

# Instant Pot®

## DUO EVO™ PLUS

5.7 and 8 Litre  
Multi-Use Pressure Cookers



### User Manual

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# Welcome to the world of Instant cooking.

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Thank you for welcoming us into your kitchen.

Having families ourselves, we developed the Instant Pot® Duo Evo™ Plus pressure cooker 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 and Chief Innovation Officer

Download the Instant Pot App



Find helpful [how-to videos](#), [download the app](#), or visit our [recipe](#) site.

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# IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed:

1. READ THE USER MANUAL IN FULL, AND ALL INSTRUCTIONS, SAFEGUARDS AND WARNINGS BEFORE OPERATING THE APPLIANCE. FAILURE TO FOLLOW THESE SAFEGUARDS AND INSTRUCTIONS MAY RESULT IN INJURY AND/OR PROPERTY DAMAGE.
2. Use only the Instant Pot Duo Evo Plus lid with the Instant Pot Duo Evo Plus cooker base. Using any other pressure cooker lids may cause injury and/or damage.
3. Do not allow children near the pressure cooker when in use. Children should not play with the appliance.
4. Do not put the appliance into a heated oven or on any heated surface.
5. Do not place the appliance on or in close proximity to a hot gas or electric burner, or a heated oven. Heat from an external source will damage the appliance. Failure to follow these instructions may result in injury or property damage.
6. Do not tamper with any of the safety mechanisms as this may result in injury or property damage.
7. Do not move the appliance while it is under pressure.
8. Do not use the pressure cooker for any purpose other than that for which it is intended.
9. This appliance cooks under pressure. Scalds may result from inappropriate use of the pressure cooker. Make sure the cooker is properly closed before applying heat. Refer to the [Overview of Pressure Cooking Features](#) on page 24.
10. Never force open the pressure cooker. Do not open before making sure that its internal pressure has completely dropped. Refer to the [Depressurising the Cooker](#) on page 29.
11. Never use your pressure cooker without adding water as this would seriously damage it.
12. Do not fill the inner pot beyond **Max PC Fill** as indicated on the inner pot. When cooking foodstuffs which expand during cooking, such as rice or dehydrated vegetables, do not fill the cooker to beyond **Half Fill** as indicated on the inner pot.



Read this manual carefully and completely, and retain for future reference. Failure to adhere to safety instructions may result in serious injury.

# IMPORTANT SAFEGUARDS

13. After cooking meat with a skin (such as ox tongue), which may swell under the effect of pressure, do not prick the meat while the skin is swollen as you may be scalded.
14. The heating element surface inside the Instant Pot base is subject to residual heat after use; do not touch it.
15. Before each use, check that the valves, the steam release pipe, and the anti-block shield are not obstructed. Refer to the [Products, Parts and Accessories](#) on pages 11 and 12.
16. Never use the pressure cooker in its pressurised mode for deep or shallow frying of food.
17. Do not tamper with any of the safety systems beyond the maintenance instructions specified in the instructions for use.
18. Only use Instant Pot spare parts and accessories in accordance with the relevant model.
19. Do not operate any appliance with a damaged lead or plug, or after the appliance malfunctions or has been damaged in any way. Servicing should only be performed by an authorised representative. If the power supply lead is damaged, users should contact Customer Care for further assistance.
20. When cooking doughy food, use caution when removing the lid to avoid food ejection.
21. For domestic use only. Not intended for commercial or outdoor use.
22. Be aware that certain foods such as stewed apples, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb or spaghetti can foam, froth and clog the steam release. These foods should not be cooked under pressure cooking settings unless as directed in Instant Pot cooker recipes.
23. Do not let children near the pressure cooker while in use.
24. Spilled food can cause serious burns. A short power-supply lead is provided to reduce the hazards resulting from grabbing, entanglement and tripping.
  - Keep the appliance and lead away from children.
  - Never drape the power lead over edges of tables or counters.
  - Never use below-counter power sockets, and never use with an extension lead.



Read this manual carefully and completely, and retain for future reference. Failure to adhere to safety instructions may result in serious injury.

# IMPORTANT SAFEGUARDS

25. Unplug from the outlet 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. To avoid damage to the power lead, never pull from the power lead.
26. Always allow the appliance to cool before cleaning. Allow all surfaces to dry thoroughly before use or storage.
27. The appliance is not intended to be operated by means of an external timer or a separate remote-control system.
28.  The cooker base contains electrical components. To avoid electrical shock, do not immerse the power lead, plug, or the cooker base in water or other liquid. Do not rinse the cooker base under a tap.
29. Intended for countertop use only. Keep the appliance on a stable, heat resistant platform. Do not place on or near a hot hob.
30. Always make sure the sealing ring is completely set in the groove on the inside of the sealing ring rack.
31. Avoid spillage on the connector.

## SAVE THESE INSTRUCTIONS.



Read this manual carefully and completely, and retain for future reference. Failure to adhere to safety instructions may result in serious injury.

# IMPORTANT SAFEGUARDS

## WARNING

To avoid injury, read and understand instruction manual before using this appliance.

## WARNING

Electric shock hazard. Use an earthed outlet only. DO NOT remove earthing. DO NOT use an adapter. DO NOT use an extension lead. Failure to follow instructions can cause electric shock or death.

## WARNING

FAILURE TO FOLLOW ANY OF THE IMPORTANT SAFEGUARDS AND IMPORTANT INSTRUCTIONS FOR SAFE USE IS A MISUSE OF YOUR APPLIANCE THAT CAN VOID YOUR WARRANTY AND CREATE THE RISK OF SERIOUS INJURY.

## Special Lead Set Instructions

As per safety requirements, a short power supply lead is provided to reduce the hazards resulting from entanglement and tripping.

## Product Specifications



Duo Evo Plus 6	5.7 Litres	220-240 V ~50/60 Hz	1000-1200 W	6.1 kg	33.1 cm × 32.2 cm × 32.5 cm
Duo Evo Plus 60	5.7 Litres	220-240 V ~50-60 Hz	1000-1200 W	6.1 kg	33.1 cm × 32.2 cm × 32.5 cm
Duo Evo Plus 80	8 Litres	220-240 V ~50/60 Hz	1400 W	7.2 kg	36.5 cm × 35.3 cm × 36 cm

The models listed here may not be available in all countries. For a complete list of sizes and colours, visit [instantpot.co.uk](https://instantpot.co.uk).

## WARNING

Read this manual carefully and completely, and retain for future reference. Failure to adhere to safety instructions may result in serious injury.

# Initial Setup

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- Read all of the [Important Safeguards](#) in this User Manual before using the appliance. Failure to read and follow Important Safeguards may result in damage to the appliance, property damage or personal injury.
- Use only the Instant Pot Duo Evo Plus lid with the Instant Pot Duo Evo Plus pressure cooker base. Using any other pressure cooker lids may cause injury and/or damage. The Instant Pot tempered glass lid, which can be purchased separately, may be used for non-pressure cooking.
- Remove all packaging material and accessories from within and around the appliance.
- Place the appliance on a stable, level surface, away from combustible material and external heat sources. Leave at least 13 cm of space around the appliance.
- Follow [Cleaning Before First Use](#) instructions in this manual to clean the appliance before cooking.

## CAUTION

Do not place the appliance on a hob.

Do not place anything on top of the appliance.

Do not block or cover the steam release assembly located on the lid.

# Product, Parts and Accessories

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## Duo Evo Plus 5.7 and 8 Litre Pressure Cooker

Before using the Instant Pot Duo Evo Plus, verify that all parts are accounted for.



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

# Product, Parts and Accessories

## Top of Lid

### Steam Release Assembly

Steam release assembly must be fully installed before use.

### Steam Release Cover

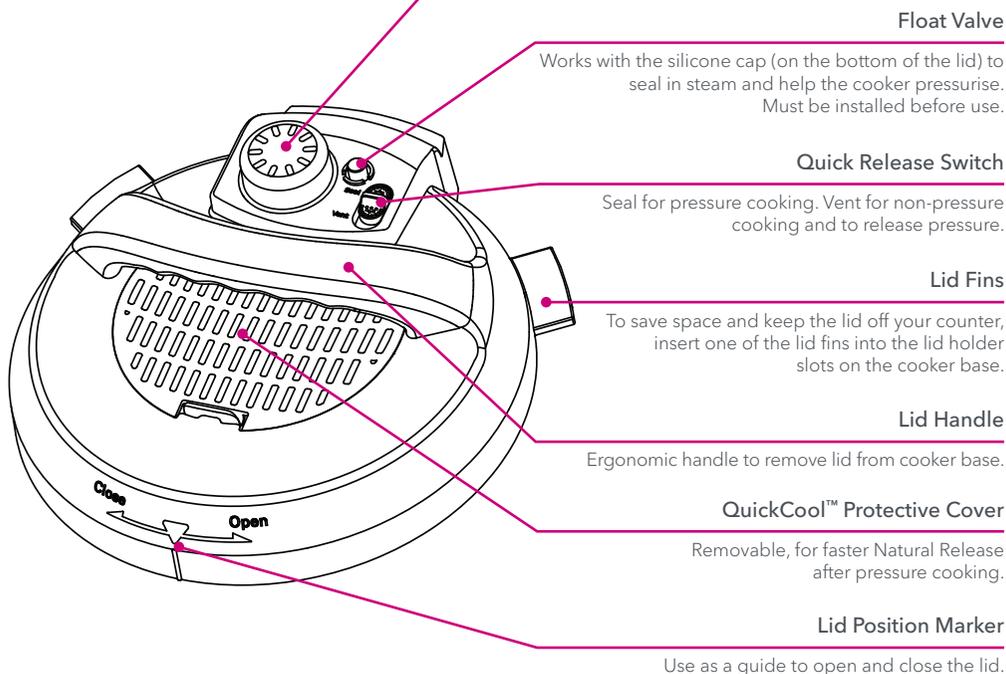
Disperses and softens steam release.

### Steam Release Valve

Regulates the cooker's internal pressure. It fits loosely when installed, but should remain in place when the lid is turned over.

### Steam Release Pipe

When releasing pressure quickly, steam travels through this pipe from the inner pot to the steam release valve.



### Float Valve

Works with the silicone cap (on the bottom of the lid) to seal in steam and help the cooker pressurise. Must be installed before use.

### Quick Release Switch

Seal for pressure cooking. Vent for non-pressure cooking and to release pressure.

