

The New Fast Food™

The Veggie Queen™

Pressure Cooks Whole Food Meals

IN LESS THAN 30 MINUTES

***Cooking Charts for Whole Grains,
Rice, Beans and Vegetables***

Jill Nussinow, MS, RD



Timing is Everything



In order to pressure cook effectively, you need to have a timer. It can be the timer on your oven or microwave, a hand-held digital kitchen timer, the timer on your digital watch or cell phone but it needs to be accurate. When cooking a fast-cooking vegetable such as broccoli, 30 seconds can make the difference between a bright green and crisp stalk or a grey-green limp one. Because the temperature is so much higher than with any other type of cooking, at approximately 250°F instead of 212°F for stovetop cooking, a minute or two can make a big difference for some dishes and little difference for long cooking foods.

Both fresh and dried food has a lot of variability. The suggested cooking times here are just that. Most of the time potatoes cooked for 3 minutes turn out perfectly. Yet, “new” potatoes, which are often freshly harvested and the first potatoes of the season, turn into mashed potatoes at 3 minutes and only need one and half minutes. I’m not going to lie to you, these numbers are suggestions. Newly harvested heirloom beans might not need a full 7 minutes, while beans that have been on your grocer’s shelf for a year might need much more than the recommended 7 minutes. The same holds true for grains. The times listed here are what I have found works for me, and my students.

Undercooking is often better than overcooking, as you can put the cooker back on the heat and cook food more but overcooked food is just that. You can, of course, turn mushy rice or other grain into soup quite easily so don’t toss out your food. Learn to be creative with it, when possible. Overcooked green vegetables can even become part of a blended soup with fresh greens or Italian parsley added to brighten the color. You will learn by practicing with your cooker.

Just when you think that you’ve got the timing down and you love your broccoli cooked for 1 minute at high pressure, you might get a batch from your local farmer that’s so young and tender that one minute is too long. Again, variability is great; this is real food, and will behave as such.

Perfect Grains Every Time: Grain Cooking Tips

I am not sure why, but it’s important when you cook more than one cup of grain to use less than double the amount of water for the subsequent cups of grain cooked. (I use a similar formula when adding salt to recipes so that they don’t end up too salty.) For the second cup of grain, I usually use ¼ cup less water and on like that, always using just a bit less liquid each time I add another cup of grain. For instance, to cook one cup of quinoa in the pressure cooker, use 1 ¼ cups water and one cup of grain. If you have two cups quinoa to cook, use 1 ¼ cups plus 1 cup for a total of 2 ¼ cups water. If the math has you stymied, just double the water and have your slotted spoon handy to remove any excess liquid.

Some grains such as millet and quinoa benefit from a quick pan toasting before cooking. This is done right in the pressure cooker. You can do the same with other grains if you like but I haven’t found much benefit.

Sometimes adding salt to whole grains causes them to get tough. Also, if you are watching your sodium intake, adding salt after cooking will help you decrease the amount of salt that you use since it is on top of the food rather than in it.



Cooking Whole Grains

For more information on rice see the “Cooking Rice Chart”. To view my “Pressure Cooking Quinoa” video, click [HERE](#).

Cooking Whole Grains Chart

GRAIN FOR ONE CUP	CUPS LIQUID	MINUTES AT HIGH NPR*	YIELD IN CUPS	TEASPOONS OPTIONAL SALT, AFTER COOKING
Amaranth	2	3	2½	½–1
Barley (Hulled)***	3	25–35	3½–4	½–1
Barley (Pearled)	2½	19–22	3–3¼	½–1
Buckwheat	1¾	3	2–2½	½–1
Corn, Polenta	4	5	4–4½	½–1, in cooking
Farro, Semiperlato	2–2½	6–7	2–2½	½–1
Kamut***	2	10–15	2½	½–1
Millet	1¾	10	3–3½	½–1
Oats, Rolled (bowl in pot)	2½ in bowl	9	3–3½	Pinch in cooking
Oats, Rolled (regular)	2½ in pot	4	3–3½	Pinch in cooking
Oats, Steel Cut	3	3–5	3	Pinch in cooking
Oats, Whole***	2	20–22	2–2½	½–1
Quinoa	1¼	5	3–3½	½–1
Rice, Brown	1½	22	2½	½–1
Rice, Red, Long Grain**	1½–1¾	9	3	½–1
Red, Short Grain**	1¼	10	3	½–1
Rice, Purple	1¼–1½	3–5	3	½–1
Rye***	1½–2	25	2–2½	½–1
Spelt***	1½	22	3	½–1
Triticale***	2	20	2–2½	½–1
Wheat Berries***	2	10–15	2–2½	½–1
Wild Rice	2½	25	3–4	½–1

