

INSTA-COOK TIMES

 Beef (35-40 minutes)	 Pork (15-20 minutes)	 Chicken (20-25 minutes)	 Ham (9-12minutes)	 Chicken Breasts (8minutes)
 Chicken Wings (10-12 minutes)	 Pork Chops (5 minutes)	 Lamb leg (35-45minutes)	 Turkey (20-25minutes)	 Duck (10-15minutes)
 Chicken Thighs (9 minutes)	 Lobster (2-3 minutes) (3-4minutes)	 Crab (2-3 minutes) (4-5minutes)	 Mussels (1-2minutes) (2-3minutes)	 Fish Fillet (2-3 minutes) (4-5minutes)

When using the [Delay Start] program, do not set time for more than 1-2 hours. Do not try to thicken the sauce before cooking.
You may want to brown/sear the meat by selecting the [Saute] program to seal the juices before pressure-cooking.

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 Cabbage (3-4minutes) (4-5minutes)	 Broccoli (1-2minutes) (2-3minutes)	 Okra (2-3minutes) (3-4minutes)	 Leeks (2-3minutes) (3-4minutes)	 Peas (1-2minutes) (2-3minutes)
 Eggplant (3-4minutes) (3-4minutes)	 Onions (2-3minutes) (3-4minutes)	 Pumpkin (8-10minutes) (10-14minutes)	 Tomatoes (2-3minutes) (4-5minutes)	 Carrots (6-8minutes) (7-9minutes)
 Potato (12-15minutes) (15-19minutes)	 Sweet Potato (12-15minutes) (15-19minutes)	 Celery (2-3minutes) (3-4minutes)	 Asparagus (1-2minutes) (2-3minutes)	 Eggs (4minutes)

When steaming vegetables, you will require 1 cup (250 mL) of water and an ovenproof or steel bowl on a steam rack.
Cooking vegetables, fresh or frozen, we recommend using the [Steam] to preserve vitamins and minerals to the maximum.
Steaming also retains the natural look of the vegetables.

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 White Rice (4 minutes) (1 : 1)	 Sorghum (20-25minutes) (1 : 3)	 Corn (5-6 minutes) (1 : 3)	 Quick Oats (2-3 minutes) (1 : 2)	 Quinoa (1 minutes) (1 : 1.25)
 Couscous (2-3 minutes) (1 : 2)	 Rice, wild (20-25 minutes) (1 : 2)	 Rice, Jasmine (4minutes) (1 : 1)	 Congee (15-20minutes) (1 : 4.5)	 Millet (10-12minutes) (1 : 1.75)
 Barley (20-22 minutes) (1 : 2.5)	 Black soya bean (25-30minutes) (1 : 4)	 Potato (12-15minutes)	 Pasta (4 minutes)	 Beans (26 minutes)

If you would like to cook some specialty rice or grains, please use the following **Grain: Water** ratio.
The Rice Measuring Cup (180 mL) provided with your Instant Pot can be used to measure the required grain to water ratios.
One cup of grain yields approximately one adult serving.