

IMPORTANT SAFEGUARDS

At Instant Brands™ your safety always comes first. The Instant Pot® Duo™ was designed with your safety in mind, and we mean business. Check out this Instant Pot's long list of safety mechanisms at InstantHome.com to see what we mean. As always, be careful when using electrical appliances and follow basic safety precautions.

1. READ ALL INSTRUCTIONS, SAFEGUARDS AND WARNINGS BEFORE USE. FAILURE TO FOLLOW THESE SAFEGUARDS AND INSTRUCTIONS MAY RESULT IN INJURY AND/OR PROPERTY DAMAGE.
2. Use only the Instant Pot Duo lid with the Instant Pot Duo multicooker base. Using any other pressure cooker lids may cause injury and/or damage.
3. For household use only. Not for commercial use. DO NOT use the appliance for anything other than its intended use.
4. For countertop use only. Always operate the appliance on a stable, non-combustible, level surface.
 - DO NOT place on anything that may block the vents on the bottom of the appliance.
 - DO NOT place on a hot stove.
5. Heat from an external source will damage the appliance.
 - DO NOT place the appliance on or close to a hot gas or electric burner, or a heated oven.
 - DO NOT use the appliance near water or flame.
 - DO NOT use outdoors. Keep out of direct sunlight.
6. DO NOT touch the appliance's hot surfaces. Only use the side handles for carrying or moving.
 - DO NOT move the appliance when it is under pressure.
 - DO NOT touch accessories during or immediately after cooking.
 - DO NOT touch the metal portion of the lid when the appliance is in operation; this could result in injury.
 - Always use oven mitts when removing accessories, and to handle the inner pot.
 - Always place hot accessories on a heat-resistant surface or cooling plate.
7. The removable inner pot can be extremely heavy when full of ingredients. Care should be taken when lifting the inner pot from the multicooker base to avoid burn injury.
 - Extreme caution must be used when the inner pot contains hot food, hot oil or other hot liquids.
 - DO NOT move the appliance while it is in use and use extreme caution when disposing of hot grease.
8. **CAUTION** Overfilling may cause a risk of clogging the steam release pipe and developing excess pressure, which may result in burns, injury, and/or property damage.
 - DO NOT fill over PC MAX — 2/3 as indicated on the inner pot.
 - DO NOT fill the inner pot over — 1/2 line when cooking foods that expand during cooking such as rice or dried vegetables.
9. **WARNING** This appliance cooks under pressure. Any pressure in the appliance can be hazardous. Allow the appliance to depressurize naturally or release all excess pressure before opening. Inappropriate use may result in burns, injury and/or property damage.
 - Make sure the appliance is properly closed before operating. Refer to Pressure control features: pressure cooking lid.
 - DO NOT cover or obstruct the steam release handle and/or float valve with cloth or other objects.
 - DO NOT attempt to open the appliance until it has depressurized, and all internal pressure has been released. Attempting to open the appliance while it is still pressurized may lead to sudden release of hot contents and may cause burns or other injuries.
 - DO NOT place your face, hands or exposed skin over the steam release handle or float valve when the appliance is in operation or has residual pressure, and do not lean over the appliance when removing the lid.
 - Turn the appliance off if steam escapes from the steam release handle and/or float valve in a steady stream for longer than 3 minutes.
 - If steam escapes from the sides of the lid, turn the appliance off and make sure the sealing ring is properly installed. Refer to Pressure control features: sealing ring.
 - DO NOT attempt to force the lid off the Instant Pot multicooker base. Refer to Releasing pressure.
10. When cooking meat with skin (e.g. sausage with casing), the skin can swell when heated. Do not pierce the skin while it is swollen; this could result in scalding injury.
11. When pressure cooking food with a doughy or thick texture, or a high fat/oil content, contents may splatter when opening the lid. Follow recipe instructions for pressure release method. Refer to Releasing pressure.
12. Oversized foods and/or metal utensils must not be inserted into the inner pot as they may cause risk of fire and/or personal injury.
13. Proper maintenance is recommended before and after each use:
 - Check the steam release handle, steam release pipe, anti-block shield and float valve for clogging.
 - Before inserting the inner pot into the multicooker base, make sure both parts are dry and free of food debris.
 - Let the appliance cool to room temperature before cleaning or storage.
14. DO NOT use this appliance for deep frying or pressure frying with oil.
 - If the power cord is detachable, always attach the plug to the appliance first, then plug the cord into the wall outlet. To turn off, press Cancel, then remove the plug from power source. Always unplug when not in use, as well as before adding or removing parts or accessories, and before cleaning. To unplug, grasp the plug and pull from the outlet. Never pull from the power cord.
15. Regularly inspect the appliance and power cord. Do not operate the appliance if the power cord or plug is damaged, or after the appliance malfunctions or is dropped or damaged in any manner. For assistance, contact Service Center.
16. Spilled food can cause serious burns. A short power-supply cord is provided to reduce the hazards resulting from grabbing, entanglement and tripping.
 - DO NOT let the power cord hang over edges of tables or counters, or touch hot surfaces or open flame, including the stovetop.
 - DO NOT use below-counter power outlets, and never use with an extension cord.
 - Keep the appliance and cord away from children.
17. DO NOT use any accessories or attachments not authorized by Instant Brands Inc. The use of parts, accessories or attachments not recommended by the manufacturer may cause a risk of injury, fire or electric shock.
 - To reduce the risk of pressure leakage, cook only in an authorized stainless-steel Instant Pot inner pot.
 - DO NOT use the appliance without the removable inner pot installed.
 - To prevent personal injury and damage to the appliance, only replace the sealing ring with an authorized Instant Pot sealing ring.
18. DO NOT attempt to repair, replace or modify components of the appliance, as this may cause electric shock, fire or injury, and will void the warranty.
19. DO NOT tamper with any of the safety mechanisms, as this may result in injury or property damage.
20. The multicooker base contains electrical components. To avoid electrical shock:
 - DO NOT put liquid of any kind into multicooker base.
 - DO NOT immerse power cord, plug or the appliance in water or other liquid.
 - DO NOT rinse the appliance under tap.
21. DO NOT use the appliance in electrical systems other than 120 V-60 Hz for North America. Do not use with power converters or adapters. This appliance is NOT to be used by children or by persons with reduced physical, sensory or mental capabilities. Close supervision is necessary when any appliance is used near children and these individuals. Children should not play with this appliance.
22. DO NOT leave the appliance unattended while in use. Never connect this appliance to an external timer switch or separate remote-control system.
23. DO NOT store any materials in the multicooker base or inner pot when not in use.
24. DO NOT place any combustible materials in the multicooker base or inner pot, such as paper, cardboard, plastic, Styrofoam or wood.
25. DO NOT use the included accessories in a microwave, toaster oven, convection or conventional oven, or on a ceramic cooktop, electric coil, gas range or outdoor grill.

