Getting Started Guide

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Support & Contact Information

Full manual and instruction videos available at instantpot.com
Register your product today at instantpot.com/support/register
Welcome to the world of Instant cooking.

Hello! Thank you for welcoming us into your kitchen.

Having families ourselves, we developed the Instant Pot™ Duo™ to allow busy families and professionals alike to cook healthy, delicious meals more easily and in less time.

We have partnered with chefs, authors and bloggers to compile a collection of recipes that we hope you enjoy!

Happy Cooking!

Robert J. Wang
Founder & Chief Innovation Officer

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• Getting Started Videos
Initial Setup

- Remove all packaging material from in and around the cooker, and verify that all parts are accounted for.
- Place the cooker on a stable, level surface, away from external heat sources.
- Read all Important Safeguards in the included Safety, Maintenance & Warranty booklet before use. Failure to do so may result in property damage and/or personal injury.
- Follow Care & Cleaning instructions in the included Safety, Maintenance & Warranty booklet to wash the cooker before cooking.
- Do not remove safety warning stickers from lid, serial number from bottom, or rating label from back of cooker base.

⚠️ CAUTION ⚠️ Never use the cooker on a stovetop. Do not place appliance on or in close proximity to a hot gas or electric burner, or a heated oven; heat from an external source will damage appliance.
Cooker Parts Overview
Cooker Parts Overview

Top of Lid
- Steam Release Handle
- Float Valve
- Handle
- Lid Fins
- Lid Position Marker

Bottom of Lid
- Locking Pin
- Silicone Cap (bottom of float valve)
- Anti-Block Shield
- Steam Release Pipe (beneath anti-block shield)
- Sealing Ring Rack
- Sealing Ring

Inner Pot
- Stainless Steel Inner Pot

Cooker Base
- Outer Pot
- Condensation Rim
- Heating Element
- Cooker Handles
- Control Panel
- Base Power Socket (Rear, 8 Quart is hardwired)
- Stainless Steel Exterior

Images are for reference only. Refer to actual product.
Getting Started
Open & Close Lid

When cooker is plugged in, it will play a jingle when the lid is opened and closed.

**Open**: Grip handle and turn lid counter-clockwise until ▼ symbol on lid is aligned with ▲ symbol on rim of cooker base. Lift lid up and off of cooker base.

*Note: Always check lid for damage prior to cooking.*

**Close**: Grip handle and align the ▼ symbol on lid with ▲ on rim of cooker base. Lower lid into track, then turn lid clockwise until ▼ symbol on the lid lines up with ▲ indicator on base.
Check Sealing Ring & Sealing Ring Rack

Remove: Pull sealing ring out from behind sealing ring rack.

Inspect sealing ring rack. It should be centered in the lid and an even height all the way around.

Sealing ring must be installed before use.

Install: Place sealing ring over sealing ring rack and press into place. Ensure entire sealing ring is snug behind sealing ring rack.

After closing the lid, the sealing ring creates an airtight seal between lid and cooker base.

*The sealing ring is an integral part of product safety. Replace your sealing ring every 12-18 months or when deformation or damage is noticed.*

**CAUTION** Always check for cuts or deformations in sealing ring prior to cooking. Only use authorized Instant Pot® sealing rings. Failure to follow these instructions may cause food to discharge, which may lead to personal injury or property damage.

**CAUTION** Sealing rings may stretch over time. Do not use a stretched or damaged sealing ring. If puckering occurs, replace sealing ring.
Remove & Install Float Valve

The float valve has 2 positions. It \textit{pops up} to indicate when the cooker is \textit{pressurized}, and \textit{lowers into the lid} when the cooker is \textit{depressurized}.

\textit{Refer to “Venting Methods” section in this Guide for information on releasing pressure.}

\textbf{Remove:} Place one finger on the flat \textbf{top} of float valve. Turn lid over. Detach silicone cap from \textbf{bottom} side of float valve. Remove float valve from \textbf{top} of lid. Do not discard float valve or silicone cap.

The float valve and silicone cap must be installed before use to seal in pressurized steam.