### Lid Fins

To save space and keep the lid off your counter, insert one of the lid fins into the lid holder slots on the cooker base.

### Lid Handle

Ergonomic handle to remove lid from cooker base.

### QuickCool™ Protective Cover

Removable, for faster Natural Release after pressure cooking.

### Lid Position Marker

Use as a guide to open and close the lid.

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

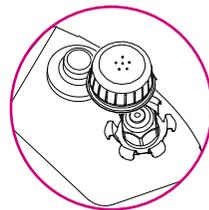
# Product, Parts and Accessories

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## Bottom of Lid

### Anti-Block Shield

Prevents food particles from coming up through the steam release pipe, which assists with pressure regulation. Must be installed before use.



### Locking Pin

Locks the lid in the closed position when the cooker is pressurised to prevent accidental opening of the lid.

### Silicone Cap

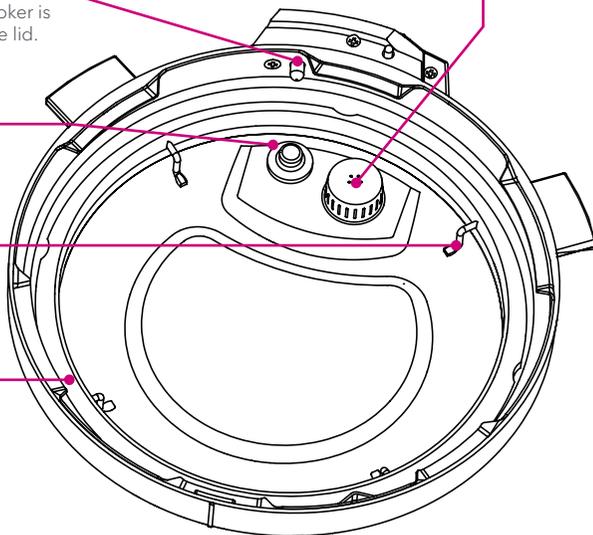
Keeps the float valve in place and assists in pressurisation. Must be installed before use.

### Sealing Ring Rack

Holds the sealing ring in place. It should be centred in the lid and an even height all the way around.

### Sealing Ring

After closing the lid, the sealing ring creates an airtight seal between lid and cooker base. Must be installed before use.

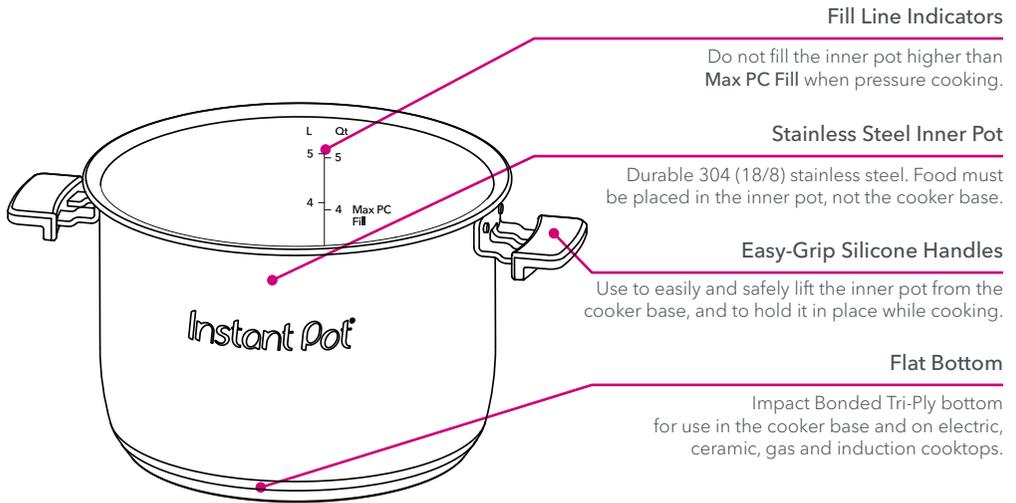


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# Product, Parts and Accessories

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## Inner Pot



### Fill Line Indicators

Do not fill the inner pot higher than **Max PC Fill** when pressure cooking.

### Stainless Steel Inner Pot

Durable 304 (18/8) stainless steel. Food must be placed in the inner pot, not the cooker base.

### Easy-Grip Silicone Handles

Use to easily and safely lift the inner pot from the cooker base, and to hold it in place while cooking.

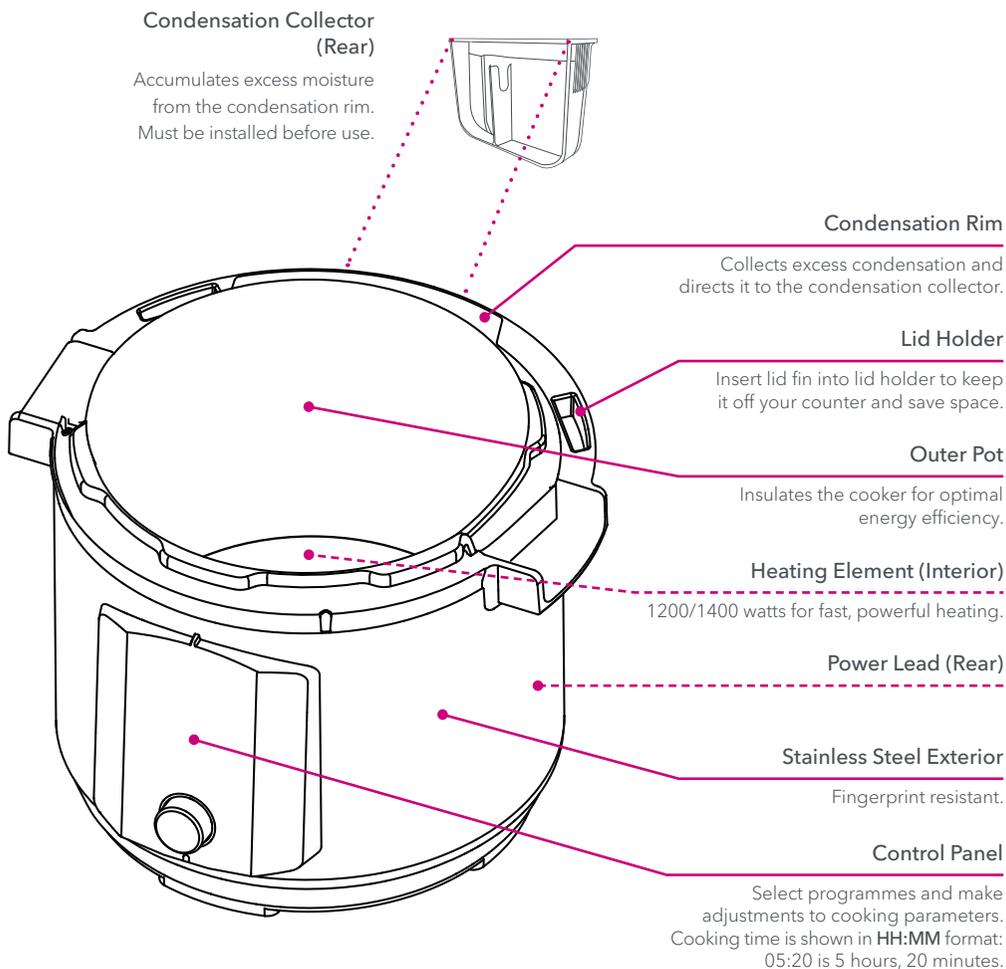
### Flat Bottom

Impact Bonded Tri-Ply bottom for use in the cooker base and on electric, ceramic, gas and induction cooktops.

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# Product, Parts and Accessories

## Cooker Base



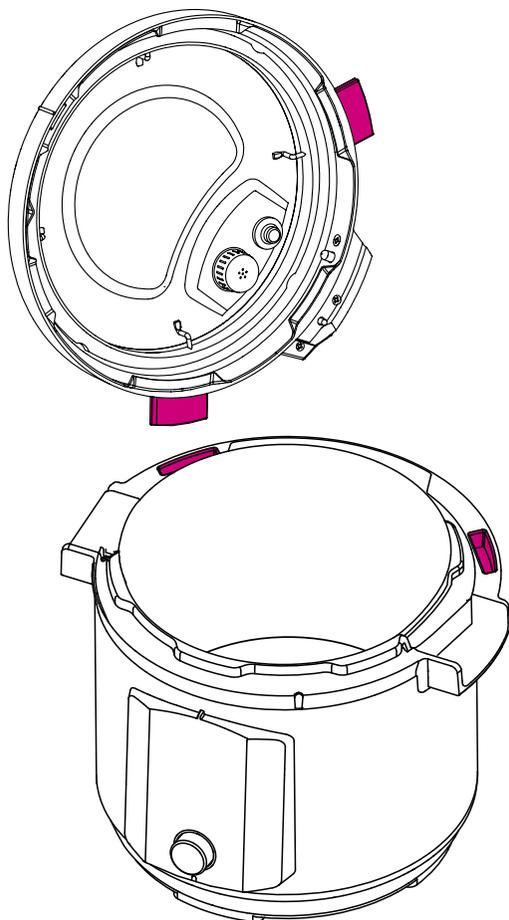
*Illustrations in this document are for reference only and may differ from the actual product. Always refer to the actual product.*

## Product, Parts and Accessories

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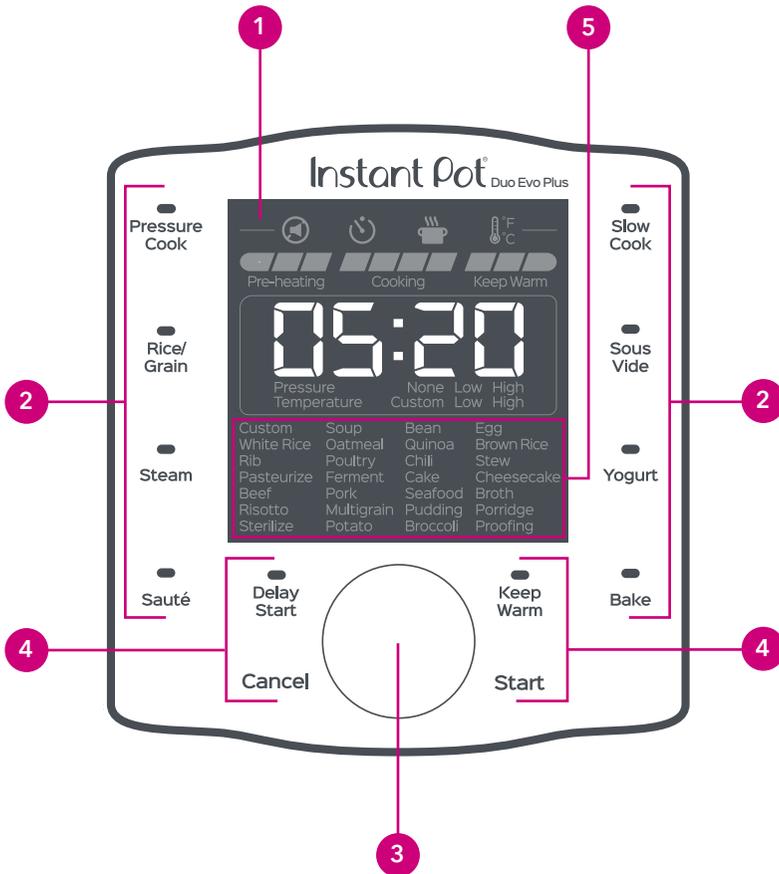
### Lid Standing Position

The Duo Evo Plus is equipped with slots on both the left and right side of the cooker base in which to rest the lid when not in use. The inner pot can easily be removed when the lid is in the standing position.