SAVE THESE INSTRUCTIONS.

Instant Pot

804106648

Recipe book is not included

Special cord set instructions

Per safety requirement, a short power supply cord is provided to reduce the hazards resulting from entanglement and tripping.

This appliance has a 3-prong grounding plug. To reduce the risk of electric shock, plug the power cord into a grounded electrical outlet that is easily accessible.

Product specifications

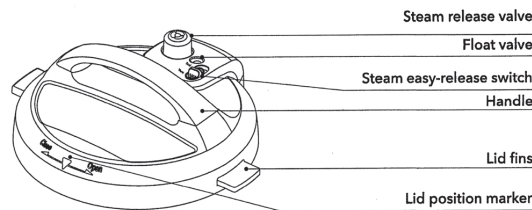
The tables below represent all available models in the 7-in-1 Duo family. To view a full list of sizes, colors and patterns, go to InstantHome.com/duo.

Model	Power	Voltage	Capacity	Weight	Dimensions
Duo mini v5	700 W	120 V ~ 60 Hz	2.8 Litres / 3 Quart	4.10 kg / 9.04 lbs.	cm: 29L x 25.5W x 28.5H in: 11.4L x 10W x 11.2H
Duo 6.0 v5 Duo 6.0 v5 Red SS Duo 6.0 v5 Mickey Mouse Red Duo Sweet Rose 6.0 Duo Blooming Bouquet 6.0	1000 W	120 V ~ 60 Hz	5.7 Litres / 6 Quart	5.24 kg / 11.54 lbs.	cm: 33.5L x 31W x 31.2H in: 13.2L x 12.2W x 12.5H
Duo 8.0 v5	1200 W	120 V ~ 60 Hz	7.6 Litres / 8 Quart	7.26 kg / 16.05 lbs.	cm: 37.6L x 33.8W x 36.1H in: 14.8L x 13.3W x 14.2H

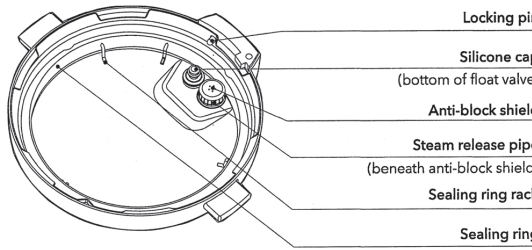
Product, parts and accessories

Represents all Duo Mini, 6 and 8 Quart models. See **Care, cleaning and storage: Removing and installing parts** to find out how everything fits together.

