

Instant Pot

COOKING TIMES

~ Meat ~

Beef

Beef, stew meat - 15-20
Beef, dressed - 20-25
Beef, pot roast, - 35-40
steak, rump, round,
chuck,
brisket, large
Beef, ribs - 25-30
Beef, shanks - 25-30
Beef, oxtail - 40-50

Chicken

Chicken, breasts - 8-10
Chicken, whole - 20-25
Chicken, cut up - 10-15
w/ bones
Chicken, legs - 10-15
drumsticks, or thighs

Duck

Duck, cut up - 10-12
w/ bones
Duck, whole - 25-30

Ham

Ham shoulder - 25-30

Turkey

Turkey breast - 15-20
boneless
Turkey breast - 25-30
whole w/ bones
Turkey - 15-20
drumsticks

Pork

Pork, loin roast - 55-60
Pork, butt roast - 45-50
Pork, ribs - 20-25
Veal roast - 35-45

Seafood

Crab - 3-4
frozen - 5-6
Fish whole - 5-6
frozen 7-10
Fish fillet - 2-3
frozen 3-4
Lobster - 3-4
frozen 4-6
Shrimp - 1-2
frozen 2-3
Mussels - 2-3
frozen 4-5