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# Control Panel



## 1 Display - The LCD display includes the following:

- Status Icons show cooker status as described in [Progress Indicator and Status Icons](#) below
- Progress Indicator - Pre-heating/Cooking/Keep Warm
- Timer displays Cooking time, time before Delay Start and time in Keep Warm
- Pressure Level - None/Low/High
- Temperature Level - Custom/Low/High

# Control Panel

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- 2 Smart Programmes - The 8 Smart Programmes provide 48 pre-set cooking times, temperatures and pressure levels to choose from.**

## Pressure Cooking

Pressure Cook  
Rice/Grain  
Bake

## Non-Pressure Cooking

Steam  
Sauté  
Slow Cook  
Sous Vide  
Yogurt  
Bake (Custom/Proofing)  
Manual Keep Warm

- 3 Control Dial**

Turn the dial to scroll through Smart Programmes, modify status icons, adjust time, temperature and pressure levels.

The dial is also a button. Press the dial to confirm your selection.

- 4 System settings**

- **Delay Start** - Enables the delayed start of a Smart Programme by up to 24 hours. Can also be used as a kitchen timer.
- **Keep Warm** - Press to enable or disable manual or automatic Keep Warm function.
- **Cancel** - Press at any time to stop a Smart Programme and return the cooker to Standby mode (display indicates **OFF**).
- **Start** - Press to start a Smart Programme or begin Delay Start timer.

- 5 Pre-set Cooking Options**

Once you select a Smart Programme you can choose from a variety of pre-set options using the dial to scroll to the pre-set of your choice.

# Control Panel

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## Progress Indicator and Status Icons

### Status Icons

 Sound On/Off icon

 Delay Start icon

 Keep Warm icon

 °F / °C indicator

### Progress Indicator



When the cooker begins to heat, the progress bar indicates that **Pre-heating** is in progress. The display indicates **On** while pre-heating.



When cooker reaches the pressure or temperature required by the Smart Programme, the progress bar indicates that **Cooking** is in progress. The display indicates the cooking time remaining and current pressure/temperature level.



When the cooking process is complete and **Keep Warm** is on, the progress bar displays **Keep Warm** and the timer counts up the elapsed time to a maximum of **10** hours.

When **Keep Warm** completes, the display indicates **End**.

# Control Panel

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## Status Messages



OFF

Indicates that the cooker is plugged in and is in **Standby** mode.



Lid

Indicates that the pressure cooker lid is not properly secured or is missing.



On

Indicates that the cooker is in **Pre-heat** mode.

Displays one of the following:

- When **Delay Start** is running, the display indicates a countdown until the **Smart Programme** begins.
- When a **Smart Programme** is running, the display indicates the cooking time remaining in the **Smart Programme**.
- When **Keep Warm** is selected, the display indicates the length of time that food has been warming.



05:20



05:20  
Temperature Custom

Indicates the temperature level as **Custom, High** or **Low**. May be adjusted depending on the **Smart Programme**.



Hot

After the target temperature has been reached in the **Sauté** and **Sous Vide** programmes, the display will indicate **Hot**. The cooker will beep to remind you to add food to the inner pot.

After the cooker beeps, the time indicator will start counting down.



End

When cooking is complete, the cooker will display **End** and return to **Standby** mode.

If automatic **Keep Warm** is on, the cooker will warm food contents for up to **10 hours** after cooking is complete, then display **End** and return to **Standby** mode. Refer to [Keep Warm](#) for information on automatic and manual warming options.

# Smart Programme Settings

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## Turn Sound On or Off

With the cooker in **Standby** mode (display indicates **OFF**), press and hold the dial until the **Sound** icon  blinks in the upper left corner of the display. Turn the dial to toggle between on and off. Press and hold the dial for 5 seconds to save the change.

All sounds except error alerts can be turned on or off.

## Change Temperature Scale (°C or °F)

With the cooker in **Standby** mode (display indicates **OFF**), press and hold the dial until the sound icon blinks as indicated above. Press the dial to toggle to the temperature scale setting . Turn the dial to toggle between Celsius (°C) and Fahrenheit (°F). Press and hold the dial for 5 seconds to save the change.

## Manual Keep Warm

**Manual Keep Warm** may be set from a minimum of **10** minutes to a maximum of **24** hours, and is perfect for reheating meals or keeping food warm for a long period of time.

Offering a customisable setting, manual **Keep Warm** allows you to choose a warming temperature from a range of 25°C-90°C.

1. When in **Standby** mode, press **Keep Warm** to select the Keep Warm programme.
2. When the warming time flashes, you may press the dial to select the default time, or turn the dial to adjust the cooking time. Press the dial to confirm the change and go to the next field.
3. When the temperature level flashes, you may press the dial to select the default temperature, or turn the dial to toggle between **Custom**, **Low** and **High** settings. Press the dial to confirm the change.
4. If you select **Custom**, you may press the dial to select the default temperature, or turn the dial to adjust the temperature in Celsius (°C) or Fahrenheit (°F). Press the dial to confirm your selection.
5. Press **Start** to begin warming.
6. When **Keep Warm** completes, the display indicates **End**.

# Smart Programme Settings

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## To Adjust the Time During Cooking

Press the dial. When the cook time flashes, turn the dial to adjust the cooking time up or down. Press **Start** to resume the Smart Programme.

*Note: Cooking will resume after 10 seconds if **Start** is not pressed.*

## To Adjust the Pressure or Temperature Level During Cooking

Press the dial. When the cook time flashes, press the dial again to toggle to **Pressure** or **Temperature**, depending on the Smart Programme.

**Pressure:** Turn the dial to toggle between **None**, **Low** and **High** pressure. Press **Start** to resume the Smart Programme.

**Temperature:** Turn the dial to toggle between **Custom**, **Low** and **High** temperature. Press **Start** to resume the Smart Programme.

*Note: Cooking will resume after 10 seconds if **Start** is not pressed.*

## Reset to Factory Default Settings

### Reset Individual Smart Programmes

Turn Sound on. With the cooker in **Standby** mode (display indicates **OFF**), press and hold the Smart Programme button you wish to reset.

The cooker will beep and restore the Smart Programme's pressure level, cooking time and/or temperature to factory default settings.

### Reset All Smart Programmes

With the cooker in **Standby** mode (display indicates **OFF**), press and hold **Cancel** until the cooker beeps.

All Smart Programme pressure levels, cooking times and/or temperatures are restored to factory default settings.

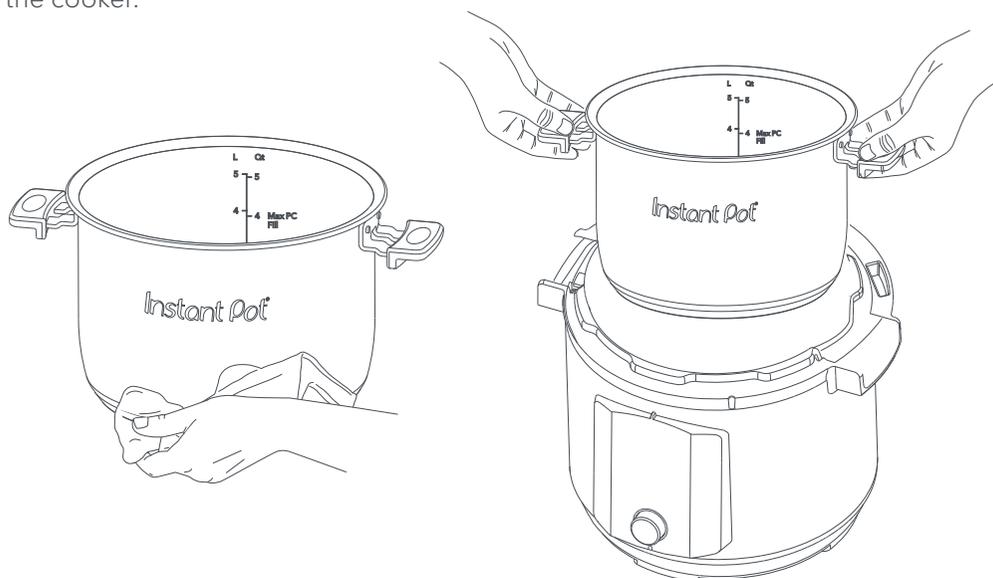
# Cleaning Before First Use

## Remove and Clean Inner Pot

Remove the inner pot from the cooker base and wash it with hot water and washing up liquid. Rinse with warm, clear water and use a soft cloth to dry the outside of the inner pot.

**Note:** *The inner pot is dishwasher safe.*

Wipe the heating element to ensure it is dry and free of stray packing material before returning the inner pot to the cooker base. Failure to do so may damage the cooker.



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**CAUTION** To avoid risk of personal injury and/or property damage, food **must** be placed in the inner pot, and never directly in the cooker base. Always use an authorised Instant Pot inner pot **made for the Duo Evo Plus** when cooking.

**CAUTION** The inner pot is an integral part of product safety. To avoid personal injury or damage to the appliance, replace a dented, deformed or damaged inner pot with an authorised Instant Pot inner pot **made for the Duo Evo Plus**. **Do not use an inner pot made for a different model in the Duo Evo Plus cooker base.** Doing so may cause personal injury or property damage.