Top of lid



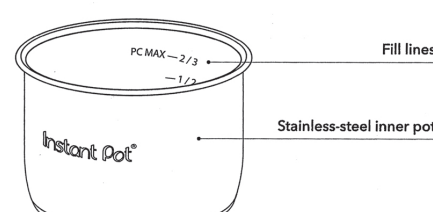
Bottom of lid



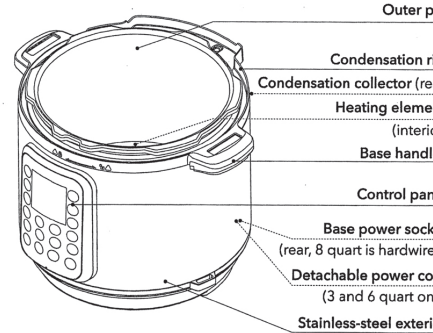
Stand the lid up in the multicooker base to keep it off your countertop! Insert the left or right lid fin into corresponding slot in the multicooker base handles to stand it up and save some space.

Illustrations in this document are for reference only and may differ from the actual product. Always refer to the actual product.

Inner pot



Multi-Cooker base



MULTI-USE PRESSURE COOKER

OWNER'S MANUAL

Get started

Initial set up

1. Pull that Duo out of the box!
2. Remove the packaging material.
 - Make sure to check under the inner pot!
3. Wash the inner pot in a dishwasher or with hot water and dish soap. Rinse it well with warm, clear water and use a soft cloth to thoroughly dry the outside of the inner pot.
4. Wipe the heating element with a soft, dry cloth to make sure there are no stray packaging particles left in the multicooker base.
 - Don't remove the safety warning stickers from the lid or the rating label from the back of the multicooker base.
5. You may be tempted to put the Duo on your stovetop — *but don't do it!* Place the multicooker base on a stable, level surface, away from combustible material and external heat sources.

Feeling keen?

- Check out **Product, parts and accessories** to get to know your Instant Pot's components, then read over **Pressure control features** for an in-depth look.
- While you're doing the **Initial test run (water test)**, read over **Pressure cooking 101** to find out how the magic happens!

⚠ WARNING		
Read the Important safeguards before using the appliance. Failure to read and follow those instructions for safe use may result in damage to the appliance, property damage or personal injury.	Do not place the appliance on a stovetop or upon another appliance. Heat from an external source will damage the appliance.	Do not place anything on top of the appliance, and do not cover or block the steam release handle or anti-block shield, located on the appliance lid.

Initial test run (water test)

Do you *have* to do the water test? No — but getting to know the ins and outs of your Duo prepares you for success in the kitchen! Take a few minutes to get to know how this baby works.

Stage 1: Setting up the Duo for pressure cooking

1. Remove the inner pot from the multicooker base and add 3 cups (750 mL / ~25 oz) of water to the inner pot, then place it back into the multicooker base.
2. **3 and 6 Qt models:** Secure the power cord to the base power socket on the back of the multicooker base. Make sure the connection is tight.
 - **All models:** Connect the power cord to a 120 V power source.
 - The display shows **OFF**.
3. Place and close the lid as described in **Pressure control features: Pressure cooking lid**.

Stage 2: Cooking

1. Select **Pressure Cook**.
2. Use the **- / +** buttons to adjust the cooking time to 5 minutes (**00:05**).

Adjustments are saved when a Smart Program starts, so the next time you use Pressure Cook, it will default to 5 minutes.

3. Press **Keep Warm** to turn the automatic Keep Warm setting off.
4. The multicooker beeps after 10 seconds and the display shows **On**.

While the multicooker does its thing, read **Pressure cooking 101** on the next page to find out how the magic happens.

5. When the Smart Program finishes, the display shows **End**.

Stage 3: Releasing pressure

1. Follow instructions for a Quick Release in **Releasing pressure: Venting methods**.
2. Wait for the float valve to drop, then carefully open and remove the lid as described in **Pressure control features: Pressure cooking lid**.
3. Using proper hand protection, remove the inner pot from the multicooker base, discard the water and thoroughly dry the inner pot.

⚠ CAUTION	
Pressurized steam releases through the top of the steam release handle. Keep exposed skin away from the steam release handle.	The inner pot will be hot after cooking. Always use appropriate heat protection when handling a hot inner pot.
⚠ DANGER	
DO NOT attempt to remove the lid while the float valve is up and NEVER attempt to force the lid open. Contents are under extreme pressure. Float valve must be down before attempting to remove the lid. Failure to follow these instructions may result in serious personal injury and/or property damage.	
⚠ WARNING	
To avoid injury, read and understand the instructions in this user manual before attempting to use this appliance.	
Electrical shock hazard. Use grounded outlet only.	
• DO NOT remove ground.	• DO NOT use an adapter.
• DO NOT use an extension cord.	
Failure to follow these instructions may result in electric shock and/or serious injury.	
THE FAILURE TO FOLLOW ANY OF THE IMPORTANT SAFEGUARDS AND/OR THE INSTRUCTIONS FOR SAFE USE IS A MISUSE OF YOUR APPLIANCE THAT CAN VOID YOUR WARRANTY AND CREATE THE RISK OF SERIOUS INJURY.	
Failure to adhere to safety instructions may result in serious injury or damage.	