\textbf{Install:} Drop float valve into float valve hole on \textbf{top} of lid. Place one finger on the flat \textbf{top} of float valve. Turn lid over. Attach silicone cap to \textbf{bottom} of float valve.

\begin{center}
\includegraphics[width=\textwidth]{float_valve_images}
\end{center}

\textbf{CAUTION} While float valve is up, contents of cooker are pressurized. \textit{Do not touch the float valve while the cooker is pressurized. Do not attempt to remove the lid while the cooker is pressurized.}
Remove & Install Anti-Block Shield

Remove: Grip lid and press firmly against side of anti-block shield (pressing towards side of lid and up) until it pops off the prongs underneath.

Anti-block shield must be installed before use and cleaned frequently.

Install: Place anti-block shield over prongs and press down until it snaps into position.

Anti-block shield prevents food particles from coming up through the steam release pipe, assisting with pressure regulation.
Remove & Install Steam Release Handle

Remove: Pull steam release handle up and off steam release pipe.

Steam release handle must be installed before use, and cleaned frequently.

Install: Place steam release handle on steam release pipe and press down. Fits loosely when installed properly, but will remain in place when the lid is turned over.

Remove

Install
Remove & Clean Inner Pot

Remove inner pot from cooker base and wash with hot water and dish soap before first use.

Wipe outer surfaces of inner pot and heating element to ensure they are dry and free of food debris. Failure to do so may damage the cooker.

Place inner pot into cooker base before cooking. Food must be placed only in the inner pot, not cooker base.

The inner pot is an integral part of product safety. Always use an authorized Instant Pot® inner pot made for this model when cooking. Failure to do so may cause personal injury or property damage.

*Note: Always check inner pot for dents or deformations prior to cooking.

**CAUTION** To avoid risk of personal injury and/or property damage, do not pour food or liquid into cooker base.

**WARNING** Do not fill the inner pot higher than the **PC MAX — 2/3 line** (Pressure Cooking Maximum), as indicated on the inner pot.

Exercise extreme caution when cooking and venting food such as applesauce, cranberries, pearl barley, oatmeal, split peas, noodles, etc., as these foods may foam, froth, or spatter, and may clog the steam release pipe and/or steam release valve. Do not fill the inner pot higher than the — **1/2** line when cooking these foods.
Install Condensation Collector

Install: On back of cooker base, align grooves on condensation collector over tabs and push condensation collector into place.

The condensation collector accumulates excess water and should be installed before cooking. Must be emptied and rinsed after use.

Remove: Pull condensation collector away from cooker base. Do not pull down on condensation collector.
Venting Methods
Venting Methods

Once cooking completes, there are 2 methods to release pressure:

**Natural Release (NR)**

Leave the steam release handle in the “Sealing” position. The cooker dissipates heat so pressure releases naturally over time.

This method must be used when cooking food such as soups, stews or chilis, as well as food that expands, such as beans and grains.  
*Note: Depressurization time will vary based upon volume of food and liquid.  May take 10-40 minutes, or longer.*

**Quick Release (QR)**

Move steam release handle from “Sealing” to “Venting.”

A continuous stream of steam will release through the top of the steam release handle until the float valve drops into the lid.  
*Note: It will be loud!*

If spatter occurs, move the steam release handle back to “Sealing”, and try again after a few minutes.  
If spatter continues, use NR to vent remaining pressure.

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**CAUTION**

Float valve will drop when cooker has depressurized. **Do not attempt to open the lid while the float valve is still popped up.**

**WARNING**

- Do not lean over or touch the steam release handle.
- Do not place unprotected skin over the steam release handle.
- Do not cover the steam release handle.
Initial Test Run (Water Test)

1. Add 3 cups (24 oz / 750 mL) water to inner pot.
2. Insert inner pot into cooker base.
3. 3 & 6 Quart: Secure power cord to base connection socket. Ensure connection is tight.
   Connect power cord to a 120V power source. Display indicates “OFF”.
4. Align ▼ on lid with ● ▲ on cooker base.
   Lower lid into track, then turn lid clockwise until jingle sounds.
5. Turn steam release handle to “Sealing” position.
7. Use the + / - keys to adjust cook time to “00:05” minutes.
   Note: The Instant Pot will save any customization made to cook time.
   After 10 seconds, cooker displays “On” to indicate that it has begun Pre-heating.
8. Float valve rises when cooker has pressurized. Once pressurized, Cooking begins and display changes from “On” to cook time countdown.
9. When the Smart Program completes, cooker begins Keep Warm or display indicates “End”.
10. Turn steam release handle to “Venting” position.
    Steam will release through top of steam release handle.
    Float valve will drop when pressure has been fully released.
11. To open, turn the lid counter-clockwise until a jingle sounds.
12. Discard water and dry inner pot.
13. Start cooking!