**WARNING** Do not fill the inner pot higher than the **Max PC Fill** (Pressure Cooking Maximum), as indicated on the inner pot. Exercise extreme caution when cooking and venting food such as stewed apples, 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 **Half Fill** line when cooking these foods.

# Overview of Pressure Control Features

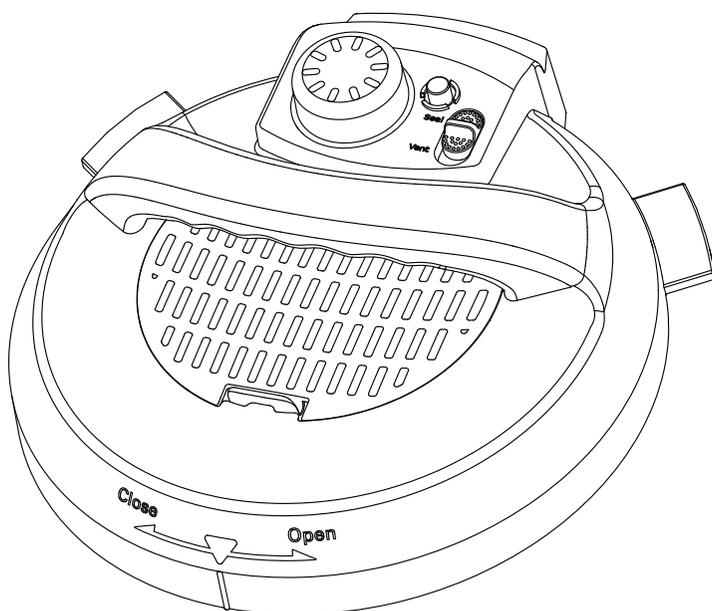
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Get familiar with your Duo Evo Plus control features.

## Pressure Cooking Lid

The Instant Pot Duo Evo Plus pressure cooking lid is one of a kind. Improving on previous designs, the ergonomic handle is comfortable to use whether you are left or right handed, and best of all, the lid is designed to close easily over the handles on the newly designed inner pot.

Ensure that you are using the Duo Evo Plus lid included in the package. Do not use any other Instant Pot pressure cooking lid, or any other non-Instant Pot lid.



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**CAUTION**

Use only the Instant Pot Duo Evo Plus lid with the Instant Pot Duo Evo Plus pressure cooker. Using any other pressure cooker lid may cause injury and/or damage.

# Overview of Pressure Control Features

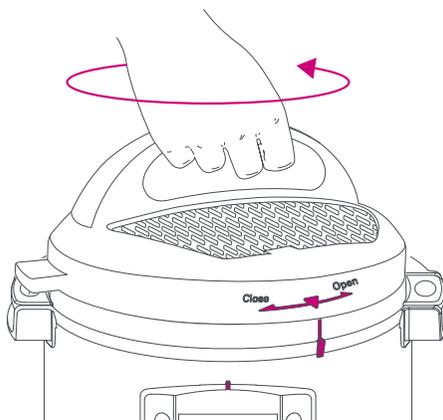
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## Open and Remove the Lid

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

Grip the handle and turn the lid anti-clockwise until ▼ on the lid is aligned with ■ indicator on the rim of the cooker base. Lift the lid up and off of cooker base.

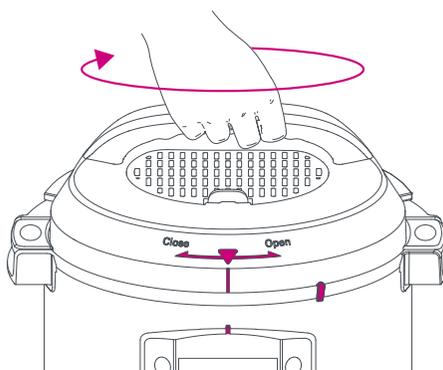
**Note:** Always check the lid for damage prior to cooking.



## Close the Lid

Grip the handle and align the ▼ on the lid with ■ indicator on the rim of the cooker base. Lower the lid into the track then turn clockwise until the end of the turn. The quick release switch automatically sets to **Seal** when the lid is closed.

**Note:** The cooker will not operate without the lid properly in place. Ensure the lid is fully closed before attempting to operate the cooker.



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# Overview of Pressure Control Features

## Sealing Ring

When the pressure cooking lid is closed, the sealing ring installed on the underside of the lid creates an airtight seal between the lid and the cooker base.

The sealing ring must be installed before using the cooker and should be cleaned after each use. Only **1** sealing ring should be installed in the lid when using the cooker.

Sealing rings stretch over time with normal use. As an integral part of product safety, the sealing ring should be replaced every 12-18 months or sooner if stretching, deformation or damage is noticed.

### 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.

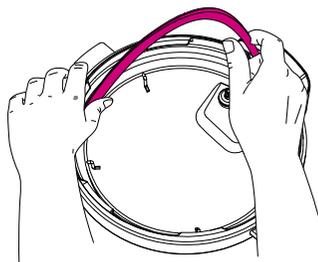
With the sealing ring removed, inspect the rack to ensure it is secured, centred and at an even height all the way around the lid. Do not attempt to repair a deformed sealing ring rack.

### Install the Sealing Ring

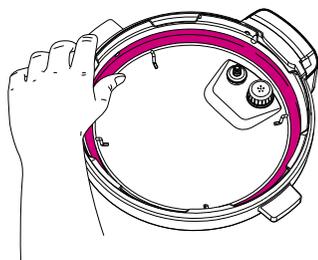
Place the sealing ring over the sealing ring rack and press it into place. Press down firmly to ensure there is no puckering.

When installed properly, the sealing ring is snug behind the sealing ring rack and should not fall out when the lid is turned over.

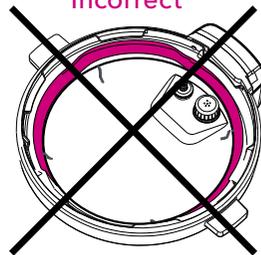
Remove



Install



Incorrect



**Instant Tip:** Silicone is porous, so it may absorb strong aromas and certain flavours. Keep extra sealing rings on hand to limit the transfer of those aromas and flavours between dishes. Visit [our store](#) to colour code your cooking.

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

### CAUTION

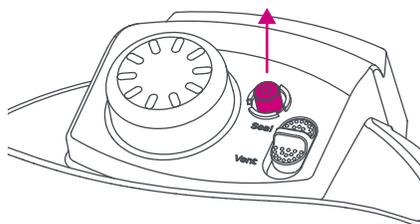
Always check for cuts, deformation and correct installation of the sealing ring prior to cooking. Do not use a stretched or damaged sealing ring. Only use authorised Instant Pot sealing rings. Failure to follow these instructions may cause food to discharge, which may lead to personal injury or property damage.

# Overview of Pressure Control Features

## The Float Valve

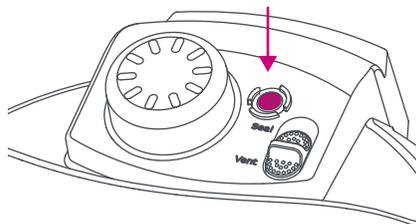
### Pressurised

When the float valve is **popped up**, it indicates the cooker is **pressurised**.



### Depressurised

When it is **lowered into the lid**, it indicates the cooker is **depressurised**.



### Remove the Float Valve from the Lid

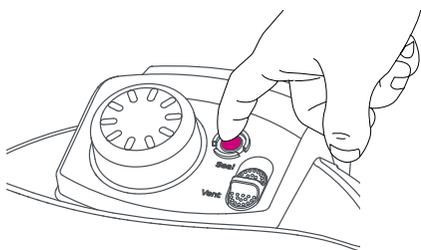
Place one finger on the top of the float valve, then turn the lid over. Detach the silicone cap from the bottom side of the float valve. Remove the float valve from the top of the lid.

Do not discard the float valve or silicone cap.

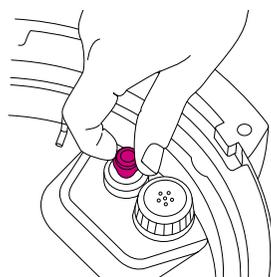
### Install the Float Valve

Drop the narrow end of the float valve into the float valve hole on the top of the lid. Place one finger on the 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.



Top



Bottom

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



While the float valve is up, contents of cooker are under extreme pressure. **Do not attempt to remove the lid.** All pressure must be released, and float valve **must** be down before opening the lid. Refer to [Depressurising the Cooker](#) for information on releasing pressure. Failure to follow these instructions may result in property damage and/or personal injury.

# Pressure Cooking With The Duo Evo Plus

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## Introduction to Pressure Cooking

Pressure cooking uses steam pressure to raise the boiling point of water above 100°C. This energy-efficient cooking method is the *fastest* way to thoroughly cook a variety of your favourite meals.

Pressure cookers go through 3 stages when pressure cooking:

### 1. Pre-Heating and Pressurization

The display indicates **On** while the cooker pre-heats, vaporising liquid in the inner pot to create steam. Once enough steam has built up inside the inner pot, the float valve pops up and locks the lid of the cooker in place for safe pressure cooking.

When the float valve pops up, the silicone cap attached to the bottom of the float valve (on the underside of the lid) seals the steam inside the cooking chamber (the inner pot) and allows the pressure to rise even higher. A higher pressure means a higher cooking temperature.

While it is normal to see some steam escaping through the float valve during **Pre-Heating**, if you see steam escaping from around the sides of the lid, press **Cancel** and refer to [Troubleshooting](#).

***Note:** The time it takes your cooker to pressurise is determined by a variety of factors, including food and liquid volume.*

### 2. Cooking

After the float valve pops up, the cooker needs a few minutes to finish building pressure. When the required pressure level is reached, cooking begins. The display switches from On to the cooking countdown timer, displayed in HH:MM (hours and minutes).

Smart Programme settings (e.g., cooking time, temperature and/or pressure level, and whether Keep Warm will come on automatically or not) can be adjusted at any time during cooking. Refer to [Smart Programme Settings](#) for details.

# Pressure Cooking With The Duo Evo Plus

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## 3. Depressurising

After pressure cooking is complete, follow your recipe instructions to select a venting method for depressurising the cooker.

