

Instant Pot

Meat Cooking Times

Chicken, breasts (boneless)	6-8 min
Chicken, whole	8 min/lb
Chicken, cut with bones	10-15 min
Chicken, bones for stock	12-15 min
Chicken, breasts frozen	35 min
Beef, stew meat, pot roast, steak	15-20 min/lb
Beef, rump, round, chuck, brisket	15-20 min/lb
Beef, meatball	5 min/lb
Beef, ribs, dressed	20-25 min
Beef, shanks	25-30 min
Ham, sliced	9-12 min
Ham, picnic shoulder	8 min/lb
Pork, loin roast	20 min/lb
Pork, butt roast	15 min/lb
Pork, ribs	15-20 min
Lamb, cubes	10-15 min
Lamb, stew meat	12-15 min
Lamb, leg	15 min/lb
Veal, chops	5-8 min
Veal, roast	12 min/lb
Turkey, breast (boneless)	7-9 min
Turkey, breast (whole)	20-25 min
Turkey, drumsticks (leg)	15-20 min
Fresh Fish, whole	4-5 min
Frozen Fish, whole	5-7 min
Fresh Fish, fillet	2-3 min
Frozen Fish, fillet	3-4 min
Fresh Fish, steak	3-4 min
Frozen Fish, steak	4-6 min