The image shown here is for illustrative purposes only and may be subject to change.

Pressure cooking 101

Pressure cooking uses steam to raise the boiling point of water above 100°C / 212°F. These high temperatures allow you to cook food way faster than normal. When pressure cooking, the Instant Pot goes through 3 stages.

Pre-heating

What you see	What you don't see	Tips
The display shows On .	While the multicooker preheats, it vaporizes liquid to create steam. Once enough steam has built up, the float valve pops up and locks the lid in place.	The time it takes the multicooker to pressurize depends on things like food and liquid temperature and volume. Frozen foods have the longest pre-heating time. For the fastest results, thaw your food before cooking it. No need to hang around during this stage — trust that IP magic!

Cooking

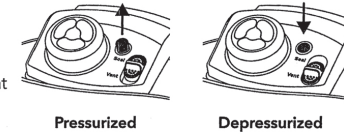
What you see	What you don't see	Tips
The float valve bobs up and down from all the steam, then pops up and stays flush with the lid. The display switches to the cooking countdown timer.	When it reaches the required pressure level, cooking begins. The Instant Pot automatically maintains the cooking pressure at High or Low pressure.	A higher pressure means a higher temperature. Smart Program settings (e.g., cooking time, pressure level, etc.) can be adjusted at any time during cooking.

Releasing pressure

What you see	What you don't see	Tips
If Keep Warm is on after cooking, when the timer counts up from 00:00 . If not, the multicooker goes back to standby and the display shows End . The float valve is still popped up.	Although food has finished cooking, the multicooker is still pressurized and hot, which is why the float valve is up. Releasing pressure lowers the temperature inside the multicooker, which allows you to safely remove the lid once the float valve drops.	See Releasing pressure for information on safe venting techniques and what they're used for. Follow your recipe instructions to choose the best venting method for your meal. The Instant Pot cools faster if Keep Warm is turned off.

Releasing pressure

You **must** release pressure after pressure cooking before attempting to open the lid. Follow your recipe's instructions to choose a venting method, and always wait until the float valve drops into the lid before opening.



⚠ WARNING	
Steam ejected from the steam release valve is hot. DO NOT place hands, face, or any exposed skin over the steam release valve when releasing pressure to avoid risk of injury.	DO NOT cover the steam release valve to avoid risk of injury and/or property damage.

Venting methods

- Natural Release (NR or NPR)
- Quick Release (QR or QPR)
- Timed Natural Release

Natural Release (NR or NPR)

Cooking stops gradually. As the temperature within the multicooker drops, the Instant Pot depressurizes naturally over time.

What to do	What to expect
After cooking finishes, leave the easy release switch in the Seal position until the float valve drops into the lid.	Your meal continues to cook even after the Smart Program ends.
Seal position	Instant Tip: This is called "carryover cooking" or "resting", and it's great for large cuts of meat. The depressurization time may vary based upon the volume, type and temperature of food and liquid. It can take up to 40 minutes with some dishes, so plan ahead — it's well worth the wait! When pressure has been fully released, the float valve drops into the lid.

NOTICE

Use NR to depressurize the multicooker after cooking high-starch foods (e.g., soups, stews, chilis, pasta, oatmeal and congee) or after cooking foods that expand when cooked (e.g., beans and grains).

REFURBISHED PRODUCT LIMITED THIRTY DAY WARRANTY

The **Refurbished Product Service Center** offers the following WARRANTY to the ORIGINAL purchaser of a product which we have refurbished.

This product that has been refurbished is warranted against any electronic or mechanical defects for a period of THIRTY DAYS from the date of the original purchase by the consumer. Since this unit was sold as a refurbished item, the warranty does not apply to any cosmetic appearance items such as scratches. Should a defect occur, the **Refurbished Product Service Center** will repair or, at its option, replace defective unit/parts with new or rebuilt materials without charge for either parts or labor. Replacement unit/parts will be warranted for the remaining portion of the original warranty period.

This warranty does not cover installation or damage from accident, misuse, abuse, improper wiring, incorrect voltage, operating the unit against the instructions in the owner's manual or any product which has been opened, altered, or tampered with.

This warranty does not cover costs for removal and or installation of the unit for repair. Under no circumstances shall the service center be liable for any special, incidental or consequential damages or for any other expenses incurred by reason of use or sale of this product. This warranty is in lieu of any other warranties expressed or implied warranty of merchantability of fitness for particular use or otherwise.

This warranty gives the consumer specific legal rights and they may also have other rights which vary from State to State. Some States do not follow the exclusion or limitation of incidental or consequential damages, hence the above exclusion and limitations may not apply.