If automatic **Keep Warm** is on after cooking completes, the timer counts up from **00:00** to indicate the elapsed time up to **10** hours. If not, the cooker returns to **Standby** and displays **End**.

*Note: The cooker cools and depressurises faster if automatic Keep Warm is off.*

See [Depressurising the Cooker](#) for information on releasing pressure after cooking.

### **⚠ DANGER**

While the float valve is up, contents of cooker are under extreme pressure. **Do not attempt to remove the lid while the float valve is still up.** All pressure **must** be released, and float valve must be **down** before attempting to remove the lid. **Never attempt to force the lid open.** Failure to follow the instructions may result in property damage and/or personal injury.

# Depressurising the Cooker

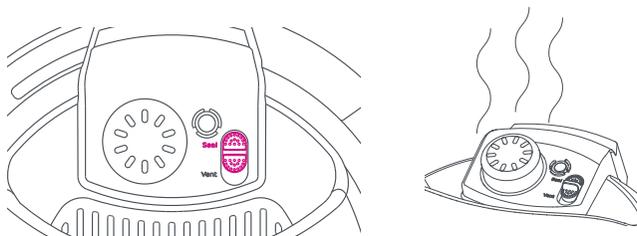
Always follow recipe instructions for depressurising the cooker.

## Venting Methods

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

### Natural Release (NR)

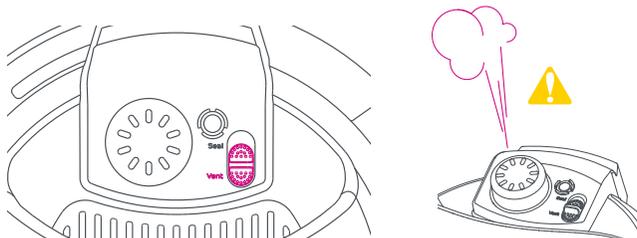
Leave the quick release switch in the **Seal** position. The cooker dissipates heat so pressure releases naturally over time.



**NOTICE** Use NR to depressurise the cooker 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).

### Quick Release (QR)

Move the quick release switch from **Seal** to **Vent**. Steam is released continuously through the top of the steam release valve.



**Note:** It will be loud!

If spatter occurs, move the quick release switch back to **Seal** and try again after a few minutes. If spatter continues, use NR to vent remaining pressure.

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

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

# Depressurising the Cooker

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## 10-Minute NR

Typically used when cooking rice.

Leave the quick release switch in the **Seal** position for **10** minutes after cooking has completed, then move the quick release switch into the **Vent** position. Steam is released continuously through the top of the steam release valve.

If continuous spatter occurs while venting, set the quick release switch back to **Seal** and wait an additional 5 minutes before trying to QR again. If spatter continues, use NR to safely release remaining pressure.

<b>⚠ DANGER</b>	While the float valve is up, contents of cooker are under extreme pressure. <b>Do not attempt to remove the lid while the float valve is still up.</b> All pressure <b>must</b> be released, and float valve must be <b>down</b> before attempting to remove the lid. <b>Never attempt to force the lid open.</b> Failure to follow the instructions may result in property damage and/or personal injury.
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### **⚠ WARNING**

Do not lean over or touch the steam release assembly.	Do not place unprotected skin over the steam release assembly.	Do not cover or obstruct the steam release valve or cover.
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## QuickCool

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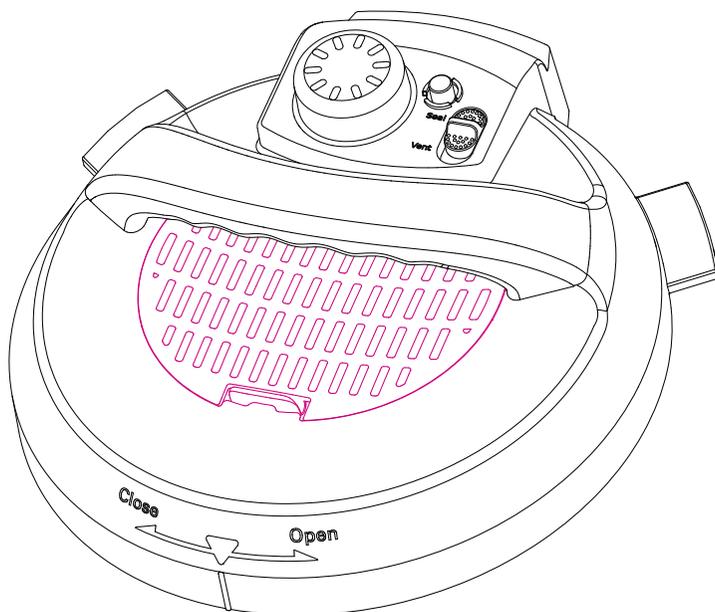
The Duo Evo Plus lid is equipped with QuickCool technology, which, when paired with the QuickCool Tray\*, allows you to release pressure naturally up to **50% faster**.

### To remove the QuickCool protective cover

Grip the tab, push it towards the lid handle and pull up, then pull the cover towards you and off. Set aside.

Add ice to the QuickCool Tray, or add water and freeze the tray, then position the tray on the exposed metal of the lid. Wait for the float valve to drop into the lid, then remove the QuickCool Tray and open the lid.

\*QuickCool tray sold separately at [instantpot.co.uk/instant-pot-shop](https://instantpot.co.uk/instant-pot-shop). Available in 2020.



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The lid will be hot during and after cooking. Do not touch the exposed metal with bare skin.

## Initial Test Run

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Follow these steps to familiarise yourself with your Instant Pot Duo Evo Plus.

Total test time: Approximately 20 minutes.

1. Remove the inner pot from the cooker base.
2. Add 750 mL of water to the inner pot.
3. Insert the inner pot into the cooker base.
4. Secure the power lead to the base power socket at the back of the cooker base. Ensure the connection is tight. Connect the power lead to a 220-240 V~ power source. The display will indicate **OFF**.
5. Close the lid as described in [Pressure Cooking Basics - 2. Open and Close Lid](#).  
*Note: The quick release switch will automatically set to **Seal** when the lid is closed.*
6. Press **Pressure Cook** to select the Pressure Cook Smart Programme.
7. Turn the dial to scroll through the pre-set options. Press the dial to select **Custom**.
8. When the cooking time flashes, turn the dial anti-clockwise to adjust the cooking time to **5** minutes.
9. Press **Start** to begin cooking. The display indicates **On**. The cooking progress bar indicates **Pre-heating**.  
*Note: Customisation of the cooking time, temperature and pressure level are saved to the Smart Programme when cooking begins.*
10. Once pressurised, **Cooking** begins. The display changes from **On** to the cooking time countdown.
11. When the Smart Programme is complete the cooker goes to **Keep Warm** mode.
12. Press **Cancel** to end **Keep Warm** and go back to **Standby** mode.
13. Move the quick release switch to **Vent**. The steam release valve will release a continuous stream of steam. Steam is hot.
14. The float valve will drop when the pressure has been fully released.
15. Open the lid as described in [Pressure Cooking Basics - 2. Open and Close Lid](#).
16. Discard the water and dry the inner pot.

You're ready to start cooking!

**⚠ WARNING** While the float valve is up, contents of cooker are under **extreme pressure**. Do not attempt to remove the lid while the float valve is still up. All pressure must be released, and float valve must be **down** before attempting to remove the lid. **Never attempt to force the lid open**. Failure to follow the instructions may result in property damage and/or personal injury.

# Using Pressure Cooking Smart Programmes

## Smart Programme – Pressure Cook, Rice/Grain, Bake

Whether you are a novice cook or a culinary expert, the Duo Evo Plus provides 3 pressure cooking Smart Programmes with 27 pre-set cooking options to get you cooking – fast!

Follow the steps below when using the Pressure Cook, Rice/Grain, or Bake pressure cooking Smart Programmes.

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

Instant Pot Size	Minimum Liquid for Pressure Cooking*
5.7 Litres	375 mL
8 Litres	500 mL

\*Unless otherwise specified in recipe.

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 above.

### **CAUTION**

To avoid scorching or scalding injury, be cautious when cooking with more than 60 mL of oil, oil-based sauces, condensed cream-based soups, and thick sauces.

For best results when pressure baking, pour mixture into an oven-safe baking dish, not directly into the inner pot (unless specified in your recipe), and cover with aluminium foil or an oven-safe lid. Place the baking dish on the steam rack in the inner pot, and leave approximately 2.5 cm of space around the baking dish to allow heat to circulate evenly.

1. Add water and food to the inner pot as indicated in your recipe.  
**Note:** When cooking beans or grains, refer to the [Grain-to-Water Ratios](#) for best results.
2. Insert the inner pot into the cooker base.
3. Secure the power lead to the base power socket at the back of the cooker base. Ensure the connection is tight. Connect the power lead to a 220-240 V~ power source. The cooker goes to Standby mode and the display indicates OFF.
4. Close the lid as described in [Pressure Cooking Basics - 2. Open and Close Lid](#).  
**Note:** The quick release switch will automatically set to **Seal** when the lid is closed.

## Using Pressure Cooking Smart Programmes

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5. Press the button to select the pressure cooking Smart Programme of your choice:
  - Press **Pressure Cook**. Turn the dial to scroll, then press to select from one of the 15 pre-set options (Custom, Soup, Bean, Egg, Rib, Poultry, Chili, Stew, Beef, Pork, Seafood, Broth, Sterilise, Potato or Broccoli).
  - Press **Rice/Grain**. Turn the dial to scroll, then press to select from one of the 8 pre-set options (Custom, White Rice, Oatmeal, Quinoa, Brown Rice, Risotto, Multigrain or Porridge).
  - Press **Bake**. Turn the dial to scroll, then press to select from one of the 4 pre-set options (Custom, Pudding, Cake or Cheesecake).
6. When the cooking time flashes, you may press the dial to select the default time, or turn the dial to adjust the cooking time. Press the dial to confirm the change and go to the next field.

*Note: Cooking time adjustments are saved to the Smart Programme when cooking begins. Subsequent selection of the Pre-set will activate the last saved time setting.*
7. When the pressure level flashes, you may press the dial to select the default pressure level, or turn the dial to toggle between **High** and **Low** pressure. Press the dial to confirm the change.

