

## Instant Pot Times & Techniques – GRAINS

Type	Ratio of grain : water or broth	Pressure cook	Natural Release (NR) or Quick Release (QR)
Brown Rice	1:1	20 minutes	NR - 5
Brown Basmati Rice	1: 1.25	22 minutes	NR-10
Brown Jasmine Rice	1:1.25	22 minutes	NR - 10
Bulghur	1:2	12 minutes; low pressure	QR
Farro	1:1.75	15 minutes	NR – 10
Millet	1:1.75	10 minutes	NR - 10
Oat Groats	1:1.5	40 minutes	NR – 30
Purple Barley	1:2	25 minutes	QR
Quinoa	1:1:25	1 minute	NR - 10
Rye Berries	1:2	20 minutes	QR
Spelt Berries	1: 1.5	30 minutes	NR - 15
Wheat Berries	1:3	35 minutes	QR
Wild Rice	1:1.5	25 minutes	NR