



The Paleo Instant Pot Cooking Times Cheat Sheet

12 PSI | HIGH PRESSURE LEVEL

SEAFOOD	FISH		SHRIMP	SEAFOOD STOCK
	Whole	Fillet	Breasts	Whole
VENTING METHOD	Natural Release	Natural Release	Natural Release	Natural Release
PRESSURE LEVEL	High	High	High	High
COOKING TIME	4/5 mins	2/3 mins	1/3 mins	7/8 mins

MEAT & EGGS	BEEF		CHICKEN		LAMB	PORK		EGGS		
	Stew	Large Pieces	Ribs	Breasts	Whole	Bone Stock	Leg	Butt Roast	Baby Back Ribs	Large
VENTING METHOD	Natural Release	Natural Release	Natural Release	Natural Release	Natural Release	Natural Release	Natural Release	Natural Release	Natural Release	Natural Release
PRESSURE LEVEL	High	High	High	High	High	High	High	High	High	High
COOKING TIME	25 mins	25-30 mins	4 hours	5-8 mins	8 mins	2 hours	15 mins	15 mins	15 mins	3-5 mins
		per 450 g/1 lb	per 450 g/1 lb	per 450 g/1 lb	per 450 g/1 lb	per 450 g/1 lb	per 450 g/1 lb	per 450 g/1 lb	per 450 g/1 lb	per 450 g/1 lb

VEGETABLES	ASPARAGUS	BROCCOLI	BRUSSELS SPROUTS	BUTTERNUT SQUASH	CABBAGE	CARROTS	CAULIFLOWER	CORN	MIXED VEGETABLES	POTATOES			SWEET POTATOES	
		Florets			Whole Wedges	Whole Chunks	Florets	On the cob		Large, Whole	Small, Whole	Cubed	Whole	Cubed
VENTING METHOD	Quick Release	Quick Release	Quick Release	Quick Release	Quick Release	Quick Release	Quick Release	Quick Release	Quick Release	Quick Release	Quick Release	Quick Release	Quick Release	Quick Release
PRESSURE LEVEL	High	High	High	High	High	High	High	High	High	High	High	High	High	High
COOKING TIME	1-2 mins	1-2 mins	2-3 mins	4-6 mins	2-3 mins	6-8 mins	2-3 mins	3-5 mins	3-4 mins	12-15 mins	8-10 mins	3-4 mins	12-15 mins	2-4 mins