

Kuhn Rikon Duromatic Pressure Cooking Time Charts

Vegetables:

- Always use 1/2 to 3/4 cup of water in cooker with vegetables.
- Place stainless steel trivet into cooker and layer vegetable on top of trivet.
- Always use Touch Release Method, unless otherwise noted, when cooking vegetables:
The valve on the lid of the DUROMATIC pressure cooker releases the pressure quickly by a light finger touch or, if you desire, you may use a long-handled spoon or spatula to depress the insulated, black valve cap. This method is suggested if you wish to interrupt the cooking process in order to add some further ingredients. By releasing the steam this way you can quickly open the pressure cooker without cooling off the pot and stopping the cooking process. Do not use this method for food that foams and is cooked on the first red ring!

Type of Vegetable	Cooking Time	Pressure	Notes
Artichokes	10-14 mins	high	avoid very large ones
Beans, green (string)	1-2 mins	first ring	
Beets, medium-large	13-16 mins	high	
Beets, small (3-4oz)	10-12 mins	high	
Beets, 1/4 inch slices	3-5 mins	high	
Broccoli, flowerets	2-3 mins	first ring	
Broccoli, stalks	4-5 mins	first ring	peel and cut
Brussels Sprouts	3-4 mins	first ring	older sprouts can take 6-8 mins
Cabbage, shredded	2 mins	first ring	
Cabbage, quartered	3-4 mins	first ring	
Carrots, 2 inch pieces	4-5 mins	high	
Cauliflower, flowerets	3-4 mins	first ring	
Celery, 1 inch slices	3 mins	first ring	
Corn, on the cob	2-3 mins	first ring	add 2 mins for
Eggplant, cubed	2-3 mins	high	best if peeled
Okra, large	3-4 mins	high	
Onions, medium	4-5 mins	high	peel before cooking
Parsnips, cubed	2-4 mins	high	
Potatoes			see Potatoes time chart
Rutabagas, 2 inch cuts	6-8 mins	high	peel before cooking
Squash, Acorn, halved	8-10 mins	high	
Squash, Banana, cubed	3-4 mins	high	
Squash, Butternut, 1/2 inch slices	3-4 mins	high	
Turnips, 1/2 inch slices	2-3 mins	high	

Potatoes:

Type of Potato	Size	Cooking Time
new potatoes, whole	2 ounces	5-6 minutes
red potatoes, whole	6-8 ounces	17-18 minutes
red potatoes, half		10-12 minutes
red potatoes, cubed	1 ounce	4-5 minutes
white potatoes, whole	7-10 ounces	16-17 minutes
white potatoes, half		10 minutes
white potatoes, cubed	1 ounce	4-5 minutes
russet or baking potatoes, whole	1 pound	25-30 minutes
russet or baking, peeled & quartered		10-12 minutes

Beans:

- Overnight soaking, unless otherwise noted.
- Always use Natural Release Method:
Remove the pressure cooker from the heat source and to allow the pressure to subside naturally. If you wish for the skin to remain intact, this is the preferred method. The time it takes to release the pressure in this manner is calculated into the all pressure cooker recipes.

Type of Bean	Cooking Time	Pressure	Notes
Adzuki	5-7 min.	second red ring (15 psi)	
Anaszi	4-6 min.	second red ring (15 psi)	
Appaloosa	10-12 min.	second red ring (15 psi)	
Baby Lima	5-7 min.	second red ring (15 psi)	
Black	10-12 min.	second red ring (15 psi)	
Black-Eyed Pea	8-10 min.	second red ring (15 psi)	no soaking required
Black Runner			see Runner
Butter			see Lima
Calypso	5-6 min.	second red ring (15 psi)	
Cannellini	6-8 min.	second red ring (15 psi)	
Chickpea	10-12 min.	second red ring (15 psi)	
Christmas Lima	6-8 min.	second red ring (15 psi)	
Cranberry	5-8 min.	second red ring (15 psi)	
European Soldier			see Soldier
Flageolet	10-12 min.	second red ring (15 psi)	
Garbanzo			see Chickpea
Great Northern	6-7 min.	second red ring (15 psi)	
Kidney, Red	10-12 min.	second red ring (15 psi)	
Kidney, White			see Cannellini

Lentil, French green	10-14 min.	first red ring only	no soaking required, cover with 2 inches of cooking liquid
Lentil, red	10-14 min.	first red ring only	no soaking required, cover with 2 inches of cooking liquid
Lima, large	3-4 min.	first red ring only	
Navy	6-8 min.	second red ring (15 psi)	
Pink	7-8 min.	second red ring (15 psi)	
Pinto	10-12 min.	second red ring (15 psi)	
Rattlesnake	6-8 min.	second red ring (15 psi)	
Red	4-5 min.	second red ring (15 psi)	
Red Kidney			see Kidney
Roman	10-12 min.	second red ring (15 psi)	
Runner	9-10 min.	second red ring (15 psi)	use additional water when soaking
Scarlet Runner			see Runner
Snow Cap	12-14 min.	second red ring (15 psi)	no soaking required
Soldier	8-10 min.	second red ring (15 psi)	no soaking required
Soybean	9-12 min.	second red ring (15 psi)	
Spanish Tolosan	6-8 min.	second red ring (15 psi)	
Split Pea	10-13 min.	first red ring only	no soaking required, use additional cooking liquid
Steuben Yellow Eye	12-14 min.	second red ring (15 psi)	
Tepary	8-10 min.	second red ring (15 psi)	
Tongues of Fire	10-12 min.	second red ring (15 psi)	
Turtle			see Black
White	6-7 min.	second red ring (15 psi)	
White Kidney			see Cannellini
White Runner			see Runner

Rice & Grains:

- Cook on the first red ring (8 psi). Use the Natural Release Method:
Remove the pressure cooker from the heat source and to allow the pressure to subside naturally. The time it takes to release the pressure in this manner is calculated into the all pressure cooker recipes.

Type of Rice	Amount of Rice	Amount of Liquid	Time
White Long Grain	1 cup	1-1/2 cups	5 minutes
White Basmati	1 cup	1-1/2 cups	5 minutes
Brown Short Grain	1 cup	1-1/2 to 1-3/4 cups	20-22 minutes
Brown Long Grain	1 cup	1-1/2 cups	20-22 minutes
Brown Basmati	1 cup	1-1/2 cups	20-22 minutes
Wild Rice	1 cup	3 cups (after cooking drain off excess liquid)	22-25 minutes

Meats:

Meat:	Beef	Pork	Lamb	Veal
Cooking Time:	12-15 mins (per inch)	15 mins (per inch)	10 mins (per inch)	8 mins (per inch)
Cut:	Oxtail (for stocks) Short Ribs Stewing Beef Blade Roast Chuck Roast Flank Steak Corned Beef Shanks	Hocks Shoulder Riblets Chops	Neck Shanks Riblets Shoulder	Breast Rump Steak Shoulder Stew

Chicken	Cooking Time	Cooking Method
	10 mins	4lb Whole Chicken (quartered)
	8 mins	Pieces (legs, thighs, etc.)



For support, call **(415) 883-1101**, Monday through Friday, 8:30AM to 5:00PM Pacific Time.