Refurbished Product Service Center
13225 Marquardt Avenue Santa Fe Springs, CA 90670

WARRANTY REPAIR INFORMATION

If you need service on your unit during the 30 day warranty period; please go to www.ConsumerServiceRefurbish.com or call the Refurbished Product Service Center at 562-946-3531 to obtain the required claim number. Once you obtain your claim number, pack the unit properly (the original carton is ideal for this purpose) along with a copy of your purchase receipt. Send the unit freight prepaid and insured to:

Refurbished Product Service Center,
Att: Customer Service Department 13225 Marquardt Avenue Santa Fe Springs, CA 90670

Your unit will be promptly exchanged and returned to you.

We will refuse to accept delivery of the returned unit unless the assigned claim number appears on the outside of the shipping carton.

Owner's Information
(Keep your permanent records)

NAME: _____
ADDRESS: _____
CITY: _____ STATE: _____
ZIP CODE: _____ PHONE: _____
E-MAIL: _____
MODEL: _____
SERIAL NO.: _____

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Obpn: N/A
Shnmdl:DUO80V5_B
Pags:TAB Elbr:m.c.



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Releasing pressure

Quick Release (QR or QPR)

Stops cooking quickly and prevents overcooking. Perfect for quick-cooking vegetables and delicate seafood!

What to do	What to expect
Move the easy release switch from Seal to Vent and wait until the float valve drops into the lid.	A jet of steam ejects through the top of the steam release valve. This is normal When pressure has been fully released, the float valve drops into the lid.

If you see a lot of spatter while releasing pressure, move the easy release switch back from **Vent** to **Seal**, and wait a few minutes before trying to release pressure again. If spatter continues, use NR to safely release the remaining pressure.

Timed natural release

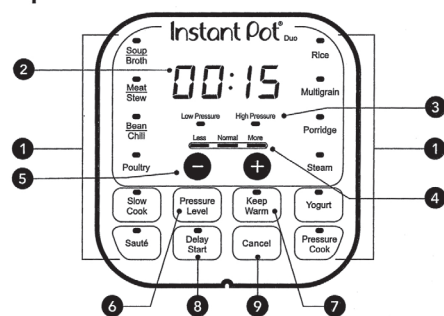
The carryover cooking continues for a specific amount of time, then stops quickly when you release the remaining pressure. Perfect for finishing rice and grains.

What to do	What to expect
Leave the easy release switch in the Seal position for a few minutes (according to your recipe) then move it from Seal to Vent and wait until the float valve drops into the lid.	A jet of steam ejects through the top of the steam release valve. The temperature within the multicooker drops, so the steam release may not be as powerful as a normal QR. When pressure has been fully released, the float valve drops into the lid.

NOTICE

Do not use QR when cooking fatty, oily, thick or high-starch foods (e.g., stews, chilis, pasta and congee) or when cooking foods that expand when cooked (e.g., beans and grains).

Control panel



Number	Function	Description
1	Smart Programs	Pressure cooking: Soup/Broth, Meat/Stew, Poultry, Multigrain (except 3qt), Rice, Porridge, Steam, Pressure Cook, Bean/Chili. Non-pressure cooking: Slow Cook, Sauté, Yogurt, Keep Warm.
2	Time display	Shows the time in HH:MM format. Counts up or down, depending on the Smart Program.
3	Pressure fields	LEDs show if the multicooker is using Low or High pressure during pressure cooking.
4	Less / Normal / More	Preset cooking time or temperature levels, depending on the Smart Program.
5	- / + buttons	Adjust time for cooking, Delay Start and Keep Warm.
6	Pressure level	Toggle between Low Pressure and High Pressure.
7	Keep Warm	Turns the Keep Warm setting on or off.
8	Delay Start	Delay the start of cooking.
9	Cancel	Stop a Smart Program at any time.

The actual descriptions of control panel and their locations may vary, depending on the model.

Status messages

OFF	The Instant Pot is in standby mode, ready for action!
Lid	May indicate that the lid is missing or is not properly secured.
On	The multicooker is pre-heating.
Auto	The Rice Smart Program is running.
boil	The Yogurt Smart Program is in the process of pasteurizing milk (i.e., the Yogurt Smart Program is set to More).
Hot	The inner pot has reached the perfect temperature and is ready to start cooking your food. Only applies to Sauté.
00:00	Display shows one of the following: <ul style="list-style-type: none"> When Delay Start is running, the multicooker counts down until the Smart Program begins; When a Smart Program is running, the multicooker counts down the remaining cooking time; When Keep Warm is running, the multicooker counts the length of time that food has been warming.

End	The Smart Program has finished and Keep Warm is off.
Food burn	The multicooker is overheating due to insufficient liquid. See Troubleshooting for more information.

Do you see something else? See **Troubleshooting** for more information.

