# HOORVIA ? NATURAL RELEASE VS. QUICK RELEASE CHART: PRINTABLE INSTANT POT S

Quick Reference Cheat Sheet · US Letter & A4 Printable

**Kitchen & Cooking · Sheet #086**

| Food Category & Examples | Best Release Method | Wait Time Before Venting | Why This Method Is Required |
|---|---|---|---|
| **Delicate Vegetables (Broccoli, Asparagus, Corn)** | Quick Release (QPR) | 0 mins (Vent immediately) | Stops carryover steaming instantly so greens stay crisp and bright |
| **Seafood & Fish (Shrimp, Salmon Filets)** | Quick Release (QPR) | 0 mins (Vent immediately) | Prevents delicate seafood proteins from overcooking and turning rubbery |
| **Eggs (Hard-Boiled & Soft-Boiled)** | Quick Release (QPR) | 0 mins (+ immediate ice bath) | Halts yolk cooking right on time and prevents green sulfur rings |
| **Boneless Chicken Breasts (Whole or Diced)** | Timed 5?10 Min NPR | 5 to 10 mins, then vent | Prevents sudden moisture loss that makes white meat stringy and dry |
| **White, Jasmine & Basmati Rice** | Timed 10 Min NPR | 10 mins, then vent | Allows surface starch to settle and moisture to equalize without gummy grains |
| **Brown Rice, Wild Rice & Steel-Cut Oats** | Timed 10?15 Min NPR | 10 to 15 mins, then vent | Prevents thick foaming starch from sputtering out of the steam valve |
| **Pasta & Macaroni Dishes** | Controlled / Pulse QPR | Short bursts over 2 mins | Stops pasta from getting mushy while keeping starchy sauce inside the pot |
| **Large Roasts (Chuck Roast, Pork Shoulder, Ribs)** | Full or 15?20 Min NPR | 15 to 25 mins (Until pin drops) | Lets muscle fibers relax gradually so juices stay locked inside the meat |
| **Bone-In Poultry & Whole Chicken** | Timed 10?15 Min NPR | 10 to 15 mins, then vent | Protects skin and dark meat texture while finishing carryover cooking |
| **Dry Beans, Lentils & Chickpeas** | Full Natural Release | 15 to 25 mins (Until pin drops) | Stops rapid boiling turbulence that blows bean skins off and foams the valve |
| **Broth, Bone Stock & Full-Pot Soups** | Full Natural Release | 20 to 30 mins (Until pin drops) | Keeps high liquid volume from erupting through the venting knob |
| **Cheesecake, Custards & Cheesecake Bites** | Full Natural Release | 15 to 20 mins (Until pin drops) | Prevents sudden pressure drop that causes custard surfaces to bubble and crack |

**PRO TIP:** Controlled Pulse Release: If starchy liquid starts sputtering during a Quick Release, immediately close the valve, wait 3 minutes, and open it in short 2-second bursts.