



Cooking Beans at High Elevation Using an Electric Pressure Cooker

Don't Discard the Cooking Liquid!

A by-product of cooking dry beans is the cooking liquid produced, sometimes called 'aquafaba' or 'potlikker.'

- **Aquafaba** is the viscous water in which beans (most often chickpeas) have been cooked. Due to its ability to act as a binder in cooking applications, aquafaba can be used as an equivalent replacement for egg whites in some cases, including as a thickener, emulsifier or binder in baked goods, or in recipes that call for whipped egg whites.
- **Potlikker (pot liquor)** is a regional term that refers to the liquid that remains after cooking beans or greens. With the addition of aromatics like onion, garlic, herbs and spices, it forms a flavorful base for vegetable or meat based soups. Place in a freezer container, label, and freeze for another use.

Cooking recommendations vary regarding the addition of salt when pre-soaking beans before cooking. A state-wide team from Colorado State University Extension tested a 12-24 hour salt and water pre-soak method using electric pressure cookers at a variety of locations and elevations and found the following advantages (in comparison to not pre-soaking or pre-soaking using unsalted water):

- Quicker cooking time
- Better texture, flavor and appearance
- Reported decreases of intestinal gas

Bean Cooking Directions:

1. Sort and rinse 1-pound of dry beans.
2. Dissolve 1.5 tablespoons salt in 8 cups cold water. Add dry beans and soak at room temperature, uncovered, for 12 hours or covered in the refrigerator for up to 24 hours.
 - Each pound of dry beans yields 5 - 5.5 cups cooked beans.
 - Amounts of beans, water, salt and oil may be reduced, as long as changes are proportional.
3. Drain, and rinse beans.
4. Add soaked beans and 6 cups fresh water, ½ teaspoon salt (optional) and 1 tablespoon cooking oil (to reduce foaming) to pressure cooker inner pot.
5. Cook on low pressure (see chart below).

Safety Tips

- Beans and grains create foam in the cooker. Never fill a pressure cooker over the 'Maximum ½ full mark' with foods that foam or expand during cooking such as grains, beans and dried vegetables (food plus liquid). Doing so could block the vents and cause the unit to malfunction.
- Serve or refrigerate cooked beans within 2 hours. Store in sealed containers, in the refrigerator (35°F-40 °F) for 3-5 days. Alternatively, store cooked beans in sealed containers or bags in the freezer (0°F or below) for 6-8 months.





Pressure Cooking Beans

Bean Type	Cook Time (LOW pressure)	Release Type	Release Type (above 7,000')*
Chickpeas	6 min.	30 - 40 min. NR, then QR	30 - 40 min. NR, then QR
Great Northern	2 min.	5 min. NR, then QR	10 min. NR, then QR
Kidney	4 min.	5 min. NR, then QR	10 min. NR, then QR
Black, Red or Navy	6 min.	5 min. NR, then QR	10 min. NR, then QR
Pinto	3 min.	5 min. NR, then QR	10 min. NR, then QR
Black eyed Pea	3 min.	5 min. NR, then QR	10 min. NR, then QR
Cannellini	3 min.	5 min. NR, then QR	10 min. NR, then QR
Gigante	7 min.	30 - 40 min. NR, then QR	30 - 40 min. NR, then QR

NR = Natural Release ● QR = Quick Release (*These release times may vary by equipment brands and ingredients used. Exercise caution and increase natural release time, if necessary, if you live above 7,000'.)

- Beans and grains create foam in the cooker. Never fill over the Maximum ½ full mark - with foods that foam or expand during cooking such as grains, beans and dried vegetables (food plus liquid).
- Serve or refrigerate cooked beans within 2 hours. Store in sealed containers, in the refrigerator (35°F-40 °F) for 3-5 days. Alternatively, store in sealed freezer containers or bags in the freezer (0°F or below) for 6-8 months.





Lentil Cooking Directions:

1. Sort and rinse lentils.
2. Do not brine or pre-soak lentils.
3. Add 2 cups lentils and 5 cups fresh water, ½-teaspoon salt and 2-teaspoons cooking oil to the pressure cooker inner pot.
 - Amounts of lentils, water, salt and oil may be reduced, as long as all changes are proportional.
 - Each cup of dry lentils, yields 2.5 – 3 cups of cooked lentils.
4. Cook on low pressure (see chart below).

Bean Type	Cook Time (low pressure)	Release Type
French Green Lentils	0 min.	20-25 min. NR, then QR
Brown/Green lentils	7 min.	10 min. NR, then QR
Red lentils	Not recommended, very delicate, mushy consistency.	Great addition to a soup/stew recipe but not cooked by themselves.
Black Lentils	0 min.	20-25 min NR, then QR

Use or refrigerate cooked lentils within 2 hours. Store in covered containers, in the refrigerator (35°F- 40 °F) for 3-5 days. Alternatively, store in sealed freezer containers or bags in the freezer (0°F or below) for 6-8 months.