Pressure control features

See **Care, cleaning and storage** for installation and removal of parts.

Pressure cooking lid

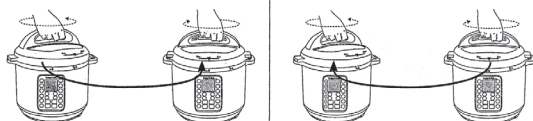
What we love about it	What you should know about it
The lid was designed with lid fins that fit perfectly inside the handles on the left and right sides of the multicooker base to help keep your countertop dry!	The lid is removable during non-pressure cooking so you can taste-test as you go. When you're pressure cooking, the lid only locks into place once the multicooker has pressurized. Try not to remove the lid unnecessarily!

Removing the lid

01 Grip the lid handle and turn it counter-clockwise to align the symbol on the lid with the symbol on the rim of the multicooker base.

Closing the lid

01 Align the symbol on the lid with the symbol on the multicooker base, then lower the lid onto the track.
02 Turn the lid clockwise until the symbol on the lid aligns with the symbol on the multicooker base.



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WARNING

Only use a compatible Instant Pot Duo lid with the Instant Pot Duo multicooker base. Using any other pressure cooker lids may cause injury and/or damage.

CAUTION

Always check the lid for damage and excessive wear prior to cooking.

Easy release switch

The easy release switch controls the steam release valve – the part that releases pressure.



What we love about it	What we should know about it
It's super easy to use, and keeps our hands far away from the steam when the multicooker is releasing pressure!	It automatically sets to Seal when you close the lid, so make sure to move it to Vent when you're not pressure cooking.

See **Releasing pressure: Venting methods** for safe depressurization techniques.

Steam release valve

The steam release valve sits loosely on the steam release pipe.

When the multicooker releases pressure, steam ejects from the top of the steam release valve. The steam release valve is integral to product safety and necessary for pressure cooking.

WARNING

Do not cover or block the steam release handle in any way.

Sealing ring

When the pressure cooking lid is closed, the sealing ring creates an air-tight seal between the lid and the inner pot.

The sealing ring must be installed before using the multicooker. Only one sealing ring should be installed in the lid at a time.

Silicone is porous, so it absorbs strong aromas and certain flavors. Keep extra sealing rings on hand to limit the transfer of aromas and flavors between dishes.

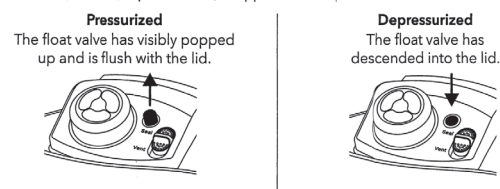
CAUTION

Only use authorized Instant Pot sealing rings. DO NOT use a stretched or damaged sealing ring.

- Always check for cuts, deformation and correct installation of the sealing ring before cooking.
 - Sealing rings stretch over time with normal use. The sealing ring should be replaced every 12–18 months or sooner if you notice stretching, deformation, or damage.
- Failure to follow these instructions may cause food to discharge, which may lead to personal injury or property damage.

Float valve

The float valve is a visual indication of whether there is pressure in the multicooker (pressurized) or not (depressurized). It appears in two positions:

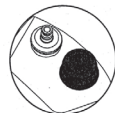


The float valve and silicone cap work together to seal in pressurized steam. These parts must be installed before use. Do not attempt to operate the Instant Pot without the float valve properly installed. **Do not touch the float valve during use.**

Anti-block shield

The anti-block shield prevents food particles from coming up through the steam release pipe, assisting with pressure regulation.

The anti-block shield is integral to product safety and necessary for pressure cooking.



Pressure cooking

Whether you're a whiz in the kitchen or a complete newbie, these Smart Programs help get you cooking with the touch of a button.

- Soup/Broth
- Meat/Stew
- Bean/Chili
- Poultry*
- Rice
- Multigrain*
- Porridge
- Steam
- Pressure Cook



*Not available on 3 Quart model. Use Pressure Cook instead.

Using pressurized steam guarantees your dish is cooked evenly and deeply, for the delicious results you expect every time.

Pressure level	Suggested use	Notes
Low Pressure 5.8 – 7.2 psi (35–55 kPa)	Fish and seafood, soft vegetables and rice.	The pressure level controls the temperature, so a higher pressure results in a higher cooking temperature.
High Pressure 10.2 – 11.6 psi (65–85 kPa)	Eggs, meat, poultry, root vegetables, oats, beans, grains, bone broth, stew, chili.	

CAUTION

To avoid scorching or scalding injury, be cautious when cooking with more than 1/4 cup (60 mL / ~2 oz) oil, oil-based sauces, condensed cream-based soups, and thick sauces. Add suitable liquid to thin sauces. Avoid recipes that call for more than 1/4 cup (60 mL / ~2 oz) of oil or fat content.

