



ELECTRIC PRESSURE COOKING DIRECTIONS

MEATS

MEAT	AMOUNT	COOKING TIME	TEMPERATURE
Beef roast	1 roast – 1 cup broth or water	60 minutes	High
Beef Brisket	1 roast – 1 cup broth or water	90 minutes	High
Beef, cubed	Beef - 1 cup broth or water	50 minutes	High
Pork roast	1 roast – 1 cup broth or water	30 minutes	High
Pork ribs	Ribs – 1 cup broth or water	90 minutes	High
Chicken whole	Chicken – 1 cup broth or water	14 minutes	High
Chicken parts	Chicken – 1 cup broth or water	10 minutes	High
Chicken, boneless or cubed	Chicken – 1 cup broth or water	6 minutes	High

*Pressure Cooker Temperatures for a Fagor electric brand

*Always use 1 cup water or broth