For details on Smart Programs and operation instructions, view the full manual at instantpot.com
## More Controls

<table>
<thead>
<tr>
<th>Option</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancel</td>
<td>Press to stop a Smart Program at any time. Cooker returns to Standby and display indicates “OFF”.</td>
</tr>
<tr>
<td>Delay Start</td>
<td>Postpone cooking up to 24 hours. Select a Smart Program and if desired, adjust the cook time, then press Delay Start to turn the setting on. Use the + / - keys to adjust the number of hours before cooking will begin.</td>
</tr>
<tr>
<td>Keep Warm</td>
<td>Setting turns on by default after cooking completes on all Smart Programs except Sauté and Yogurt. Once Smart Program is selected, press Keep Warm to turn the setting off.</td>
</tr>
<tr>
<td>Sound On</td>
<td>When in Standby, press and hold “+” key until display indicates “S On”.</td>
</tr>
</tbody>
</table>
| Sound Off   | When in Standby, press and hold “-” key until display indicates “SOFF”.  
**Note:** Error code alerts cannot be silenced.
## Smart Programs

<table>
<thead>
<tr>
<th>Smart Program</th>
<th>Setting</th>
<th>Suggested Use</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Soup/ Broth</strong></td>
<td>Less</td>
<td>Soup without meat</td>
<td>Liquid remains clear due to lack of boiling motion. Always use NR to release pressure when cooking soup with a high starch content.</td>
</tr>
<tr>
<td></td>
<td>Normal</td>
<td>Soup with meat</td>
<td></td>
</tr>
<tr>
<td></td>
<td>More</td>
<td>Rich bone broth</td>
<td></td>
</tr>
<tr>
<td><strong>Meat/ Stew</strong></td>
<td>Less</td>
<td>Soft texture</td>
<td>Choose setting based on meat texture desired, or adjust cook time manually. Allow meat to “rest” for 5-30 minutes, depending on size. It will retain cooking juices for tender, succulent meat.</td>
</tr>
<tr>
<td></td>
<td>Normal</td>
<td>Very soft texture</td>
<td></td>
</tr>
<tr>
<td></td>
<td>More</td>
<td>Fall-off-the-bone texture</td>
<td></td>
</tr>
<tr>
<td><strong>Bean/ Chili</strong></td>
<td>Less</td>
<td>Firmer texture</td>
<td>Choose setting based on bean texture desired, or adjust cook time manually. When cooking beans or legumes, always use NR to release pressure. Ensure dry beans are completely submerged in water.</td>
</tr>
<tr>
<td></td>
<td>Normal</td>
<td>Soft texture</td>
<td></td>
</tr>
<tr>
<td></td>
<td>More</td>
<td>Very soft texture</td>
<td></td>
</tr>
<tr>
<td><strong>Poultry</strong></td>
<td>Less</td>
<td>Soft texture</td>
<td>Choose setting based on poultry texture desired or adjust cook time manually. Allow meat to “rest” for 5-30 minutes, depending on size. It will retain cooking juices for tender, succulent meat. *6 &amp; 8 Quart only – Mini use Pressure Cook.</td>
</tr>
<tr>
<td></td>
<td>More</td>
<td>Very soft texture</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Normal</td>
<td>Fall-off-the-bone texture</td>
<td></td>
</tr>
<tr>
<td><strong>Rice</strong></td>
<td>Less</td>
<td>Tender but firm to bite</td>
<td>For cooking medium and long-grain white rice. Depending on the volume of rice, cook time may range from 8-15 minutes. Use 10-Minute Natural Release after cooking for perfect results.</td>
</tr>
<tr>
<td></td>
<td>Normal</td>
<td>Normal texture white rice</td>
<td></td>
</tr>
<tr>
<td></td>
<td>More</td>
<td>Softer texture white rice</td>
<td></td>
</tr>
<tr>
<td>Smart Program</td>
<td>Setting</td>
<td>Suggested Use</td>
<td>Note</td>
</tr>
<tr>
<td>---------------</td>
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<td>--------------------------------------------------------</td>
