHED POTATOES 2.5-3 pounds, unpeeled, quartered 10 minutes</p>	 <p>PASTA MACARONI/PENNE Up to 2 pounds 5-6 minutes Cover with broth by 1"</p>		

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