

CooksESSENTLALS 6.5

Cooking times are approximate times. Use these as general guidelines. Size and variety will alter cooking times.

VEGETABLES	HIGH PRESSURE
Apples, chucks (low pressure)	2 min.
Artichokes, whole	8-10 min.
Asparagus, whole	1-2 min.
Beans Fresh green or wax Shelled lima	2-3 min. 2-3 min.
Beets 1/4" slices whole, peeled	3-4 min. 12-15 min.
Broccoli, florets or spears	2-3 min.
Brussel sprouts	3-4 min.
Cabbage, quartered	3-4 min.
Carrots, 1/4" slices	1-2 min.
Cauliflower, florets	2-4 min.
Com on the cob	3-5 min.
Eggplant, 1 1/4"	2-3 min.
Peas, shelled	1-1 1/2 min.

Potatoes	Technology and the second
Pieces, slices	5-8 min.
Whole, small	5-8 min.
Whole, medium	10-12 min.
Rice	
Brown	15-20 min.
White	5-7 min.
Spinach, fresh	2-3 min
Squash	
Fall, 1" chunks	4-6 min.
Summer, sliced	1-2 min.

MEAT & POULTRY	
Beef, Pork, Lamb (1-2" cubes)	15-20
Beef/Veal Roast, brisket Shank 1 1/2" thick	50-60 min 25-35 min
Meatballs, browned	8-10 min
Lamb, boneless roast	45-55 min
Pork Loin roast Smoked butt Ham shank	40-50 min 20-25 min 30-40 min
Chicken Boneless breast Boneless thigh Pieces Whole	8-10 min 8-10 min 10-12 min 15-20 min
Turkey breast, whole	30-40 min
Fish Steaks, fillets 3/4 " 1" 1 1/4" 1 1/2"	4 min 5 min 6 min 7 min

# **Nu Gen Pro Pressure Cooker Manual**

**Peipei Pang** 

**Nu Gen Pro Pressure Cooker Manual:** 

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