

# How to Cook Rice in Pressure Cooker

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Using a pressure cooker is a great way to make rice quickly and easily. The process can be a lot faster than a typical stovetop pot, because a pressure cooker seals hot steam inside to create pressure and cook food faster. Use the pot-in-pot method instead of the standard method if you have an inconsistent heat source that is prone to burning rice. Try adding other ingredients to rice, too, to make a full meal in your pressure cooker.

## Things You'll Need

- ☐ Rice
- ☐ Water or flavored liquid (chicken or vegetable broth, etc.)
- ☐ Electric or stovetop pressure cooker
- ☐ Heat-proof bowl/pot & steamer basket/trivet (for pot-in-pot method)
- ☐ Butter/oil & seasonings (optional)

### Method 1

## Method 1 of 3: Using the Classic Method



**1 Measure out rice and water.** Pour your desired measurement of rice into your pressure cooker. Add water according to the type and quantity of rice you are using. One cup of white rice, for instance, needs 1.5 cups of water.<sup>[1]</sup>

- Substitute all or part of the water with a liquid for flavoring if you wish, such as chicken broth, vegetable broth, or prepared bouillon.
- Never fill the pressure cooker more than halfway with the rice and liquid.
- Add a teaspoon of butter, olive oil, or an oil of your choice to the rice for flavor if you like.



**2 Lock the cooker.** Close and lock the lid on your pressure cooker by fastening the handle of the cover to the handle for the body of the pot, or however your model is intended to close according to the instruction manual. Place the cooker on a burner of your stove.

- If you are using an electric pressure cooker, plug it into an outlet and turn it on.



**3 Bring your pressure up.** Set the burner on your stove to high heat until your pressure cooker indicates high pressure, then lower the heat to maintain this pressure for three minutes. Check your specific instruction manual for how to properly read the pressure on your cooker.

- If you are using an electric pressure cooker, set it to high pressure for three minutes. The cooker will take a few minutes to pressure up before the three minutes of cooking time.<sup>[2]</sup>
- Lower the heat right away after your cooker reaches high pressure, otherwise your rice can become quickly overcooked.<sup>[3]</sup>



**4 Release the pressure.** When the three minutes cooking time is up, take the pressure cooker off the burner for a 10-minute natural pressure release, meaning the pressure built up inside releases naturally when taken off of heat. The rice will continue to cook while the pressure is slowly released.

- For an electric cooker, turn it off when the timer beeps and set it to a natural pressure release for 10 minutes.<sup>[4]</sup>



**5 Open lid and fluff the rice.** After 10 minutes of natural release, do a quick release on your pressure cooker to open the lid. Tilt the cooker away from you when opening the lid to avoid the hot steam.<sup>[5]</sup> Fluff the rice with a fork and serve.

## Method 2 of 3: Using the Pot-in-Pot Method



- 1 Pour water into your pressure cooker.** Pour one cup of water into your pressure cooker, or whatever is the minimum quantity required for your cooker to maintain pressure. Then place a steaming basket or other cooking rack into the bottom of the cooker.
  - You may only need a trivet and not a steaming basket or other cooking rack to support the bowl or pot you will place inside the cooker.





**2 Put rice and water into a heat-proof bowl.** Locate a heat-proof bowl or pot that will fit inside your pressure cooker. Put your desired amount of rice into the bowl, and the correct amount of water for the quantity and type of rice (one cup of white rice, for instance, needs 1.5 cups of water).<sup>[6]</sup>

- Choose a stainless steel bowl for ideal cooking, as it will conduct heat better than glass or ceramics.
- Substitute all or part of the water with a liquid for flavoring if you wish, such as chicken broth, vegetable broth, or prepared bouillon.
- Add a teaspoon of butter, olive oil, or an oil of your choice to the rice for flavor if you like.



**3 Place the bowl into the pressure cooker.** Lower the bowl with your rice and liquid into the pressure cooker so it sits on your steaming basket or trivet. Don't cover your bowl with anything. Then close and lock the lid of your cooker.

- Check the instruction manual for your pressure cooker to ensure that you are closing and locking the lid properly.



