

NuWave Nutri-Pot Cooking Times Guide

NOTE: Actual cooking times may vary. Listed cooking times should be used as a guide. Adjust as necessary to suit your needs.

Beans, Legumes & Lentils

	Dry (cook time in Minutes)	Soaked (cook time in Minutes)
Beans, Black		
Beans, Cannellini	20-25	5-8
Beans, Garbanzo	25-30	8-10
Beans, Kidney (red)	30-40	10-15
Beans, Navy	20-30	8-10
Beans, Pinto	15-25	6-8
Beans, Soy	20-25	6-8
Lentil , split	35-40	18-22
Lentils, green or brown	6-8	N/A
	8-12	N/A

Grains & Rice

	Ratio (grain : water)	Cooking time (in minutes)
Barley		
Couscous	1:3	18-20
Oats, quick cooking	1:2	2-3
Oats, steel cut	1:1.5	2-3
Quinoa	2:2.5	4-6
Rice, basmati	1:2	3-4
Rice, brown	1:1.5	5-6
Rice, jasmine	1:1.5	15-20
Rice, white	1:1.5	5-6
Rice, wild	1:1.5	5-6
	1:1.5	20-25

Meat

	Cooking time (in minutes)
Beef, brisket	12-15/lb
Beef, ground	4-6/lb
Beef, meatball	6-8/lb
Beef, oxtail	40-45
Beef, ribs	20-25
Beef, roast	12-15/lb
Chicken, breast (bone-in)	8-10
Chicken, breast (boneless)	6-8
Chicken, thigh (bone-in)	7-9
Chicken, thigh (boneless)	5-7
Chicken, whole	8-10/lb
Chicken, wings	6-8
Duck, breast (boneless)	10-12
Ham, whole	8-10/lb
Pork Loin	15-18/lb
Pork Roast	18-20/lb

Pork, ribs	15-18
Turkey, breast (boneless)	10-12
Turkey, breast (whole)	20-25
Turkey, drumsticks	12-18

Fish & Seafood

	Fresh (cooking time in Minutes)	Frozen (cooking time in Minutes)
Crab, legs	1-2	2-3
Crab, whole	2-3	4-5
Fish, fillet	2-3	3-4
Fish, steak	2-3	3-4
Fish, whole	4-5	5-7
Lobster, tails	2-3	3-5
Lobster, whole	3-4	4-6
Mussel	2-3	N/A
Shrimp	1-3	2-4

Vegetables

	Fresh (cooking time in Minutes)	Frozen (cooking time in Minutes)
Asparagus	1-2	2-3
Beets, whole	15-20	20-25
Broccoli, crowns	2-3	3-5
Brussel Sprouts, whole	3-4	4-5
Carrots, sliced	2-3	3-5
Carrots, whole	6-8	8-10
Cauliflower, crowns	2-3	3-4
Celery, stalks or chunks	2-3	3-4
Corn on the Cob	3-5	4-6
Corn, kernels	1-2	2-3
Eggplant, cubes	3-4	4-5
Green Beans	2-3	4-6
Leeks	2-3	3-4
Onion, sliced	2-3	3-4
Potatoes, cubed/sliced	3-4	4-5
Potatoes, whole	12-15	N/A
Spinach	1-2	3-4
Squash, Acorn (cubed)	6-7	8-10
Squash, Butternut (cubed)	5-7	6-10
Squash, Summer (yellow), cubed/sliced	3-4	5-7
Sweet Potatoes, cubed/sliced	3-4	4-5
Sweet Potatoes, whole	12-15	N/A
Zucchini	3-4	5-7



Pressure Cooking Notes

PRESSURE COOKING WITH THE 6-QUART NUTRI-POT

Tip:

The NuWave Nutri-Pot® Digital Pressure Cooker will beep to indicate that the cooking time is complete.

Preheating: While the unit reaches the appropriate temperature for the function selected, the display will show “PH”, indicating that it is preheating. Once the unit reaches the appropriate pressure, it will shift from preheating to the selected preset cooking time. Once pressure has built inside the pressure cooker, the “PH” displayed will change to “P”, followed by the amount of time it will remain under pressure.

Pressure: The function selected will determine the amount of pressure time. For example, the display will show “P0:10” (pressure time). The colon or “:” will flash to indicate that the pressure cooker is under pressure and the timer is counting down.

Auto Warm Feature: When pressure cooking is complete, the pressure cooker will automatically switch to the warm function. This allows the pressure to naturally release while your food remains warm.

