



## ELECTRIC PRESSURE COOKING DIRECTIONS RICE, GRAIN, AND BEANS

RICE	AMOUNT	COOKING TIME	TEMPERATURE
White, long grain rice	1 cup rice – 1½ cup water	6 minutes	High
White, short grain rice	1 cup rice – 1½ cup water	6 minutes	High
Brown, long grain rice	1 cup rice – 1½ cup water	12 minutes	High
Brown, short grain rice	1 cup rice – 1 3/4 cup water	12 minutes	High
Quinoa	1 cup quinoa – 2 cups water	6 minutes	High
Kamut®	1 cup kamut – 2 cups water	30 minutes	High
Couscous	1 cup couscous – 2 cups water	3 minutes	High
Amaranth	1 cup grain- 3 cups water	4 minutes	High
Millet	1 cup grain – 2 cups water	6 minutes	High
Spelt	1 cup grain – 3 cups water	30 minutes	High
Steel Cut Oats	1 cup oats – 2 cups water	4 minutes	High
Wheat berries	1 cup wheat – 3 cups water	30 minutes	High
Barley, pearl	1 cup barley – 4 cups water	20 minutes	High
Bulgur	1 cup bulgur – 3 cups water	10 minutes	High
Pinto Beans	1 cup beans - 3 cups water	50 minutes	High
Black Beans	1 cup beans – 3 cups water	50 minutes	High
Great Northern White Beans	1 cup beans – 3 cups water	50 minutes	High
Kidney Beans/Red Beans	1 cup beans – 3 cups water	50 minutes	High
Lentils	1 cup beans – 3 cups water	30 minutes	High
Black-Eyed Peas	1 cup beans – 3 cups water	30 minutes	High
Chick Peas/Garbanzo	1 cup beans – 3 cups water	30 minutes	High
Cannellini Beans/White Kidney	1 cup beans – 3 cups water	30 minutes	High
Lima Beans	1 cup beans – 3 cups water	25 minutes	High

\* Pressure Cooker Temperatures-Fagor electric brand