



PRESSURE[®] KING PRO


Cooking Times



Vegetables


Use STEAM mode

1
min



Broccoli

4
mins



Brussel Sprouts

1
min



Sliced Cabbage

1
min



Spinach

3
mins



Cauliflower

3
mins




Corn on the Cob

2
mins



Kale

3
mins



Quartered Cabbage

2
mins



Leeks

1
min



Asparagus

2
mins



Green Beans


Root Vegetables

Use STEAM mode



4 mins

Carrot Slices



4 mins

Parsnip Slices




12 mins

Baking Potatoes



7 mins

Swede



6 mins

Cut Potatoes




6 mins


New Potatoes

Rice & Pulses

Rice


Use RICE mode


 6 mins



250ml:350ml water


Basmati


 14 mins



250ml:350ml water


Brown


 6 mins



250ml:350ml water

White

 20 mins





250ml:750ml water

Wild

Pulses

Use STEW mode and cover with 2 inches water

 15 mins





Red/Green Lentils

 10 mins



Chickpeas
(tinned)

 10 mins



Kidney Beans
(tinned)

 30 mins



soaked overnight

Cannelloni Beans

Poultry

Use MEAT mode

35
mins



Small whole chicken
(up to 1.4kg)


45
mins



Large whole chicken
(up to 1.8kg)


10
mins
Bone In

8
mins
No Bone



Chicken breast

5
mins



Chicken, cubed

15
mins



Chicken legs - drumsticks

20
mins



Turkey breast
(bone out)

30
mins



Turkey breast
(bone in)

12
mins




Turkey drumsticks
(leg)

30
mins



Turkey crown

30
mins



Whole duck

Meat

Use MEAT mode

25
mins



Chopped pork

45
min



Pork roast

25
min



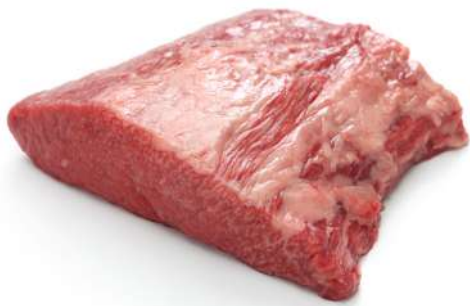
Ham hock
(up to 900g)

15
mins



Stewing steak

60
mins



Beef brisket
1-2kg

15
min



Lamb stewing meat

40
mins



Lamb leg

10
mins



Lamb chops

Fish

Use FISH mode

2
mins



Crab meat

3
mins



Fish fillet

6
mins



Whole fish, gutted

2
mins



Prawns

3
mins



Lobster
(up to 900g)

3
mins



Mussels

4
mins



Salmon Steak