*Note: Bake Smart Programme offers the option to cook with no pressure (None). Refer to [Using Non-Pressure Cooking Smart Programmes](#) for information on adjusting temperature.*
8. **Keep Warm** is automatically activated on Pressure Cook and Rice/Grain Smart Programmes. Press **Keep Warm** to turn the setting off if desired.

*Note: Keep Warm is not available on Bake Smart Program.*
9. Delay Start can be activated at any time prior to pressing **Start**. The default setting is 6 hours. This can be adjusted from 10 minutes to 24 hours.
10. Press **Start** to begin. The display indicates **On** and the progress bar displays **Pre-heating**.

*Note: Cold or frozen food items take longer to generate steam and slow down pressurisation. For the fastest results, thaw frozen ingredients before cooking. Depending on the amount of food and the temperature, the pre-heat cycle may take up to 40 minutes. As the cooker heats up and pressure builds, the float valve will rise on its own.*
11. When the target pressure is reached, the progress indicator will move to **Cooking** and the display will count down the remaining cooking time.
12. If **Keep Warm** mode is on when the Smart Programme is complete, the cooker counts up to indicate the elapsed time. If not, the cooker goes to **Standby** mode and the display indicates **End**.

## Using Pressure Cooking Smart Programmes

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13. When cooking completes, follow recipe directions to select the appropriate venting method. Refer to [Depressurising the Cooker](#).

**Instant Tip:** Use the steam rack to lift foods out of the cooking liquid. This ensures even heat distribution, prevent nutrients from leeching into the cooking liquid, and stop food items from scorching on the bottom of the inner pot.

**⚠ DANGER** While the float valve is up, contents of cooker are under extreme pressure. **Do not attempt to remove the lid while the float valve is still up.** All pressure **must** be released, and float valve must be **down** before attempting to remove the lid. **Never attempt to force the lid open.** Failure to follow the instructions may result in property damage and/or personal injury.

### **⚠ WARNING**

Do not fill inner pot higher than the **Max PC Fill** line as indicated on the inner pot.

When cooking foods that expand (e.g., rice, beans, pasta) do not fill the inner pot higher than the **Half Fill** line as indicated on the inner pot.

Always cook with the inner pot in place. Do not pour food or liquid into the cooker 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 cooker base.

# Using Non-Pressure Cooking Smart Programmes

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The Duo Evo Plus provides 6 non-pressure cooking Smart Programmes to get you cooking with the touch of a button: Bake, Steam, Slow Cook, Sauté, Sous Vide and Yogurt.

## Smart Programme: Bake

The no-pressure Bake Smart Programme can be used to create decadent brownies, moist banana bread, and much more.

The Bake Smart Programme offers 2 customisable pre-set options: Custom and Proofing. These settings allow you to choose a cooking temperature from a range of 120°C-175°C, ideal for most baking.

For best results, pour mixture into a **metal** baking tin, not directly into the inner pot (unless specified in your recipe), and cover with aluminum foil or an oven-safe lid.

1. Place the steam rack on the bottom of the inner pot.
2. Place your metal baking tin on the steam rack in the inner pot.  
*Note: Leave approximately 2.5 cm (1") of space around all sides of the baking tin to allow heat to circulate evenly.*
3. Insert the inner pot into the cooker base.
4. Secure the power lead to the base power socket at the back of the cooker base. Ensure the connection is tight. Connect the power lead to a 220-240 V~ power source. The cooker goes to **Standby** mode and the display indicates **OFF**.
5. Close the lid as described in [Pressure Cooking Basics - 2. Open and Close Lid](#).  
*Note: The quick release switch will automatically set to **Seal** when the lid is closed.*
6. Move the quick release switch to the **Vent** position.
7. Press **Bake** to select the Bake Smart Programme.
8. Press the dial to select the pre-set option: **Custom**.
9. When the cooking time flashes, you may press the dial to select the default time, or turn the dial to adjust the cooking time. Press the dial to confirm the change and go to the next field.  
*Note: Cooking time adjustments are saved to the Smart Programme when cooking begins. Subsequent selection of the Pre-set will activate the last saved time setting.*
10. When the pressure level flashes, turn the dial to toggle to **None**. Press the dial to confirm the change and go to the next field. **Pressure** field will change to **temperature** field.

## Using Non-Pressure Cooking Smart Programmes

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11. When the custom temperature flashes, turn the dial to adjust the temperature in Celsius (°C) or Fahrenheit (°F).
12. Press **Start** to begin. The progress bar displays **Pre-heating**.
13. When the target temperature is reached, the progress indicator goes to **Cooking** and the display counts down the remaining cooking time.
14. When the Smart Programme is complete, the cooker goes to **Standby** mode and the display indicates **End**.

**Delay Start** and **Keep Warm** settings are not available on the Custom Bake Smart Program.

# Using Non-Pressure Cooking Smart Programmes

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## Smart Programme: Steam and Slow Cook

The Steam Smart Programme functions as a traditional steamer, boiling liquid in the inner pot to cook food with hot steam.

When using the Steam Smart Programme, place the steam rack on the bottom of the inner pot to ensure your food items are steamed and not boiled.

The Slow Cook Smart Programme is comparable to the cooking process of traditional slow cookers. The cooker maintains a temperature just below boiling until cooking has completed.

**Low** - All-day cooking. Set for a minimum of **6** hours for best results.

**High** - Faster slow cooking.

Follow the steps below when using the **Steam** and **Slow Cook** non-pressure cooking Smart Programmes.

1. Add food and liquid ingredients to the inner pot as indicated in your recipe.
2. Insert the inner pot into the cooker base.
3. Secure the power lead to the base power socket at the back of the cooker base. Ensure the connection is tight. Connect the power lead to a 220–240 V~ power source. The cooker goes to **Standby** mode and the display indicates **OFF**.
4. Close the lid as described in [Pressure Cooking Basics - 2. Open and Close Lid](#).  
*Note: The quick release switch will automatically set to **Seal** when the lid is closed.*
5. Move the quick release switch to the **Vent** position.
6. Press the button to select the non-pressure cooking Smart Programme of your choice:
  - Press **Steam**. Turn the dial to scroll, then press to select from one of the 4 pre-set options (Custom, Sterilise, Potato and Broccoli).
  - Press **Slow Cook**. Turn the dial to scroll, then press to select from one of the 7 pre-set options (Custom, Rib, Poultry, Chili, Stew, Beef or Pork).
7. When the cooking time flashes, you may press the dial to select the default time, or turn the dial to adjust the cooking time. Press the dial to confirm the change and go to the next field.

*Note: Cooking time adjustments are saved to the Smart Programme when cooking begins. Subsequent selection of the Pre-set will activate the last saved time setting.*

## Using Non-Pressure Cooking Smart Programmes

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8. When the temperature level flashes, you may press the dial to select the default temperature, or turn the dial to toggle between **Low** and **High** settings. Press the dial to confirm the change and go to the next field.  
*Note: Steam Smart Programme temperature is not adjustable.*
9. Keep Warm is automatically activated on the Slow Cook Smart Programme. Press **Keep Warm** to turn the setting off if you desire.  
*Note: Keep Warm is not available on Steam Smart Programme.*
10. **Delay Start** can be activated at any time prior to pressing **Start**. The default setting is **6** hours. This can be adjusted from 10 minutes to 24 hours.
11. Press **Start** to begin. The progress bar displays **Pre-heating**.  
*Note: Slow Cook Smart Programme displays the cooking countdown timer immediately. Steam Smart Programme displays **On** to indicate Pre-heating.*
12. When the target temperature is reached, the progress indicator goes to **Cooking** and the display counts down the remaining cooking time.
13. If **Keep Warm** mode is on when the Smart Programme is complete, the cooker counts up to indicate the elapsed time. If not, the cooker goes to **Standby** mode and the display indicates **End**.

**Instant Tip:** If you prefer, use an authorised Instant Pot tempered glass lid with the Steam or Slow Cook Smart Programmes. Visit [our store](#) for purchasing details.

# Using Non-Pressure Cooking Smart Programmes

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## Smart Programme: Sauté

The Sauté Smart Programme is similar to using a frying pan, griddle or flat-top grill. Use Sauté to simmer, reduce and thicken liquids, stir-fry meals, and to caramelize vegetables and sear meat before or after cooking.

1. Ensure the inner pot is in position in the cooker base. **Do not use a lid.**
2. Connect the power lead to a 220–240 V power source. The cooker goes to **Standby** mode and the display indicates **OFF**.
3. Press **Sauté** to select the Sauté Smart Programme.

*Note: The Pre-set for the Sauté Smart Programme is Custom. No selection is required.*

4. When the cooking time flashes, you may press the dial to select the default time, or turn the dial to adjust the cooking time between **1** minute and **1** hour. Press the dial to confirm the change and go to the next field.

*Note: Cooking time adjustments are saved to the Smart Programme when cooking begins. Subsequent selection will activate the last saved time setting.*

5. When the temperature level flashes, you may press the dial to select the default temperature, or turn the dial to toggle between **Custom**, **Low** and **High** settings. Press the dial to confirm the change and go to the next field.

*Note: When Custom is selected the default temperature level LE 1 will flash. Press the dial to select the default temperature level, or turn the dial to scroll from LE 1 to LE 6. The level scale is similar to an electric hob and can be used to reduce, simmer, sauté, stir-fry, sear and brown. Press the dial to select the desired temperature level.*

6. Press **Start** to begin. The display indicates **On** and the progress bar displays **Pre-heating**.
7. When the target temperature is reached, the progress indicator goes to **Cooking** and the display will momentarily indicate **Hot** before the cooking timer begins counting down.
8. Add recipe ingredients to the inner pot and sauté according to recipe instructions.

*Note: If your food ingredients are added before the inner pot has reached the target temperature, your display may never read Hot. This is normal.*

9. If the ingredients have been sautéed to the desired “doneness” before the time expires, press **Cancel** to end the Smart Programme. If the Smart Programme is allowed to complete, the cooker goes to **Standby** mode and the display indicates **End**.

## Using Non-Pressure Cooking Smart Programmes

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**Delay Start** and **Keep Warm** settings are not available on the Sauté Smart Programme.

### Deglazing the Inner Pot (Pressure Cooking After Sauté)

Sautéing meat and vegetables before pressure cooking is the perfect way to boost flavours, as sugars caramelize from the high heat of the Sauté Smart Programme.

To pressure cook after using Sauté, deglaze the inner pot to ensure 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 Programme reaches high temperatures. If unmonitored, food may burn on this setting. Do not use the lid and do not leave your cooker unattended while using Sauté.