*NPR = Natural Pressure Release

**Let the pot sit for at least 10 minutes after the pressure comes down.

***Cooks best when pre-soaked or quick soaked. Times given are for soaked grain. If not soaked, add 10 minutes under pressure.



Cooking Rice Chart

RICE ONE CUP	CUPS OF LIQUID	MINUTES AT HIGH NPR*	YIELD IN CUPS	TEASPOONS OPTIONAL SALT, AFTER COOKING
Arborio, Carnaroli	3–3½	5–7	4	1
Bhutanese Red**	1¼	10	3	½–1
Black Forbidden	1½	15	3	½–1
Brown, long grain	1½	22	3	½–1
Jade Pearl (bamboo)**	1½	10*	3	½–1
Jasmine, Black	1¼	8	3	½–1
Jasmine, Brown	1½	18	3	½–1
Jasmine, Coral	1¼	7–8	3	½–1
Jasmine, Purple	1½	3–4	3	½–1
Jasmine, Ruby Red	1½	9	3	½–1
Indonesian Volcano	1½	15	3	½–1
Kalijira, Brown, (tiny)	1½	13	3	½–1
Kalijira, White	1	5	3	½–1
Madagascar Pink	1¼	10	3	½–1
Mekong Flower Rice	1¼	15	3	½–1
Red, Colusari	1½	15	3	½–1
Red, Wehani	1½	20–22	3	½–1
Rice, Brown	1½	22	2½	½–1
Rice, White	1–1¼	3	3	½–1

*NPR = Natural Pressure Release

**Let sit for 10 minutes after cooking.

Veggie Queen™ Pressure Cooker Videos on YouTube.com

“Making Vegetable Stock in 5 Minutes” video — click [HERE](#)

“Pressure Cooking Artichokes in 15 Minutes” video — click [HERE](#)

“Pressure Cooking Colorful Curried Cauliflower” video — click [HERE](#)

“Pressure Cooking Quinoa” video — click [HERE](#)

“Pressure Cooking Beans in Less Than 10 Minutes” video — click [HERE](#)



Cooking Beans

Pressure cooking legumes: beans, peas and lentils, means cooking in fraction of the time, with the ability to infuse flavors, if you want, at the same time. When cooking beans, only fill your cooker halfway so the beans can expand and still allow space to achieve pressure. Pre-soaked beans are best. Add at least ½ cup liquid for each cup of dry soaked beans that you're cooking. To view my "Pressure Cooking Beans in Less than 10 Minutes" video, click [HERE](#).

Cooking Beans Chart

Best to use *natural pressure release* (NPR) with beans so that they don't split apart when you release pressure. If using for creamy soups, it really doesn't matter.

