

CROCK POT EXPRESS

COOK TIMES

MEAT

<u>BEEF</u>	<u>TIME</u>	<u>CHICKEN</u>	<u>TIME</u>
STEW MEAT	15-20	BREASTS	8-10
BEEF DRESSED	20-25	WHOLE	20-25
POT ROAST	35-40	CUT UP W/BONES	10-15
STEAK	25-30	LEGS, DRUMSTICKS, OR THIGHS	10-15
RUMP ROAST	25-30		
BEEF ROUND	25-30	<u>TURKEY</u>	<u>TIME</u>
BEEF CHUCK	25-30	BREASTS BONELESS	15-20
BRISKET, LARGE	25-30	BREAST WHOLE W/BONES	25-30
BEEF, RIBS	25-30	DRUMSTICKS	15-20
BEEF SHANKS	25-30		
OXTAIL	40-50	<u>PORK</u>	<u>TIME</u>
		HAM SHOULDER	25-30
		PORK LOIN	55-60
<u>DUCK</u>	<u>TIME</u>	PORK BUTT ROAST	45-50
DUCK CUT UP W/BONE	10-12	PORK RIBS	20-25
WHOLE DUCK	25-30	VEAL ROAST	35-45

(CHART TIMES FOR MEAT ARE COOKED ON HIGH PRESSURE WITH NATURAL RELEASE FOR 10 MIN, THEN QUICK RELEASE.)

SEAFOOD

<u>ITEM</u>	<u>TIME</u>	<u>ITEM</u>	<u>TIME</u>
CRAB	3-4	LOBSTER	3-4
FROZEN	5-6	FROZEN	4-6
FISH WHOLE	5-6	SHRIMP	0-1
FROZEN	7-10	FROZEN	0-2
FISH FILLET	2-3	MUSSELS	2-3
FROZEN	3-4	FROZEN	4-5

(CHART TIMES FOR SEAFOOD ARE COOKED ON HIGH PRESSURE WITH A QUICK RELEASE.)

BEANS

BLACK BEANS	20-25	LIMA BEANS	20-25
BLACK EYED PEAS	20-25	KIDNEY BEANS, RED	25-30
CHICKPEAS	35-40	KIDNEY BEANS, WHITE	35-40
CANNELLINI BEANS	35-40	NAVY BEANS	25-30
LENTILS, FRENCH GREEN	15-20	PINTO BEANS	25-30
LENTILS, GREEN, MINI BROWN	15-20	PEAS	15-20
LENTILS, RED AND YELLOW SPLIT	15-18	SOY BEANS	25-30

(CHART TIMES FOR DRIED BEANS, USE ENOUGH WATER TO COVER AMT. IN POT AND USE DESIGNATED TIME IN YOUR IN YOUR CROCK POT EXPRESS, COOK USING BEANS/CHILI BUTTON . NATURAL RELEASE 10 MIN, THEN QUICK RELEASE)