# Using Non-Pressure Cooking Smart Programmes

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## Smart Programme: Sous Vide

The term Sous Vide is French for 'under vacuum' and refers to the process of vacuum sealing food, bringing it to a specific temperature, and maintaining that temperature for a period of time to achieve high quality, consistently delicious results.

The Sous Vide Smart Programme offers a customisable setting which allows you to choose a cooking temperature from a range of 25°C–90°C, ideal for Sous Vide cooking.

What You'll Need:

- Tongs
- Thermometer
- Airtight or Vacuum Sealed Food Pouches
- Optional: Vacuum sealer

1. Fill the inner pot to the **Half Fill** mark as indicated on your inner pot.
2. Insert the inner pot into the cooker base.
3. Secure the power lead to the base power socket at the back of the cooker base. Ensure the connection is tight. Connect the power lead to a 220–240 V~ power source. The cooker goes to **Standby** mode and the display indicates **OFF**.
4. Close the lid as described in [Pressure Cooking Basics - 2. Open and Close Lid](#).  
*Note: The quick release switch will automatically set to **Seal** when the lid is closed. For Sous Vide it doesn't matter if the quick release switch is set to **Seal** or **Vent**.*
5. Press **Sous Vide** to select the Sous Vide Smart Programme.
6. Turn the dial to scroll through the 6 pre-set options: Custom, Egg, Poultry, Beef, Pork or Seafood. Press the dial to confirm your selection and go to the next field.
7. When the custom temperature flashes, you may press the dial to select the default temperature, or turn the dial to adjust the temperature in Celsius (°C) or Fahrenheit (°F). Press the dial to confirm your selection and go to the next field.
8. When the cooking time flashes, you may press the dial to select the default time, or turn the dial to adjust the cooking time. Press the dial to confirm the change.
9. Press **Start** to begin heating the water in the inner pot. The display indicates **On** and the progress bar displays **Pre-heating**.
10. While the water heats, season your food as desired, then separate single servings of food into individual airtight pouches. Remove air from the pouches and seal them tightly.

# Using Non-Pressure Cooking Smart Programmes

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11. Once the set water temperature has been reached the cooker will display **Hot**. Open the lid and immerse the sealed pouches into the inner pot. Add heated water if needed. The contents of the pouches should be submerged but the seal should remain above the water line.
12. Close the lid as described in [Pressure Cooking Basics - 2. Open and Close Lid](#).  
**Note:** For cooking times over 4 hours, check the water level periodically to ensure pouch contents remain submerged. If required, add heated water to the inner pot.
13. Once complete, the display indicates **End**. Open the cooker and use tongs to carefully remove the pouches from the hot water.
14. Remove the contents from the pouches and use a thermometer to check for "doneness". Follow a recipe or refer to the [Sous Vide Cooking Guidelines](#).
15. For the tastiest results, reverse-sear meat as described below.

## Reverse Searing

Searing your meat **after cooking**, rather than before, is a great way to boost flavours through caramelisation.

After Sous Vide cooking, remove the meat from the cooking pouch and gently pat it dry. Then, sear it lightly in the inner pot with the Sauté Smart Programme, or use a pan, browning torch, or grill.

**Delay Start** and **Keep Warm** settings are not available on the Sous Vide Smart Programme.

### CAUTION

Do not overfill the inner pot. Ensure that total contents (water and food pouches) leave at least 5 cm of space between the brim of the inner pot and the water line.

## Ingredients and Seasonings

- Use high quality, fresh ingredients when cooking Sous Vide to ensure the best possible flavour.
- When seasoning with salt, it is better to use less than you might add normally, especially with meats, poultry, and fish. Instead, salt to taste after cooking.
- Use garlic powder rather than raw garlic. Raw garlic can become bitter and overpowering when cooked Sous Vide. Pure and high-quality garlic powder provides the best results.

**Note:** Do not use garlic salt in place of garlic powder!

## Storing Cooked Food

If your dish is not going to be consumed immediately, plunge pouches into iced water to reduce temperature quickly, then keep refrigerated.

# Using Non-Pressure Cooking Smart Programmes

## Sous Vide Cooking Guidelines

Food	Recommended Thickness	Expected "Doneness"	Cooking Temperature*	Minimum Cooking Time*	Maximum Cooking Time*
<b>Beef and Lamb</b>					
Tender Cuts: Tenderloin, cutlets, sirloin, rib-eye, rump, T-bone, chops	2-5 cm	Rare	50°C	1 hour	4 hours
		Medium-rare	54°C	1.5 hours	4 hours
Tougher Cuts: Blade, chuck, shoulder, shanks, game meats	4-6 cm	Medium	60°C	1.5 hours	4 hours
		Medium-well	63°C	1.5 hours	4 hours
<b>Poultry</b>					
Chicken Breast	3-5 cm	Soft and Juicy	63°C	1.5 hours	4 hours
		Traditionally firm	69°C	1 hour	4 hours
Chicken Thigh	3-5 cm	Juicy and tender	74°C	1 hour	4 hours
		Off-the-bone tender	74°C	4 hours	8 hours
Chicken Leg	5-7 cm	Juicy and tender	74°C	2 hours	7 hours
Duck Breast	3-5 cm	Soft and Juicy	64°C	2 hours	4 hours
<b>Pork</b>					
Belly	3-6 cm	Traditionally firm	82°C	10 hours	22 hours
Ribs	2-3 cm	Off-the-bone tender	59°C	10 hours	22 hours
Chops	2-4 cm	Pink and juicy	57°C	1 hour	4 hours
		White throughout and juicy	64°C	1 hour	4 hours

# Using Non-Pressure Cooking Smart Programmes

Food	Recommended Thickness	Expected "Doneness"	Cooking Temperature*	Minimum Cooking Time*	Maximum Cooking Time*
<b>Fish and Seafood</b>					
Fish	2-3 cm	Soft and buttery	43°C	10 minutes	30 minutes
		Translucent / starts to flake	46°C	20 minutes	45 minutes
		Medium-rare	52°C	20 minutes	45 minutes
		Medium, dry	54°C	20 minutes	45 minutes
		Well-done, crumbly	57°C	20 minutes	45 minutes
Shrimp	-	Traditionally firm	60°C	30 minutes	45 minutes
Lobster Tail	-	Soft and buttery	60°C	-	1 hour
Scallops	-	Soft and buttery	60°C	30 minutes	30 minutes
<b>Eggs</b>					
Eggs	Large / Extra Large	Runny	60°C	-	45 minutes
		Soft-boiled	62°C	-	45 minutes
		Medium-boiled	65°C	-	1 hour
		Hard-boiled	73.9°C	-	1 hour
<b>Fruits and Vegetables</b>					
Fruits	-	-	83.9°C	15 minutes	2 hours
Vegetables	-	-	83.9°C	45 minutes	2.5 hours

Cooking times and temperatures are recommendations only. Always follow a trusted recipe.

**⚠ CAUTION** Cooking times are a recommendation only. 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 for more information.

# Using Non-Pressure Cooking Smart Programmes

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## Smart Programme: Yogurt

The Yogurt Smart Programme is a non-pressure cooking function with 3 pre-set options to allow you to make different types of fermented dairy and non-dairy recipes.

For best results, follow a recipe when making yogurt.

If you are starting with **unpasteurised** or **pasteurised** milk, follow all the steps in “To Make Yogurt” below.

If your milk is **ultra-pasteurised**, you may skip ahead to “Step 2 - Add Starter Culture”. This method of yogurt making is called “cold start”.

What You'll Need:

- Food Thermometer
- Milk or a non-dairy alternative
- Active yogurt culture

## To Make Yogurt

Instant Pot Size	Minimum Milk Volume	Maximum Milk Volume
5.7 Litres	1000 mL	3.8 L
8 Litres	1500 mL	5.7 L

### Step 1 - Pasteurisation

1. Add recipe ingredients to the inner pot. (Starter culture is added in Step 2.)  
*Note: Whole milk is recommended to achieve a thicker texture.*
2. Insert the inner pot into the cooker base.
3. Secure the power lead to the base power socket at the back of the cooker base. Ensure the connection is tight. Connect the power lead to a 220-240 V~ power source. The cooker goes to **Standby** mode and the display indicates **OFF**.
4. Close the lid as described in [Pressure Cooking Basics - 2. Open and Close Lid](#).  
*Note: The quick release switch will automatically set to **Seal** when the lid is closed. For Yogurt it doesn't matter if the quick release switch is set to **Seal** or **Vent**.*
5. Press **Yogurt** to select the Yogurt Smart Programme.
6. Turn the dial to scroll to the pre-set option: **Pasteurise**. Press the dial to confirm your selection. The default time for pasteurisation is indicated on the display.  
*Note: Pasteurisation cooking time and temperature cannot be adjusted.*
7. Press **Start** to begin pasteurisation. The display indicates **On** and the progress bar displays **Pre-heating**.

# Using Non-Pressure Cooking Smart Programmes

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- When the cooker has reached the target temperature, the display indicates **Hot** and the progress bar goes to **Cooking**.
- The display indicates **End** when pasteurisation is complete.  
**Note:** Use a thermometer to ensure that the milk has reached the pasteurisation temperature of 72°C.

**Instant Tip:** For extra thick yogurt, run the Pasteurisation cycle twice.

## Step 2 - Add Starter Culture

- Allow the milk to cool to just below 43°C.
- Add the starter culture to the milk in accordance with the instructions included with the starter culture product.  
**Note:** Plain yogurt with **active cultures** can also be used as a starter. Follow a trusted Instant Pot yogurt recipe when using yogurt as a starter culture.
- Close the lid as described in [Overview of Pressure Control Features - Close the Lid](#).

## Step 3 - Fermentation

- Press **Yogurt** to select the Yogurt Smart Programme.
- Turn the dial to scroll to the pre-set option: **Ferment**. Press the dial to confirm your selection and go to the next field.
- When the time display flashes, you may press the dial to select the default fermentation time of **8** hours, or turn the dial to adjust the timer. Press the dial to confirm your selection and go to the next field.  
**Note:** The longer the fermentation, the tangier the yogurt will taste.
- When the temperature level flashes, you may press the dial to select the default temperature, or turn the dial to toggle between **Low** and **High** settings. Press the dial to confirm your selection.  
**Note:** The default temperature (High) is recommended for most recipes. If the recipe does not mention a fermentation temperature, use **High**.
- Press **Start** to begin. The display will indicate **On** and the progress indicator will display **Pre-heating**.
- When the Smart Programme is complete the display will indicate **End**.

