

INSTANT POT HIGH ALTITUDE COOK TIME ADJUSTMENTS

“Cooking time under pressure should be increased by 5 percent for every 1,000 feet after 2,000 feet above sea level.”

– Anderson, B. M. (1980). New High Altitude Cookbook.

RECIPES FROM MY CRAZY GOOD LIFE ARE TESTED AT 1,516 FT

1 3,000 FT. = 5%

6 8,000 FT. = 30%

2 4,000 FT. = 10%

7 9,000 FT. = 35%

3 5,000 FT. = 15%

8 10,000 FT. = 40%

4 6,000 FT. = 20%

9 11,000 FT. = 45%

5 7,000 FT. = 25%

10 12,000 FT. = 50%