**4 Bring your pressure up.** Set the burner on your stove to high heat until your pressure cooker indicates high pressure, then lower the heat to maintain this pressure for three minutes. Check your specific instruction manual for how to properly read the pressure on your cooker.

- If you are using an electric pressure cooker, set it to high pressure for three minutes. The cooker will take a few minutes to pressure up before the three minutes of cooking time.<sup>[7]</sup>



**5 Release the pressure.** When the three minutes cooking time is up, take the pressure cooker off the burner for a 10-minute natural pressure release, meaning the pressure built up inside releases naturally when taken off of heat. The rice will continue to cook while the pressure is slowly released.

- For an electric cooker, turn it off when the timer beeps and set it to a natural pressure release for 10 minutes.<sup>[8]</sup>
- Lower the heat right away after your cooker reaches high pressure, otherwise your rice can become quickly overcooked.<sup>[9]</sup>



**6 Open lid and remove the bowl.** After 10 minutes of natural release, do a quick release on your pressure cooker to open the lid. Tilt the cooker away from you when opening the lid to avoid the hot steam.<sup>[10]</sup> Carefully remove your bowl or pot and fluff the rice with a fork before serving.





**1 Add chicken for an easy chicken and rice dish.** Place bone-in chicken breasts in the pressure cooker and brown them slightly in oil over medium-high heat, without closing and locking the cooker. Then remove the chicken, pour out the remaining fat if you wish, and add in rice, the appropriate amount of water, and the chicken on top to pressure cook for 15 minutes.

- Add other seasonings like salt and pepper to the chicken, and add carrots or onions to cook in the leftover fat from the chicken, before you add the rice and chicken back in to pressure cook everything.
- Make sure to close and lock your pressure cooker when all ingredients are added, bring your burner to high heat to achieve full pressure, then lower the heat to maintain pressure.
- After 15 minutes cooking time, remove from heat and do a quick release of the cooker lid, tilting it away from you to avoid hot steam.<sup>[11]</sup>



**2 Try a mushroom risotto with arborio rice.** Use the pot-in-pot method, and place oil, onions, and garlic into the inner pot and saute over medium heat for 2 minutes. Then add mushrooms and saute for 3 more minutes. Choose arborio, or risotto, rice and add it along with the appropriate amount of water or cooking liquid to the inner pot to pressure cook for 8 minutes.

- Close and lock your pressure cooker after all ingredients are added, bring your burner to high heat to achieve full pressure, then lower the heat to maintain pressure.
- After 8 minutes cooking time, remove from heat and do a quick release of the cooker lid, tilting it away from you to avoid hot steam.
- Add heavy cream, parmesan cheese, and basil to the hot risotto after cooking to complete the dish.



**3 Make cheesy broccoli and rice.** Saute oil, onions, and cubed chicken in your pressure cooker with the lid off over high heat. Then add rice and the appropriate amount of water or cooking liquid to the pot to pressure cook for 5 minutes. Then release pressure and add flour, milk, cheese, and broccoli to the cooker to saute for 4 more minutes.

- Close and lock your pressure cooker after the rice and cooking liquid are added, bring your burner to high heat to achieve full pressure, then lower the heat to maintain pressure.
- After 5 minutes cooking time, remove from heat and do a quick release of the cooker lid, tilting it away from you to avoid hot steam.
- Whisk together flour and milk before adding it to the cooker, then add cheese and broccoli florets to finish simmering all ingredients together.



## Community Q&A

### Question

**Do I need to add salt?**



**Caeia**  
Top Answerer

Salted rice isn't really the way to go. It might mess up cooking, and it's not how rice is made. You can salt it afterward when making fried rice, though.

Helpful **3** Not Helpful **2**



## Tips

- You can also add any seasonings you want to the rice and water/broth before cooking, such as salt, pepper, garlic, basil, thyme, paprika, or oregano.
- No matter the quantity of rice and water, the cooking time in the pressure cooker remains the same.



## Warnings

- Open the lid of the pressure cooker in a direction away from you to avoid injury or discomfort from the hot steam that escapes. Never open the lid while the cooker is over heat with high pressure.
- Don't release the pressure right after the cooking time is up, as the rice needs additional time to cook in the residual pressure and steam. Always use the natural release method.

## References

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