

## BEEF

TYPE	SIZE	LIQUID	TIME	TEMP	RELEASE	FROZEN
Brisket	2-3 lbs	Covered	70 min	High	Natural	n/a
Brisket	4-5 lbs	Covered	85 min	High	Natural	n/a
Chuck Roast	3-4 lbs	2 cups	70 min	High	Natural	n/a
Corned Beef	2-3 lbs	Covered	70 min	High	Natural	n/a
Corned Beef	4-5 lbs	Covered	85 min	High	Natural	n/a
Flank Steak	2-3 lbs	1 cup	25 min	High	Natural	+8 min
Ground Beef	1-2 lbs	¾ cup	5 min	High	Quick	n/a
Oxtails	Any	Covered	45 min	High	Natural	n/a
Rib Roast	3-4 lbs	2 cups	60 min	High	Natural	n/a
Round Roast	3-4 lbs	2 cups	70 min	High	Natural	n/a
Shanks	Any	1 ½ cups	45 min	High	Natural	n/a
Short Ribs	Any	1 ½ cups	30 min	High	Natural	+10 min
Shoulder Roast	3-4 lbs	2 cups	70 min	High	Natural	n/a
Steak, Thin	1-inch thick	¾ cup	30 min	High	Quick	+5 min
Stew Meat	1-inch cubes	1 cup	30 min	High	Natural	+8 min

## CHICKEN

TYPE	SIZE	LIQUID	TIME	TEMP	RELEASE	FROZEN
Breasts, with Bone	Any	¾ cup	12 min	High	Quick	+8 min
Breasts, Boneless	Any	¾ cup	8 min	High	Quick	+7 min
Cornish Hen	2 hens	1 cup	14 min	High	Natural	+10 min
Ground Chicken	Any	¾ cup	5 min	High	Quick	n/a
Leg Quarters	2 lbs	1 cup	14 min	High	Natural	+10 min

TYPE	SIZE	LIQUID	TIME	TEMP	RELEASE	FROZEN
Thighs	2 lbs	¾ cup	8 min	High	Quick	+8 min
Whole Chicken	3-4 lbs	2 cups	30 min	High	Natural	+15 min
Wings	2-3 lbs	¾ cup	8 min	High	Quick	n/a

## PORK

TYPE	SIZE	LIQUID	TIME	TEMP	RELEASE	FROZEN
Baby Back Ribs	1 rack	1 cup	20 min	High	Natural	n/a
Chops	¾-inch	¾ cup	8 min	High	Quick	+7 min
Chops	1-inch	¾ cup	15 min	High	Natural	+10 min
Ham Hocks	Any	Covered	50	High	Natural	n/a
Ham Steaks	2-4 steaks	¾ cup	6 min	High	Quick	+5 min
Ham, Whole	3-5 lbs	3 cups	40 min	High	Natural	+25 min
Loin Roast	2-4 lbs	2 cups	45 min	High	Natural	n/a
Roast	3-5 lbs	2 cups	80 min	High	Natural	n/a
Roast, 2-inch sliced	3-5 lbs	2 cups	55 min	High	Natural	n/a
Sausages	Any	Covered	10 min	High	Quick	+7 min
Spareribs	2-4 lbs	1 cup	20 min	High	Natural	n/a

## OTHER MEATS

TYPE	SIZE	LIQUID	TIME	TEMP	RELEASE	FROZEN
Lamb Chops	¾-inch	¾ cup	6 min	High	Quick	+5 min
Lamb Chops	1-inch	¾ cup	12 min	High	Quick	+7 min
Lamb Leg	3-4 lbs	2 cups	45 min	High	Natural	+20 min
Lamb Shanks	Any	1 ½ cups	30 min	High	Natural	+10 min
Turkey Breast	3-5 lbs	2 cups	40 min	High	Natural	+15 min

## VEGETABLES

TYPE	SIZE	LIQUID	TIME	TEMP	RELEASE	FROZEN
Acorn Squash	Halved	1 cup	5 min	High	Quick	n/a
Artichokes	Whole	1 cup	9 min	High	Quick	n/a

TYPE	SIZE	LIQUID	TIME	TEMP	RELEASE	FROZEN
Asparagus	Thick	¾ cup	2 min	Low	Quick	n/a
Beets	Sliced	¾ cup	5 min	High	Quick	n/a
Brussels Sprouts	Any	¾ cup	2 min	High	Quick	n/a
Butternut Squash	Cubed	1 cup	3 min	High	Quick	n/a
Cabbage	Quartered	Covered	3 min	High	Quick	n/a
Carrots	Any	¾ cup	4 min	High	Quick	n/a
Corn on the Cob	Any	1 cup	3 min	High	Quick	n/a
Eggplant	Chopped	¾ cup	4 min	Low	Quick	n/a
Green Beans	Any	¾ cup	2 min	Low	Quick	n/a
Potatoes, New	Whole	1 cup	3 min	High	Quick	n/a
Potatoes, Russet	Thick Cut	1 cup	3 min	High	Quick	n/a
Potatoes, Sweet	Thick Cut	1 cup	3 min	High	Quick	n/a
Rutabaga	Cubed	1 cup	4 min	High	Quick	n/a
Squash, Yellow	Thick Cut	¾ cup	2 min	Low	Quick	n/a
Turnip	Cubed	¾ cup	4 min	High	Quick	n/a
Zucchini	Thick Cut	¾ cup	2 min	Low	Quick	n/a

## BEANS AND LEGUMES

TYPE	SIZE	LIQUID	TIME	TEMP	RELEASE	FROZEN
Black Beans	Any	Covered	20 min	High	Natural	n/a
Black-Eyed Peas	Any	Covered	8 min	High	Natural	n/a
Cannellini	Any	Covered	35 min	High	Natural	n/a
Garbanzo	Any	Covered	35 min	High	Natural	n/a
Great Northern	Any	Covered	25 min	High	Natural	n/a
Kidney	Any	Covered	22 min	High	Natural	n/a
Lentils	Any	Covered	8 min	High	Quick	n/a

### BEANS AND LEGUMES CONTINUED

TYPE	SIZE	LIQUID	TIME	TEMP	RELEASE	FROZEN
Lima	Any	Covered	12 min	High	Natural	n/a
Navy	Any	Covered	20 min	High	Natural	n/a
Peanuts, Raw	Any	Covered	75 min	High	Natural	n/a
Pinto	Any	Covered	22 min	High	Natural	n/a
Scarlet Runner	Any	Covered	16 min	High	Natural	n/a
Split Peas	Any	Covered	6 min	High	Quick	n/a

## PASTA AND GRAINS

TYPE	SIZE	LIQUID	TIME	TEMP	RELEASE	FROZEN
Brown Rice, Short	Per Cup	2x	14 min	High	Quick	n/a
Brown Rice, Medium	Per Cup	2x	14 min	High	Quick	n/a
Brown Rice, Long	Per Cup	2x	10 min	High	Quick	n/a
Couscous	Per Cup	1 ½x	2 min	High	Quick	n/a
Orzo	Per Cup	3 ½x	4 min	High	Quick	n/a
Shaped Macaroni	Per Cup	2 ½x	6 min	High	Quick	n/a
Steel-Cut Oats	Per Cup	3 ½x	5 min	High	Quick	n/a
Tortellini, Dried	Per Cup	3x	5 min	High	Quick	n/a
White Rice, Short	Per Cup	2 ½x	6 min	High	Quick	n/a
White Rice, Medium	Per Cup	2x	5 min	High	Quick	n/a
White Rice, Long	Per Cup	1 ½x	4 min	High	Quick	n/a