



CooksESSENTIALS 6.5

Cooking times are approximate times. Use these as general guidelines. Size and variety will alter cooking times.

<i>VEGETABLES</i>	<i>HIGH PRESSURE</i>
Apples, chunks (low pressure)	2 min.
Artichokes, whole	8-10 min.
Asparagus, whole	1-2 min.
Beans	
Fresh green or wax	2-3 min.
Shelled lima	2-3 min.
Beets	
1/4" slices	3-4 min.
whole, peeled	12-15 min.
Broccoli, florets or spears	2-3 min.
Brussel sprouts	3-4 min.
Cabbage, quartered	3-4 min.
Carrots, 1/4" slices	1-2 min.
Cauliflower, florets	2-4 min.
Corn on the cob	3-5 min.
Eggplant, 1 1/4"	2-3 min.
Peas, shelled	1-1 1/2 min.

Potatoes	
Pieces, slices	5-8 min.
Whole, small	5-8 min.
Whole, medium	10-12 min.
Rice	
Brown	15-20 min.
White	5-7 min.
Spinach, fresh	2-3 min.
Squash	
Fall, 1" chunks	4-6 min.
Summer, sliced	1-2 min.

<i>MEAT & POULTRY</i>	
Beef, Pork, Lamb (1-2" cubes)	15-20
Beef/Veal	
Roast, brisket	50-60 min
Shank 1 1/2" thick	25-35 min
Meatballs, browned	8-10 min
Lamb, boneless roast	45-55 min
Pork	
Loin roast	40-50 min
Smoked butt	20-25 min
Ham shank	30-40 min
Chicken	
Boneless breast	8-10 min
Boneless thigh	8-10 min
Pieces	10-12 min
Whole	15-20 min
Turkey breast, whole	30-40 min
Fish	
Steaks, fillets	
3/4 "	4 min
1"	5 min
1 1/4"	6 min
1 1/2"	7 min

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Moody's International Manual ,1998 *Official Gazette of the United States Patent and Trademark Office* ,2001

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Table of Contents Akira Pressure Cooker Manual

1. Understanding the eBook Akira Pressure Cooker Manual
 - The Rise of Digital Reading Akira Pressure Cooker Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Akira Pressure Cooker Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Akira Pressure Cooker Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Akira Pressure Cooker Manual
 - Personalized Recommendations
 - Akira Pressure Cooker Manual User Reviews and Ratings
 - Akira Pressure Cooker Manual and Bestseller Lists
5. Accessing Akira Pressure Cooker Manual Free and Paid eBooks
 - Akira Pressure Cooker Manual Public Domain eBooks
 - Akira Pressure Cooker Manual eBook Subscription Services
 - Akira Pressure Cooker Manual Budget-Friendly Options

6. Navigating Akira Pressure Cooker Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Akira Pressure Cooker Manual Compatibility with Devices
 - Akira Pressure Cooker Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Akira Pressure Cooker Manual
 - Highlighting and Note-Taking Akira Pressure Cooker Manual
 - Interactive Elements Akira Pressure Cooker Manual
8. Staying Engaged with Akira Pressure Cooker Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Akira Pressure Cooker Manual
9. Balancing eBooks and Physical Books Akira Pressure Cooker Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Akira Pressure Cooker Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Akira Pressure Cooker Manual
 - Setting Reading Goals Akira Pressure Cooker Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Akira Pressure Cooker Manual
 - Fact-Checking eBook Content of Akira Pressure Cooker Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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