



GOT QUESTIONS?
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PRESSURE COOKING QUICK PICKS

Use this handy table to figure out which preset pressure cooking program works best for you!

PROGRAM	MODE	WHY SELECT THIS MODE?	HOW LONG WILL IT COOK?
 Pressure Cook	—	You can't tell me what to do; I'm programming this however I want!	Whatever time you set!
 Poultry	LOW	I only eat tiny pieces of chicken or chicken wings.	10 minutes on High
	NORMAL	Give me a drumstick!	15 minutes on High
	HIGH	The whole bird, please! No turkeys.	25 minutes on High
 Meat Stew	LOW	Cooks meat to just tender.	20 minutes on High
	NORMAL	Cooks meat to very tender.	35 minutes on High
	HIGH	That meat will fall off the bone!	45 minutes on High
 Beans Chili	LOW	I like my beans with a little crunch.	25 minutes on High
	NORMAL	Beans are getting softer.	30 minutes on High
	HIGH	Dang, those beans are tender!	40 minutes on High
 Soup Broth	LOW	I'll have a clear broth, thank you.	20 minutes on High
	NORMAL	I like meaty soups with veggies.	30 minutes on High
	HIGH	This is going to make the richest bone broth ever!	4 hours on High
 Rice	LOW	Al dente rice (for rice that bites back).	8 minutes on Low
	NORMAL	Let's get that rice thoroughly steamed!	12 minutes on Low
	HIGH	I like my rice super soft!	15 minutes on Low
 Multi-Grain	LOW	I want al dente wild rice, brown rice, or mung beans. YOLO!	20 minutes on High
	NORMAL	I love my wild rice, brown rice, and mung beans perfectly soft.	40 minutes on High
	HIGH	I only eat the toughest beans and they need to cook forever.	45 min pre-soak, then 60 min High
 Porridge	LOW	Give me my morning porridge, preferably with a little bite.	5 minutes on High
	NORMAL	My steel cut oats are cooked to perfection!	20 minutes on High
	HIGH	I want to mix tough grains and beans into my porridge!	30 minutes on High
 Egg	LOW	Soft boiled eggs – perfect on toast!	4 minutes on High
	NORMAL	Medium boiled eggs are delicious!	5 minutes on High
	HIGH	Hard boiled eggs can't be beat!	6 minutes on High
 Steam	LOW	Let's steam some veggies!	3 minutes on High
	NORMAL	Time for some fish and seafood.	10 minutes on High
	HIGH	Meat; it's what's for dinner.	15 minutes on High
 Cake	LOW	I'd like a nice, moist cake.	25 minutes on High
	NORMAL	I'd like a denser, moist cake.	40 minutes on High
	HIGH	I want a New York cheesecake, baby!	50 minutes on High