What is quick release? To quickly release the pressure, simply press down the “Pressure Release Button”. The button will stay down and steam will be rapidly released. When the Floater Valve next to the Pressure Release Valve has dropped, indicating pressure has been properly released, you can then safely open the pressure cooker.



What is natural release? To naturally release the pressure, simply wait for the Floater Valve to drop. Doing so will allow the pressure cooker to naturally release steam as it slowly cools. This allows you to finish the cooking process as the pressure cooker gradually releases steam. The natural release method can take up to 35 minutes. If any pressure remains in the pressure cooker, simply press the “Pressure Release Button” for a quick release of any remaining pressure and follow the remaining steps for “quick release.”

Resuming Pressure: When you are ready to cook under pressure, press the “OFF” button. If the “Pressure Release Button” is down, the pressure cannot build up.



Pressure Cooking Notes

PRESSURE COOKING WITH THE 8-QUART NUTRI-POT

Tip:

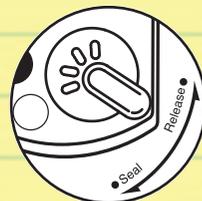
The NuWave Nutri-Pot® Digital Pressure Cooker will beep to indicate that the cooking time is complete.

Preheating: While the unit reaches the appropriate temperature for the function selected, the display will show “PH”, indicating that it is preheating. Once the unit reaches the appropriate pressure, it will shift from preheating to the selected preset cooking time. Once pressure has built inside the pressure cooker, the “PH” displayed will change to “P”, followed by the amount of time it will remain under pressure.

Pressure: The function selected will determine the amount of pressure time. For example, the display will show “P0:10” (pressure time). The colon or “:” will flash to indicate that the pressure cooker is under pressure and the timer is counting down.

Auto Warm Feature: When pressure cooking is complete, the pressure cooker will automatically switch to the warm function. This allows the pressure to naturally release while your food remains warm.

What is quick release? To quickly release the pressure, simply turn the “Pressure Release Switch” to “Release”. The switch will stay and steam will be rapidly released. When the Floater Valve next to the Pressure Release Valve has dropped, indicating pressure has been properly released, you can then safely open the pressure cooker.



What is natural release? To naturally release the pressure, simply wait for the Floater Valve to drop. Doing so will allow the pressure cooker to naturally release steam as it slowly cools. This allows you to finish the cooking process as the pressure cooker gradually releases steam. The natural release method can take up to 40 minutes. If any pressure remains in the pressure cooker, simply turn the “Pressure Release Switch” to “Release” for a quick release of any remaining pressure and follow the remaining steps for “quick release.”

Resuming Pressure: When you are ready to cook under pressure, turn Pressure Release Switch to “Seal” to resume pressure. If set to “Release” pressure cannot build.



Pressure Cooking Notes

PRESSURE COOKING WITH THE 13-QUART NUTRI-POT

Tip:

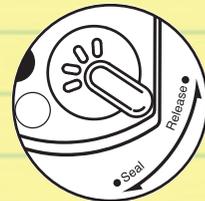
The NuWave Nutri-Pot® Digital Pressure Cooker will beep to indicate that the cooking time is complete.

Preheating: While the unit reaches the appropriate temperature for the function selected, the display will show “PH”, indicating that it is preheating. Once the unit reaches the appropriate pressure, it will shift from preheating to the selected preset cooking time. Once pressure has built inside the pressure cooker, the “PH” displayed will change to “P”, followed by the amount of time it will remain under pressure.

Pressure: The function selected will determine the amount of pressure time. For example, the display will show “P0:10” (pressure time). The colon or “:” will flash to indicate that the pressure cooker is under pressure and the timer is counting down.

Auto Warm Feature: When pressure cooking is complete, the pressure cooker will automatically switch to the warm function. This allows the pressure to naturally release while your food remains warm.

What is quick release? To quickly release the pressure, simply turn the “**Pressure Release Switch**” to “**Release**”. The switch will stay and steam will be rapidly released. When the Floater Valve next to the Pressure Release Valve has dropped, indicating pressure has been properly released, you can then safely open the pressure cooker.



What is natural release? To naturally release the pressure, simply wait for the Floater Valve to drop. Doing so will allow the pressure cooker to naturally release steam as it slowly cools. This allows you to finish the cooking process as the pressure cooker gradually releases steam. The natural release method can take up to 48 minutes. If any pressure remains in the pressure cooker, simply turn the “**Pressure Release Switch**” to “**Release**” for a quick release of any remaining pressure and follow the remaining steps for “quick release.”

Resuming Pressure: When you are ready to cook under pressure, turn Pressure Release Switch to “**Seal**” to resume pressure. If set to “**Release**” pressure cannot build.