<td>---------------------------------------------------------------------</td>
</tr>
<tr>
<td>Multi-grain*</td>
<td>Less</td>
<td>Brown rice, wild rice, black beans, chickpeas, etc.</td>
<td>Select “Less” or “Normal” based on type of grain and desired texture.</td>
</tr>
<tr>
<td></td>
<td>Normal</td>
<td>Brown rice, wild rice, mung beans, etc.</td>
<td>“More” begins with 45 minutes of warm water soaking time prior to 60 minutes of pressure cooking.</td>
</tr>
<tr>
<td></td>
<td>More</td>
<td>Tough grains or a mixture of grains and beans</td>
<td>*6 &amp; 8 Quart only - Mini use Pressure Cook.</td>
</tr>
<tr>
<td>Porridge</td>
<td>Less</td>
<td>Oatmeal–steel cut or rolled</td>
<td>Adjust time as directed in recipe.</td>
</tr>
<tr>
<td></td>
<td>Normal</td>
<td>White rice, porridge/congee</td>
<td>Always use NR to release pressure when cooking foods that expand.</td>
</tr>
<tr>
<td></td>
<td>More</td>
<td>Rice porridge/congee with a mixture of various grains</td>
<td></td>
</tr>
<tr>
<td>Steam</td>
<td>Less</td>
<td>Vegetables</td>
<td>Use steam rack provided to elevate food above the cooking liquid.</td>
</tr>
<tr>
<td></td>
<td>Normal</td>
<td>Fish and Seafood</td>
<td>Use QR to release pressure to prevent food from overcooking.</td>
</tr>
<tr>
<td></td>
<td>More</td>
<td>Meat</td>
<td></td>
</tr>
<tr>
<td>Pressure Cook</td>
<td>NA</td>
<td>Manual programming</td>
<td>Press Pressure Level to toggle between High and Low pressure.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Use + / - keys to adjust cook time.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Adjust according to recipe for desired results.</td>
</tr>
<tr>
<td>Slow Cook</td>
<td>Less</td>
<td>Corresponds to Low on common slow cookers</td>
<td>Ensure steam release handle is set to “Venting” position.</td>
</tr>
<tr>
<td></td>
<td>Normal</td>
<td>Corresponds to Medium on common slow cookers</td>
<td>Optionally, use a glass lid for slow cooking.</td>
</tr>
<tr>
<td></td>
<td>More</td>
<td>Corresponds to High on common slow cookers</td>
<td></td>
</tr>
<tr>
<td>Smart Program</td>
<td>Setting</td>
<td>Suggested Use</td>
<td>Note</td>
</tr>
<tr>
<td>---------------</td>
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<td>---------------</td>
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</tr>
<tr>
<td>Sauté</td>
<td>Less</td>
<td>Simmering &amp; reducing</td>
<td>Do not use the lid on Sauté. Maximum 30 minutes to prevent overheating. When display switches from “On” to “Hot”, add recipe ingredients. If ingredients are added before “Hot” message appears, it may not appear at all.</td>
</tr>
<tr>
<td></td>
<td>Normal</td>
<td>Pan searing or sautéing</td>
<td></td>
</tr>
<tr>
<td></td>
<td>More</td>
<td>Stir-frying or browning meat</td>
<td></td>
</tr>
<tr>
<td>Yogurt</td>
<td>Less</td>
<td>For lower temperature fermentation such as Jiu Niang</td>
<td>Milk must reach a minimum of 72°C (161°F) for pasteurization to occur. Allow pasteurized milk to cool to below 43°C (110°F). 8 hours is standard for fermentation, but a longer period will result in tangier yogurt.</td>
</tr>
<tr>
<td></td>
<td>Normal</td>
<td>Fermenting milk after culture has been added</td>
<td></td>
</tr>
<tr>
<td></td>
<td>More</td>
<td>Pasteurizing milk</td>
<td></td>
</tr>
</tbody>
</table>

Pressure cooking Smart Programs operate at **High** (10.2 ~ 11.6psi) or **Low** (5.8 ~ 7.2psi) pressure. Higher pressure results in higher temperature.
Enjoy time well spent with the Instant family of small appliances.