

Pressure Cooking Timetable

Type: Pressure Cooker	Water Ratio	Time	Instructions
White Rice	250g : 320ml stock/water	12 mins	High Pressure + QPR
Brown Rice	250g : 320ml stock/water	15 mins	High Pressure + QPR
Arborio (risotto)	250g : 600ml stock	6 mins	High Pressure + QPR
Bomba (paella)	250g : 600ml stock	6 mins	High Pressure + QPR
Quinoa	170g : 300ml stock	2 mins	High pressure + NPR
Buckwheat Flakes or Quinoa Flakes	100g : 350ml of milk	12 mins	High Pressure + QPR +Pot-in-Pot
Buckwheat Groats (soaked)	250g raw buckwheat soaked in 500ml of water, rinse and cook in 500ml of water	6 mins	High Pressure + NPR
Oats	125g : 450ml of milk	12 mins	High Pressure + QPR +Pot-in-Pot
Gluten Free Pasta	100g : 450ml of water	50% on-pack cooking time + 1 min	High Pressure + release pressure intermittently
Pasta	100g : 450ml of water	50% on-pack cooking time + 1 min	High Pressure + release pressure intermittently
Rolled Oats	125g : 450ml ratio of grain to water	4 mins	High Pressure + QPR +Pot-in-Pot
Couscous	100g : 200ml ratio of couscous to water	3 mins	High pressure + NPR
Chickpeas (dry cooked)	N/A	35-40 mins	High pressure + NPR
Chickpeas	N/A	10-15 mins	High pressure + NPR
Brown Lentils (dry cooked)	N/A	8-10 mins	High pressure + NPR
Red Split Lentils (dry cooked)	N/A	1-2 min	High pressure + NPR
Frozen Green Beans	N/A	1-2 min	High pressure + QPR