WARNING

Always cook with the inner pot in place. Food must be placed in the inner pot. **DO NOT pour food or liquid into the multicooker base.**

To avoid risk of personal injury and/or property damage, place food and liquid ingredients in the inner pot, then insert the inner pot into the multicooker base.

CAUTION

Always inspect the lid and inner pot carefully to make sure they are clean and in good working condition before use.

- To avoid personal injury or damage to the appliance, replace the inner pot if it is dented, deformed or damaged.
- Use only authorized Instant Pot inner pots made for this model when cooking. Always make sure the inner pot and heating element are clean and dry before inserting the inner pot into the multicooker base.

Failure to follow these instructions may damage the multicooker. Replace damaged parts to make sure safe function.

To create steam, pressure cooking liquids should be water-based, such as broth, stock, soup or juice. If using canned, condensed or cream-based soup, add water as directed below.

Instant pot size	Minimum liquid for pressure cooking
2.8 Litres / 3 Quarts	1 cup (250 mL / ~8 oz)
5.7 Litres / 6 Quarts	1½ cup (375 mL / ~12 oz)
7.6 Litres / 8 Quarts	2 cups (500 mL / ~16 oz)

*Unless otherwise specified by your recipe.

To get pressure cooking, follow the same basic steps as you did in the **Initial test run (water test)** – but add food this time!

Using the multi-functional rack will ensure your food items are steamed and not boiled. It helps to heat food evenly, prevents nutrients from leaching into the cooking liquid, and stops food items from scorching on the bottom of the inner pot.

When the Smart Program finishes, follow your recipe's directions to select the appropriate venting method. See **Releasing pressure: Venting methods** for safe venting techniques.

Find full instructions for use and pressure cooking timetables online at instanhome.com.

Find tried and true recipes, as well as pressure cooking timetables under the Recipes tab at instanhome.com, and download the Instant Pot app from instanhome.com!

CAUTION

When cooking meat, always use a meat thermometer to ensure the internal temperature reaches a safe minimum temperature. Refer to the USDA's Safe Minimum Internal Temperature Chart at fsis.usda.gov/safetempchart or Health Canada's Cooking Temperatures Chart at canada.ca/foodsafety for more information.

Other cooking styles

The Duo is much more than a pressure cooker. These Smart Programs don't cook with pressure, but are just as easy to use.

- Slow Cook
- Sauté
- Yogurt



Always inspect your Instant Pot pressure cooking lid, inner pot and multicooker base carefully to make sure they are clean and in good working condition before use.

Slow Cook

Slow Cook is compatible for use with any common slow cooker recipe, so you can keep cooking your classics!

If the float valve rises, make sure the steam release handle is set to the **Venting** position. See **Pressure control features: Steam release handle**.

Setting	Suggested Use	Notes
Less	Low setting on common slow cookers.	Less is commonly used for low and slow, all-day cooking, and should be set for a minimum of 10 hours (10:00) for best results.
Normal	Medium setting on common slow cookers.	You can use a glass lid for slow cooking if it has a venting hole. Make sure the steam release handle is set to Venting .
More	High setting on common slow cookers.	

Sauté

Sauté can be used in place of a frying pan, griddle or flat-top grill.

Setting	Suggested Use	Notes
Less	Simmering, thickening and reducing liquids.	The display switching from Hot to On indicates the multicooker is maintaining the cooking temperature.
Normal	Pan searing or sautéing.	As a safety precaution, 30 minutes is the maximum cooking time.
More	Stir-frying or browning meat.	

When pressure cooking after using Sauté, deglaze the inner pot to make sure food items do not scorch.

To deglaze: Remove food items from the inner pot and add a thin liquid (e.g., water, broth, wine) to the hot surface. Use a wooden or silicone scraper to loosen anything that may be stuck to the bottom of the inner pot.

CAUTION

The Sauté Smart Program reaches high temperatures. If unmonitored, food may burn on this setting. **Do not use the lid and do not leave your multicooker unattended while using Sauté.**

Other cooking styles

Yogurt

Yogurt is designed to effortlessly produce delicious fermented dairy and non-dairy recipes.

Instant Pot Size	Minimum Milk Volume	Maximum Milk Volume
2.8 Litres / 3 Quarts	2 cups (500 mL / ~16 oz)	2 quarts (1.9 L / ~64 oz)
5.7 Litres / 6 Quarts	4 cups (1000 mL / ~32 oz)	4 quarts (3.8 L / ~128 oz)
7.6 Litres / 8 Quarts	6 cups (1500 mL / ~48 oz)	6 quarts (5.8 L / ~192 oz)

Setting	Suggested Use	Notes
Less	For lower temperature fermentation (e.g., Jiu Niang, a sweet fermented glutinous rice dessert).	Default fermentation time is 24 hours (24:00). Adjust fermentation time based on recipe.
Normal	Fermenting milk after culture has been added	A longer fermentation will result in tangier yogurt. Adjust as desired up to 99 hours and 30 minutes (99:30).
More	Pasteurizing milk.	Pasteurization time is preset and cannot be adjusted. Display shows boil while pasteurization is running. For extra thick yogurt, pasteurize milk twice!

