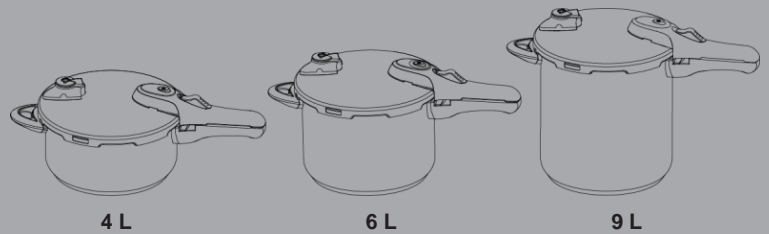


PRESSURE COOKER TIME TABLE



Warnings:

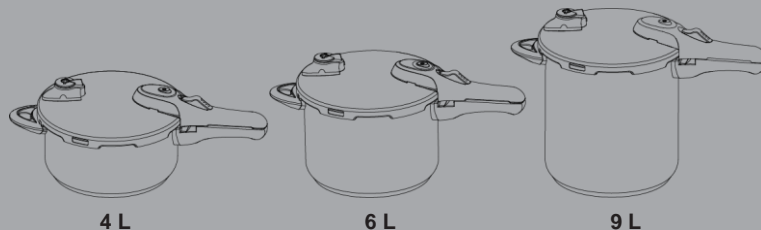
- Be aware that certain foods, such as apple sauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb or spaghetti can foam and froth and clog the pressure release device (steam vent). These foods should not be cooked in a pressure cooker.
- Never use the pressure cooker without adding water, this would seriously damage it.
- All of the cooking time mentioned below are counted after the pressure are built inside the pressure cooker (safety valve rises) with low heat.
- Data of below table is only for reference.

Pressure Level 1	Pressure Level 2
50kPa/7.25 psi	90kPa/13 psi

	Fresh Cook Time (in minutes)	Frozen Cook Time (in minutes)	Pressure Level (1 or 2)		Fresh Cook Time	Frozen Cook Time	Pressure Level (1 or 2)
Seafood & Fish							
Crab	2 – 3	4 – 5	2	Lobster	2 – 3	3 – 4	2
Fish, whole	4 – 5	5 – 7	2	Mussels	1 – 2	2 – 3	2
Fish, fillet	2 – 3	3 – 4	2	Shrimp or Prawn	1 – 3	2 – 4	1
Fish, steak	3 – 4	4 – 6	2				

	Cooking Time (in minutes)	Pressure Level (1 or 2)		Cooking Time (in minutes)	Pressure Level (1 or 2)
Meat					
Beef stew (pot roast, steak, rump, round, chuck, blade or brisket) Chunks	15-25 per 450 g / 1 lb	2	Lamb, stew meat	12 – 15 per 450 g / 1 lb	2
Beef, meat ball	4-6 per 450 g / 1 lb	2	Lamb, leg	15 – 20 per 450 g / 1 lb	2
Beef, ribs	20 – 25 per 450 g / 1 lb	2	Pheasant	10 – 20 per 450 g / 1 lb	2
Beef, shanks	25 – 40 per 450 g / 1 lb	2	Pork, loin	12 – 15 per 450 g / 1 lb	2
Beef, oxtail	40 – 50 per 450 g / 1 lb	2	Pork, butt	15 – 20 per 450 g / 1 lb	2
Chicken, breasts (boneless)	6 – 8 per 450 g / 1 lb	2	Pork, ribs	15 – 20 per 450 g / 1 lb	2
Chicken, whole 2-2.5 Kg	10 – 20 per 450 g / 1 lb	2	Turkey, breast (boneless)	7 – 10 per 450 g / 1 lb	2
Chicken, cut with bones	10 – 15 per 450 g / 1 lb	2	Turkey, breast (whole)	20 – 25 per 450 g / 1 lb	2
Duck, portions with bones	12 – 15 per 450 g / 1 lb	2	Turkey, drumsticks (leg)	15 – 20 per 450 g / 1 lb	2
Duck, whole	10 – 20 per 450 g / 1 lb	2	Quail, whole	8 – 10 per 450 g / 1 lb	2
Ham, picnic shoulder	8 – 10 per 450 g / 1 lb	2			

PRESSURE COOKING TIME TABLE



4 L

6 L

9 L

Fresh Cooking Time (minutes) **Frozen Cooking Time** (minutes) **Pressure Level** (1 or 2)

Fresh Cooking Time (minutes) **Frozen Cooking Time** (minutes) **Pressure Level** (1 or 2)

Vegetables

Artichoke, whole & trimmed	8 – 12	10 – 15	1	Leeks	1 – 3	3 – 5	1
Asparagus	1-3	2– 5	1	Okra	2 – 3	3 – 4	1
Beetroot	8 – 10	10 – 12	1	Onions (sliced)	2 – 3	3 – 4	1
Broccoli	1-2	1-3	1	Parsnips (chunks)	3 – 5	4 – 6	1
Brussel sprouts	1 – 2	2 – 3	1	Peas (in the pod)	1 – 2	2 – 3	1
Cabbage, red, purple or green	1 – 2	3 – 4	1	Peas (green)	1 – 2	2 – 3	1
Carrots	1 – 2	3 – 4	1	Potatoes (cubed)	1 – 2	4 – 5	1
Carrots, whole or chunked	3 – 5	6 – 8	1	Potatoes (large, whole)	5 – 8	12 – 18	1
Cauliflower florets	1 – 2	1 – 3	1	Pumpkin (small pieces)	4 – 5	6 – 7	1
Celery	1 – 2	1 – 3	1	Pumpkin (larges pieces)	8 – 10	10 – 14	1
Collard Greens	4 – 5	5 – 6	1	Rutabaga (slices)	3 – 4	4 – 6	1
Corn (kernels)	1 – 3	2 – 5	2	Rutabaga (chunks)	4 – 6	6 – 8	1
Corn (on the cob)	2 – 5	4 – 6	2	Spinach	1 – 2	1 – 2	1
Eggplant	2 – 4	3 – 5	1	Sweet Potato (cubes)	2 – 5	4 – 6	1
Escarole	2 – 3	3 – 5	1	Sweet Potato(whole)	5 – 8	8 – 15	1
Greens	1 – 3	3 – 5	1				