

HOW TO COOK RICE IN YOUR PRESSURE COOKER OR INSTANT POT

All rice recipes from Pressure Cooking Today work in any brand of electric pressure cooker, including the Instant Pot, Ninja Foodi, and Mealhy MultiPot.

Whether you want to cook white rice, brown rice, or any other kind of rice, I'll help you figure out YOUR perfect cook time to get your rice exactly how you like it.

Should I Choose Short-Grain or Long-Grain Rice?

For making the basic recipes—plain white rice or plain brown rice—use whichever you prefer. The recipes will work with short-grain, medium-grain, and long-grain rice.

I generally buy long-grain rice.

How Much Liquid Should I Use to Make Instant Pot Rice

You can use water or a clear liquid like broth or juice to infuse your rice with flavor as it cooks. Whatever liquid you use, the ratio will stay the same. When cooking at High Pressure in a 6-quart pressure cooker, I recommend:

- [White Rice Recipe](#): 1 cup rice to 1¼ cups liquid (10 ounces)
- [Pink Rice Recipe](#): 1 cup rice to 1¼ cups liquid (10 ounces)
- [Black Rice Recipe](#): 1 cup rice to 1⅜ cups liquid (11 ounces)
- [Brown Rice Recipe](#): 1 cup rice to 1½ cups liquid (12 ounces)

For larger pressure cookers, you may need to add more liquid for perfect results. Or, you could use the above ratios with the pot-in-pot method. Then, just add a little more water under the trivet!

Can I Cook Rice Pot-In-Pot?

Yes! If you prefer, you can definitely cook rice pot in pot! When cooking pot in pot, I often will add a minute to my rice since it's a little farther away from the heat source. [Check out my in-depth tutorial here.](#)

Do I Use the Pressure Cook or Rice Button to Make Rice in the Instant Pot?

The rice button on the Instant Pot is ONLY for white rice! (Remember, your Instant Pot can't sense what's in the pot; the buttons only run a preprogrammed cook time.)

The Rice button cooks white rice at low pressure for a longer time than rice cooks at high pressure.

However, since I write my recipes for all brands of electric pressure cookers, and since not all pressure cookers have a rice button, I prefer to set a custom cook time and cook my rice at high pressure.

Even if your brand of pressure cooker has a rice button, not all rice buttons give people the results they like.

I've had great results using my ratios of water to liquid.

What Kind of Rice Is Best?

That all depends on your personal taste and what you're serving it with!

White and brown rice are the two best-known kinds. White rice has had the outer coating removed, and it has a really mild flavor.

Everyone describes brown rice as having a "nutty flavor." Honestly, I'm not really sure about the "nuttiness" but it is a rich flavor (thanks to the bran coating) and is high in fiber. Difference between the types of rice black rice is a superfood, white rice is generally fortified, brown rice has the outer coating on so it's higher fiber.

How to Cook Jasmine or Basmati Rice in an Instant Pot?

In the pressure cooker, jasmine and basmati rice have the same cook times as other long-grain white or brown rice. You can substitute them without changing the recipe.

How Do I Make a Half-Batch or a Double Batch of Rice?

These recipes are really flexible! To make a double batch, just double the rice and water ratio, but no need to increase the cook time.

You can also make a triple or quadruple batch of rice—just make sure not to fill your pressure cooker more than two-thirds full.

To make less than 1 cup of rice, I recommend cooking pot-in-pot to make sure you have enough water in the bottom of the pot for it to come to pressure.

Do I Need to Rinse Rice Before Cooking in the Instant Pot / Pressure Cooker?

Rinsing the rice involves running it under cool water until the water runs clear. It's different from soaking the rice. (More on that below.)

So, should you rinse your rice?

Short answer: Do whatever you feel most comfortable with.

(Really) Long answer: Ultimately, whether or not you rinse your rice depends on the type of rice you're cooking and what type of food you're making.

Years ago, white rice was processed with a talc or cornstarch coating, so rinsing the rice was a necessary step. However, most domestic white rice isn't prepared this way anymore, so it's technically not necessary.

Some people still prefer to rinse the rice to make sure it's free of debris or surface starches. Other people think rinsed rice has a better texture that highlights the individual grains.

However, other people prefer a bit of stickiness in their rice, so they skip the rinse. (This is especially important in Asian cuisine and for foods like Risotto, where the creaminess is essential to the finished dish.)