Care, cleaning and storage

Clean your Duo and its parts after each use. Failure to follow these cleaning instructions may result in catastrophic failure, which may lead to property damage and/or severe personal injury.

Always unplug your multicooker and let it cool to room temperature before cleaning. Never use metal scouring pads, abrasive powders or harsh chemical detergents on any of the Instant Pot's parts or accessories.

Let all surfaces dry thoroughly before use, and before storage.

Parts	Cleaning methods and instruction
Accessories	
• Steam rack	Dishwasher safe if placed on the top rack.
Lid and parts	
• Condensation collector	Dishwasher safe if placed on the top rack.
• Anti-block shield	Remove all the parts from the lid before cleaning. See Care, cleaning and storage: Removing and installing parts .
• Sealing ring	Check the condensation collector after each use and empty as needed. Do not allow food or moisture to stagnate in the condensation collector.
• Steam release handle	With steam release handle and anti-block shield removed, clean the interior of the steam release pipe to prevent clogging.
• Float valve	To drain water from the lid after dishwashing, grasp the lid handle and hold the lid vertically over a sink, then turn 130° such as turning a steering wheel.
• Silicone cap	After cleaning, store the lid upside down on the multicooker base. Store sealing rings in a well-ventilated area to decrease residual odor of flavorful meals. To eliminate odors, add 1 cup (8 oz / 250 mL) water and 1 cup (8 oz / 250 mL) white vinegar to inner pot, and run Pressure Cook for 5–10 minutes, then QR pressure.
Inner pot	
	Dishwasher safe.
	More acute hard water staining may require a vinegar-dampened sponge and some scrubbing to remove.
	If there is tough or burned food residue at the bottom, soak in hot water for a few hours for easy cleaning.
	Make sure all exterior surfaces are dry before placing in multicooker base.
Power cord (8 Quart only) Detachable power cord (3 and 6 Quart only)	Hand wash only. Do not machine wash. Use a barely damp cloth to wipe any particles off the cord.
Multicooker base	Hand wash only. Do not dishwasher. Wipe the inside of the outer pot as well as the condensation rim with a barely damp cloth. Allow them to dry completely before inserting inner pot. Clean multicooker base and control panel with a soft, barely damp cloth or sponge.

Some discoloration may occur after machine washing, but this will not affect the cooker's safety or performance.

WARNING

The Instant Pot multicooker base contains electrical components. To avoid fire, electric leakage or personal injury, make sure the multicooker base stays dry.

- DO NOT immerse the multicooker base in water or other liquid, or attempt to cycle it through the dishwasher.
- DO NOT rinse the heating element.
- DO NOT submerge or rinse the power cord or the plug.

Removing and installing parts

Silicone sealing ring

Remove the sealing ring

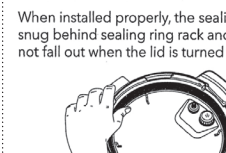
Grip the edge of the silicone and pull the sealing ring out from behind the circular stainless steel-sealing ring rack.

With the sealing ring removed, inspect the steel rack to make sure it is secured, centered, and an even height all the way around the lid. Do not attempt to repair a deformed sealing ring rack.



Install the sealing ring

Place the sealing ring over the sealing ring rack and press it into place. Press down firmly to prevent puckering.



Remove the float valve

Place one finger on the flat top of float valve, then turn the lid over. Detach the silicone cap from the bottom side of the float valve. Remove the float valve from the top of the lid.



Install the float valve

Drop the narrow end of the float valve into the float valve hole on the top of the lid. Place one finger on the flat top of the float valve, then turn the lid over. Firmly attach the silicone cap to the bottom of the float valve.

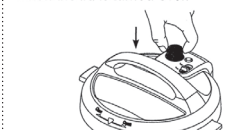
Do not attempt to operate the pressure cooker without the float valve and/or silicone cap properly installed in the pressure cooking lid.



Remove the steam release valve

Place the steam release valve on the steam release pipe and press down firmly.

The steam release valve sits loosely on the steam release pipe when installed properly but should remain in place when the lid is turned over.



Install the steam release valve

Place the steam release valve on the steam release pipe and press down firmly.

The steam release valve sits loosely on the steam release pipe when installed properly but should remain in place when the lid is turned over.

Do not attempt to operate the pressure cooker without the float valve and/or silicone cap properly installed in the pressure cooking lid.

Illustrations in this document are for reference only and may differ from the actual product. Always refer to the actual product.