

Beans in a Pressure Cooker

1 lb black beans, 2 quarts water, and cover pressure cooker and follow manufacturer's directions to bring pressure up to 10 pounds. Cook for 23 minutes.

Here is the basic recipe:

1 cup beans

4 cups water

1 tablespoon oil (unless otherwise noted)

Cook according to the chart below. Soaking for 8 hours will greatly reduce the cooking time. You can also "presoak" beans by putting them in the cooker with the amount of water above and bringing the cooker up to pressure. Turn off the cooker and let it sit for 1 hour. Then proceed by cooking the beans for the "presoak" time below.

Unsoaked beans take the longest. When the cooking time is up, quick-release the pressure cooker under cold water to avoid foaming or sputtering at the vent. If you do hear a sputtering sound, place the cooker in the sink and run cold water over the entire cooker to bring the pressure down quickly. Remove and clean the lid, vent, and rubber gasket. Lock the lid back in place and proceed with cooking.

Important: ALWAYS clean the lid and vent thoroughly after cooking beans! Be sure to check the vent tube to make sure no bean skins are stuck in it.

Note: Black Eyed Peas, Split Peas and Lentils do not need to be soaked or even presoaked. You can use them unsoaked and they cook very quickly.

Beans (1 cup dry)	Soaked (12 hrs)	Presoak	Unsoaked	Yield
Adzuki	5-9 min	9-13 min	12-14 min	2 cups
Anasazi	4-7 min	7-10 min	20-22 min	2 1/4 cups
Black (turtle)	9-11 min	14-18 min	20-25 min	2 cups
Black-eyed (cow) peas	-----	-----	9-11 min	2 1/4 cups
Cannellini	9-12 min	14-17 min	22-25 min	2 cups
Chickpeas (garbanzo)	10-12 min	21-25 min	30-40 min	2 1/2 cups
Christmas	8-10 min	10-12 min	16-18 min	1 1/4 cups
Cranberry	9-12 min	20-25 min	30-35 min	2 1/4 cups
Fava*	12-18 min	16-22 min	22-28 min	2 cups
Flageolets	10-14 min	10-14 min	17-22 min	2 cups
Great Northern	8-12 min	14-18 min	25-30 min	2 1/4 cups
Lentils	-----	-----	7-10 min	2 cups
Lima (large)***	4-7**min	8-12 min**	12-16 min	2 1/2 cups

Lima (baby)	5-7 min	8-12 min	12-15 min	2 1/2 cups
Peas (split, green)	-----	-----	8-10 min	2 cups
Peas (whole, green)	-----	-----	16-18 min	2 cups
Pigeon peas (granules)	6-9 min	15-18 min	20-25 min	3 cups
Pinto	4-6 min	7-10 min	22-25 min	2 1/4 cups
Navy (pea)	6-8 min	10-13 min	16-25 min	2 cups
Red kidney	10-12 min	12-15 min	20-25 min	2 cups
Scarlet runner	12-14 min	12-16 min	17-20 min	1 1/4 cups
Soy beans	9-12 min	15-20 min	28-35 min	2 1/4 cups

To cook vegetables by themselves in a pressure cooker (i.e. not in a soup or stew), use a steamer basket and trivet. The trivet is the steamer basket's stand. Place the trivet in the bottom of the pressure cooker and then rest the steamer basket on top of the trivet. Pour a 1/2 cup (125 ml) of water in the bottom of the pressure cooker if the vegetable's cooking time is less than 5 minutes. If the cooking time of the vegetable is between 5 and 10 minutes, use 1 cup (250 ml) of water. If the cooking time is between 10 and 20 minutes, use 2 cups (500 ml) of water. Pressure cookers other than Fagor may require more water. Check your pressure cooker's instruction manual.

Add an additional one to two minutes to the cooking time when using frozen vegetables except where noted otherwise in the time chart.

Time Table: Vegetable Cooking Times for Pressure Cookers
(Pressure-cooking instructions are below the time table.)