BEAN	SOAKED NPR* MINUTES	QUICK RELEASE Not Recommended	UNSOAKED NPR*	YIELD
Adzuki (Azuki or Aduki)	5–9		10 + 10 min. sit	2
Black	4–6	18–25	22–24	2–2½
Black-Eyed Peas	3	10–11	6–7	2½
Borlotti (Cranberry)	7–10	20–25	25–35	2½
Cannellini	5–8	22–25	20–30	2½
Chickpeas	12–14	22–25	30–40	2½
Fava	8–14	15–18	22–29	2
Flageolet	6–10	17–22	20–22	2½
Great Northern	5–8	25–30	25–30	2½
Lentils, French	NA	10–12	4–6	2–2½
Lentils, Green/Brown	NA	8–10	6	2–2½
Lentils, Red	NA	4–6	6	2½
Lima (Baby)	6–8	8–10	18–22	3
Lima (Large)	6–8	8–10	18–22	2
Mung	NA	NA	6–8 + 10 min. sit	2½
Navy or White	4–7	15–17	20–25	2½
Peas, Split, Yellow or Green	NA	NA	6–10	2½
Pinto	4–6	20–25	20–25	2½
Red Kidney	5–8	20–25	12–15	2
Scarlett Runner	5–8	20–25	20–25	2½–3
Soy (Yellow)	17–20	NA	35–45	2–2½
Soy (Black)	17–20	NA	35–45	2–2½
White Beans, Giant	8–10	25–30	25–30	2½–3

*NPR = Natural Pressure Release



Cooking Vegetables

Vegetables are amazing in the pressure cooker. If you choose to use more liquid, or must because of your cooker, be sure to save the extra cooking liquid to use for soups or stews. Times will vary according to the age and specific vegetable. I prefer to undercook rather than overcook. Adjust your times accordingly. See page 4 for various Veggie Queen™ pressure cooking video links on YouTube.com

Cooking Vegetables Chart

VEGETABLE	LIQUID	TIME	QUICK OR NPR*
Artichoke, Medium	½ cup, on rack	6–8+ minutes	Either
Artichoke, Baby	½ cup	3–4 minutes	Quick
Asparagus	¼ cup or less	1½ –2 minutes	Quick
Broccoli	2–4 tablespoons per cup	1 minute	Quick
Beets, Sliced	¼–½ cup	3 minutes	Quick
Beets, Whole Small	1 cup, on rack	10–12 minutes	Either
Brussels Sprouts, small or cut in half	¼–½ cup	1½–2 minutes	Quick
Brussels Sprouts, Whole	¼–½ cup	2–3 minutes	Quick
Bok Choy	2–4 tablespoons total	30–45 seconds	Quick
Cabbage	2 tablespoons–¼ cup	2–3 minutes	Quick
Carrots	¼ cup or more	2–3 minutes	Quick
Cauliflower florets	¼ cup or more	2–4 minutes	Quick
Celery Root (Celeriac), cut up	½–½ cup	3–4 minutes	Either
Corn, on rack	1 cup	3–5 minutes	Quick
Corn, Kernels	¼ cup	1–2 minutes	Quick
Eggplant	¼–½ cup	2–3 minutes	Quick
Greens	¼ cup or more	2–3 minutes	Quick
Green Beans	¼ cup	1–3 minutes	Quick
Kohlrabi	¼ cup	2–3 minutes	Quick
Leeks	¼ cup	2–3 minutes	Quick
Okra	¼ cup	2 minutes	Quick
Onions	¼ cup	2–3 minutes	Either
Parsnips	¼ cup	2–3 minutes	Either
Peas, English	¼ cup	1 minute	Quick
Peas, Sugar Snap or Snow	¼ cup	30 seconds	Quick
Peppers	¼ cup	2 minutes	Quick
Potatoes, Diced	¼–½ cup	3 minutes	Quick
Potatoes, New	¼–½ cup	1–2 minutes	Quick
Potatoes, Large Chunks	¼–½ cup, much more-mashed	4–5 minutes	Quick
Potatoes, Sweet	¼ cup	2–3 minutes	Quick
Rutabaga	¼–½	3–4 minutes	Quick
Spinach	3 tablespoons or more	1–2 minutes	Quick
Squash, Winter, Pieces	¼ cup or more	3 minutes	Either
Turnips, Sliced	¼ cup	2–3 minutes	Quick
Zucchini or Summer Squash	1–2 tablespoons	30 secs.–1 min	Quick

*NPR = Natural Pressure Release

