HOORVIA — INSTANT POT RICE & GRAIN RATIOS

Water-to-Rice Ratios, High-Pressure Cook Times & Natural Release

ZERO-GUESSWORK PRESSURE GUIDE

1. RICE VARIETIES (RINSE THOROUGHLY UNTIL WATER RUNS CLEAR)

RICE TYPE (1 CUP DRY)	WATER RATIO	HIGH PRESSURE	NATURAL RELEASE	TEXTURE / NOTE
White Long-Grain Rice	**1 : 1 (1 Cup)**	3–4 min	10 min NPR	Fluffy, separate
White Jasmine Rice	**1 : 1 (1 Cup)**	4 min	10 min NPR	Soft, fragrant
White Basmati Rice	**1 : 1 (1 Cup)**	4 min	10 min NPR	Rinse 3x before
White Short / Sushi Rice	**1 : 1.1 (1 cup + 2 tbsp)**	5 min	10 min NPR	Sticky, tender
Parboiled (Converted) Rice	**1 : 1.25 (1 ¼ Cups)**	7 min	10 min NPR	Firm grains
Brown Long-Grain Rice	**1 : 1.25 (1 ¼ Cups)**	22 min	10 min NPR	Nutty, wholesome
Brown Basmati / Jasmine	**1 : 1.25 (1 ¼ Cups)**	20 min	10 min NPR	Fluff with fork
Wild Rice (True Wild)	**1 : 1.5 (1 ½ Cups)**	25–28 min	10 min NPR	Chewy, split kernels
Black (Forbidden) Rice	**1 : 1.25 (1 ¼ Cups)**	22 min	10 min NPR	Firm, rich color

2. ANCIENT GRAINS, OATS & DRY BEANS

GRAIN / LEGUME (1 CUP DRY)	WATER RATIO	HIGH PRESSURE	NATURAL RELEASE	PREP TIP
Quinoa (White or Tri-Color)	**1 : 1.25 (1 ¼ Cups)**	1 min	10 min NPR	Rinse in fine mesh
Steel-Cut Oats	**1 : 3 (3 Cups)**	4–6 min	10 min NPR	Stir well after
rolled Old-Fashioned Oats	**1 : 2 (2 Cups)**	2 min	10 min NPR	Add 1 tsp oil
Pearl Barley / Farro	**1 : 2.5 (2 ½ Cups)**	20 min	10 min NPR	Drain excess liquid
Green or Brown Lentils (Dry)	**1 : 2 (2 Cups)**	9–10 min	10 min NPR	No soaking needed

WHAT IS "10 MIN NPR"? Natural Pressure Release means leaving the Instant Pot untouched for 10 full minutes after the cooking timer ends. Do NOT flip the venting knob immediately, or the starch will foam and leave the rice gummy or undercooked.

SCALING RULE: When doubling recipes (2 cups dry rice → 2 cups water), keep the exact same **1:1 ratio** and the exact same **cook time**—the pot simply takes slightly longer to come to pressure.