Still other people do not like to rinse their rice since many major brands of white rice are coated in vitamins, and washing the rice removes this coating.

And other people object to using the amount of water it takes to rinse the rice thoroughly or don't want to dirty the strainer.

So, really, we're right back where we started—experiment to find your preference and go with it!

Isn't It Just Easier to Cook Rice on the Stovetop?

No.

A popular stovetop recipe for brown rice calls for the rice to be brought to a boil, then let simmer for 45 minutes, then check and cook 10 minutes more if needed, then let stand for 10 to 15 minutes more.

With Instant Pot rice, you just toss in the rice and water, set the cook time, then walk away. No remembering to reduce the rice to a simmer. (Or questioning if your “low simmer” is the right amount of low.) No worrying about pots to boil over.

Just hands-off, easy cooking.

Do I Have to Use Oil or Salt?

Many recipes call for adding salt or oil to the rice. I am frequently asked if those are necessary.

When you're making plain rice, these are completely optional, and you can add them or not according to your preference.

However, adding salt and oil to the rice while it cooks helps to flavor the rice, so I generally include it.

Also, when making a big batch of rice, adding a little oil helps keep the rice from foaming when you release the pressure.

How Do I Cook Rice as a Side & My Main Dish in the Pressure Cooker?

Well, there are two options. If your rice and main dish have similar cooking times, you can cook them using the pot-in-pot method. For example, diced chicken cooks in 4 minutes and white rice cooks 4 minutes pot-in-pot, making them the perfect pair.

However, if your ingredients have different cook times, I prefer to make my rice first. Once cooked, I transfer it to a bowl and cover tightly.

It generally retains its heat well while the main dish cooks.

(Of course, if you're lucky enough to have the storage space and room in your budget, I love cooking rice in my 3-quart and my main in my 6-quart.)

What Should I Do with Leftover Rice?

I often cook larger batches of rice with leftovers in mind.

Rice freezes really well and makes a great addition to many lunches or quick dinners.

I also like to use leftover rice to make Ham Fried Rice (page 256 in my *Electric Pressure Cooker Cookbook*). Day-old rice is ideal for Ham Fried Rice, since it improves the texture and allows the rice to absorb the flavors better.

How Big Is the Rice Cup that Came with My Pressure Cooker?

Honestly, I didn't know about this until it was explained in my [Multipot review](#). The rice measuring cup is smaller than a U.S. standard measuring cup and is supposed to represent a single serving of rice.

However, since it's difficult to measure exact amounts of water with that cup, I prefer not to use it.

Troubleshooting

Over the years, I have helped a number of readers troubleshoot problems in their kitchen. So if you have trouble with your Instant Pot rice, I can help!

– My Rice Is Too Crunchy

Crunchy rice is a common problem and means that it was either not cooked long enough or there was not enough water added to the pot.

Be sure to check your pot to see if there is extra water in the bottom that has not been absorbed. If not, it likely means you will need to add a little more water. I'd start small and work your way up.

– My Rice Is Too Mushy

Mushy rice means you added too much water or cooked your rice for too long. Be sure to check the recipe to make sure you add the correct amount of water and select the correct cook time.

– My Rice Is Too Sticky

Some types of rice are stickier than others, but if you have a problem with sticky rice it is likely because you did not rinse the rice well enough. Follow my instructions above for the best results

– **My Rice Keeps Sticking to the Bottom of My Pot**

Rice stuck to the bottom of the cooking pot could mean you are overcooking your rice.

However, when I see rice stuck to the bottom of my cooking pot, it's almost always because I forgot to turn off the Keep Warm setting.

When the rice is done, I make sure to turn my pot off and keep the rice covered. You may also want to remove the pot from the pressure cooker so the heating element doesn't continue to cook your rice.

– **My Pressure Cooker Spits When I Release the Pressure**

This can happen, especially if you're cooking a double or triple batch of rice.

As soon as you see large water droplets or foam start to emerge from the pressure release valve, switch it right back to the Sealed position.

Wait a few moments, then switch to Venting again and allow the pressure to release once more. (I call this an [Intermittent Pressure Release](#).)

Since rice is a pretty forgiving food, you don't need to worry if it takes a minute or two before you're able to release all the pressure.