<u>Vegetable</u>	<u>Approximate Cooking Time</u> (minutes)	<u>Pressure Level</u>
Artichoke, large whole, without leaves	9 to 11	High
Artichoke, medium whole, without leaves	6 to 8	High
Artichoke, small whole, without leaves	4 to 5	High
Artichoke, hearts	2 to 3	High
Asparagus, fine, whole	1 to 1 1/2	High
Asparagus, thick, whole	1 to 2	High
Beans, green, whole (fresh or frozen)	1 to 2	High
Beets, 1/4" (5 mm) slices	5 to 6	High

Beet greens	1	High
Beans, yellow, whole (fresh or frozen)	2 to 3	High
Broccoli, flowerets	2	High
Broccoli, stalks	5 to 6	High
Broccoli, stalks, 1/4" (5 mm) slices	3 to 4	High
Brussel sprouts, whole	4	High
Cabbage, red or green, in quarters	3 to 4	High
Cabbage, red or green, 1/4" (5 mm) slices	1	High
Carrots, 1/4" (5 mm) slices	1	High
Carrots, 1" (25 mm) chunks	4	High
Cauliflower flowerets	2 to 3	High
Celery, 1" (25 mm) chunks	3	High
Collard	5	High
Corn, kernels	1	High
Corn on the cob	3	High
Eggplant, 1/4" (5 mm) slices	3	High
Eggplant, 1/2" (10 mm) chunks	3	High
Endive, thickly cut	1 to 2	High
Escarole, coarsely chopped	1 to 2	High
Green beans, whole (fresh or frozen)	2 to 3	High
Kale, coarsely chopped	2	High
Leeks (white part)	2 to 4	High
Mixed vegetables, frozen	2 to 3	High
Okra, small pods	2 to 3	High
Onions, medium whole	2 to 3	High
Parsnips, 1/4" (5 mm) slices	1	High
Parsnips, 1" (25 mm) slices	2 to 4	High
Peas, in the pod	1	High
Peas, green	1	High
Potatoes, cut into 1" (25 mm) cubes	5 to 7	High
Potatoes, new, whole small	5 to 7	High

Potatoes, whole large	10 to 12	High
Pumpkin, 2" (50 mm) slices	3 to 4	High
Red beet, in 1/4" (5 mm) slices	4	High
Red beet, large, whole	20	High
Red beet, small, whole	12	High
Rutabaga, 1/2" (10 mm) slices	4	High
Rutabaga, 1" (25 mm) chunks	5	High
Spinach, fresh	1	Low
Spinach, frozen	4	High
Squash, acorn, halved	7	High
Squash, butternut, 1" (25 mm) slices	4	High
Sweet potato, 1 1/2" (40 mm) slices	5	High
Swede, 1" (25 mm) slices	7	High
Swiss chard	2	High
Tomatoes, in quarters	2	High
Tomatoes, whole	3	High
Turnip, small, in quarters	3	High
Turnip, in 1 1/2" (40 mm) slices	3	High
Yellow beans, whole (fresh or frozen)	2 to 3	High
Zucchini, 1/4" (5 mm) slices	2	High

Instructions

1. Either (a) long-soak the dried black beans overnight covered with water, OR (b) quick-soak by covering them with water in a saucepan, bring to a boil, boil 2 minutes and let stand for an hour.
2. However the beans were soaked, drain and discard the soaking water.
3. Put in a pot, cover with fresh water, boil 30 minutes.
4. Pack in jars: quarter-litre (1/2 US pint) or half-litre (1 US pint) or 1 litre (US quart)
5. Leave 3 cm (1 inch) headspace.
6. Top up each jar with clean boiling water (such as from a kettle, for instance) or with the water you just boiled them in, maintaining headspace.
7. Debubble; adjust headspace.
8. Wipe jar rims.
9. Put lids on.

10. Processing pressure: 10 lbs (69 kPa) weighted gauge, 11 lbs (76 kPa) dial gauge (adjust pressure for your altitude when over 300 metres / 1000 feet)
11. Processing time: quarter-litre (1/2 US pint) 75 minutes; half-litre (1 US pint) 75 minutes; 1 litre (US quart) 90 minutes.

Processing guidelines below are for weighted-gauge pressure canner.

Jar Size	Time	0 to 300 m (0 - 1000 feet) pressure	Above 300 m (1000 ft) pressure
1/4 litre (1/2 US pint)	75 mins	10 lbs	15 lbs
1/2 litre (1 US pint)	75 mins	10 lbs	15 lbs
1 litre (1 US quart)	90 mins	10 lbs	15 lbs