**Instant Tip:** For easy Greek-style yogurt, use a cheesecloth to strain the liquid whey from your yogurt.

# Using Non-Pressure Cooking Smart Programmes

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## Using the Custom Pre-set

Some recipes may require a higher or lower temperature for pasteurisation and fermentation. Always follow a recipe when using the Custom pre-set.

The Custom Pre-set in the Yogurt Smart Programme offers a temperature range of 25°C–90°C.

1. Press **Yogurt** to select the Yogurt Smart Programme.
2. Turn the dial to scroll to the pre-set option: **Custom**. Press the dial to confirm your selection and go to the next field.
3. When the time display flashes, you may press the dial to select the default fermentation time of **24** hours, or turn the dial to adjust the timer. Press the dial to confirm your selection and go to the next field.
4. When the temperature flashes, you may press the dial to select the default temperature, or turn the dial to adjust the temperature in Fahrenheit (°F) or Celsius (°C). Press the dial to confirm your selection.
5. Press **Start** to begin. The display will indicate **On** and the progress indicator will display **Pre-heating**.
6. When the Smart Programme is complete the display will indicate **End**.

## Yogurt Pots

Yogurt pots are a convenient way to portion out your yogurt for serving.

1. After adding the starter culture to the pasteurised milk, carefully pour the milk into your yogurt cups and seal them tightly.
2. Clean the inner pot thoroughly and place the steam rack on the bottom of the inner pot.
3. Place the sealed yogurt pots on the steam rack and add water to the inner pot until the cups are submerged halfway.
4. Follow steps in "Step 3 - Fermentation" above.

# Smart Programme Overview

Smart Programme	Pre-set	Pressure Level	Temperature Range	Notes for Use
Pressure Cook	Custom, Soup, Bean, Egg, Rib, Poultry, Chili, Stew, Beef, Pork, Seafood, Broth, Sterilise, Potato, Broccoli	Low/High	-	Higher pressure means higher temperature. Use the steam rack for best results.
Rice/Grain	Custom, White Rice, Oatmeal, Quinoa, Brown Rice, Risotto, Multigrain, Porridge	Low/High	-	<b>⚠️ WARNING</b> When cooking beans and grains, <b>do not</b> use Quick Release after cooking. Food particles may block the anti-block shield and clog the steam release pipe. Use Natural Release for best results.
Steam	Custom, Sterilise, Potato, Broccoli	None	~100°C	Non-pressure steaming for fish and vegetables. Use a glass lid when steaming, or move the Quick Release Switch in the <b>Vent</b> position. Use the steam rack for best results.
Sauté	Custom	None	Low/High Custom - LE 1-6	<b>⚠️ CAUTION</b> High heat setting. Do not use a lid with Sauté. Reduce, simmer, sauté, stir-fry, sear and brown.
Slow Cook	Custom, Rib, Poultry, Chili, Stew, Beef, Pork	None	Low/High	Corresponds to common slow cookers. Ensure quick release switch is set to <b>Vent</b> .
Sous Vide	Custom, Egg, Poultry, Beef, Pork, Seafood	None	Custom	Tender, succulent, restaurant quality results.
Yogurt	Custom, Pasteurise, Ferment	None	Low/High/ Custom	Pasteurise and ferment dairy/ non-dairy yogurt.
Bake	Custom, Cake, Cheesecake, Pudding, Proofing	None/ High/Low	Custom	Pressure and non-pressure baking. Use covered oven-safe pans for best results.

## Smart Programme Overview

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Smart Programme	Pre-set	Pressure Level	Temperature Range	Notes for Use
Keep Warm	NA	None	Low/High/ Custom	Reheat & keep food warm up to 24 hours.

Pressure cooking Smart Programmes operate at **High** (9.3 - 11.6psi) or **Low** (4.35 - 7.25psi) pressure. Higher pressure results in higher temperature.

# Recommended Cooking Times

The following cooking times are recommendations only. Always follow a trusted recipe.

## Pressure Cooking Timetable

	Food	Time
Vegetables	Asparagus, Beans (Yellow and Green), Broccoli	1-2 minutes
	Brussels Sprouts, Cabbage (Whole or Wedges), Cauliflower (Florets)	2-3 minutes
	Butternut Squash	4-6 minutes
	Carrots (Whole or Chunks)	6-8 minutes
	Corn (On The Cob)	3-5 minutes
	Potatoes (Large, Whole)	12-15 minutes
	Potatoes (Small, Whole)	8-10 minutes
	Potatoes (Cubed)	3-4 minutes
	Sweet Potatoes (Whole)	12-15 minutes
	Sweet Potatoes (Cubed)	2-4 minutes
Meat and Eggs	Beef (Stew)	20 minutes (per 450 g)
	Beef (Large Pieces), Beef (Ribs)	20-25 minutes (per 450 g)
	Chicken (Breasts)	6-8 minutes (per 450 g)
	Chicken (Whole)	8 minutes (per 450 g)
	Chicken (Bone Stock)	40-50 minutes
	Lamb (Leg), Pork (Butt Roast)	15 minutes (per 450 g)
	Pork (Baby Back Ribs)	15-20 minutes (per 450 g)
	Eggs	Hard: 5 mins
Beans and Lentils (Dry and Soaked)	Black Beans	D: 20-25 mins / S: 6-8 mins
	Black-eyed Peas	D: 14-18 mins / S: 4-5 mins
	Chickpeas	D: 35-40 mins / S: 10-15 mins
	Kidney Beans (Red), Navy Beans	D: 20-25 mins / S: 7-8 mins
	Kidney Beans (White), Pinto Beans	D: 25-30 mins / S: 6-9 mins
	Lentils (Green)	D: 8-10 mins / S: N/A
	Lentils (Yellow)	D: 1-2 mins / S: N/A
	Lima Beans	D: 12-14 mins / S: 6-10 mins
	Soybeans	D: 35-45 mins / S: 18-20 mins

## Recommended Cooking Times

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	Food	Time
Seafood	Fish (Whole)	4-5 minutes
	Fish (Fillet), Lobster	2-3 minutes
	Mussels	1-2 minutes
	Shrimp (Or Prawn)	1-3 minutes
	Seafood Stock	7-8 minutes

**⚠ CAUTION** Use a meat thermometer to ensure meat reaches a safe minimum internal temperature. Refer to the WHO (World Health Organization) [website](#) and/or review your local government's food safety recommendations for more information.

## Grain-to-Water Ratios

Rice or Grain Type	Grain : Water Ratio
White or Brown Rice	1:1
Quinoa	1:3/4
Oatmeal	1:3
Risotto	1:2 - add additional wine to taste
Porridge	1:10

Visit [our website](#) for a complete list of cooking timetables.

## Care, Cleaning and Storage

Clean your Instant Pot after each use. Always unplug the Duo Evo Plus and let it cool to room temperature before cleaning. Allow all surfaces to dry thoroughly before use and before storage.

Part	Instruction	Cleaning Method
<b>Accessories</b> <ul style="list-style-type: none"> <li>Condensation Collector</li> </ul>	<p>Wash after each use</p> <p>Never use harsh chemical detergents, powders or scouring pads on accessories</p> <p>For dishwasher, place on top rack</p> <p>Empty and rinse condensation collector after each use</p>	Dishwasher Safe* and Hand Washable
<b>Lid and Parts</b> <ul style="list-style-type: none"> <li>Steam Release Valve</li> <li>Steam Release Cover</li> <li>QuickCool Cover</li> <li>Anti-Block Shield</li> <li>Sealing Rings</li> <li>Float Valve</li> <li>Silicone Cap</li> </ul>	<p>Wash after each use with hot water and washing up liquid and allow to air dry, or place in top rack of dishwasher</p> <p>Remove all parts from lid before dishwashing</p> <p>With steam release valve and anti-block shield removed, clean interior of steam release pipe to prevent clogging</p> <p>To drain water from the lid after dishwashing, take the lid handle and hold the lid vertically over a sink, then turn it 360° – like turning a steering wheel</p> <p>After cleaning, store the lid upside down on the cooker base</p> <p>Store sealing rings in a well-ventilated area to decrease residual odour from highly flavourful meals. To eliminate odours, add 250 mL water and 250 mL white vinegar to inner pot, and run Pressure Cook for 5-10 minutes, then Quick Release pressure</p>	
<b>Inner Pot</b>	<p>Heavy 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</p> <p>Wash after each use</p> <p>Ensure all exterior surfaces are dry before placing in cooker base</p>	
<b>Power Lead</b>	Use a barely damp cloth to wipe any particles off power lead	Damp Cloth Only
<b>Cooker Base</b>	<p>Wipe the inside of the outer pot as well as the condensation rim with a barely damp cloth, and allow to air dry</p> <p>Clean cooker base and control panel with a soft, barely damp cloth or sponge</p>	

*\*Some discolouration of parts may occur after machine washing. This will not affect the safety nor the performance of the cooker.*

### WARNING

Ensure heating element remains dry at all times.	Do not immerse cooker base in water or attempt to cycle through dishwasher.	Do not submerge power lead at any time.	Do not wet prongs of power lead.
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# Troubleshooting

Register your product today.

Contact Customer Care:

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support@instantpot.co.uk

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Problem	Possible Reason	Solution
Difficulty closing lid	Sealing ring not properly fitted	Re-position sealing ring, ensure it is snug behind sealing ring rack.
	Float valve in the popped-up position	Gently press the float valve downward with a long utensil.
	Contents in cooker are still hot	Move quick release switch into <b>Vent</b> position, then lower lid onto cooker base slowly, allowing heat to dissipate.
Difficulty opening lid	Pressure inside the cooker	Release pressure according to recipe; only open lid after float valve has dropped down.
	Float valve stuck at the popped-up position due to food debris or residue	Ensure steam is completely released by quick-releasing pressure, then press float valve gently with a long utensil. Open lid carefully and thoroughly clean float valve, surrounding area, and lid before next use.
	 <b>DANGER</b> Contents may be under pressure; to avoid scalding injury, do not attempt to force lid open.	
Inner pot is stuck to lid when cooker is opened	Cooling of inner pot may create suction, causing inner pot to adhere to the lid	To release the vacuum, move quick release switch into <b>Vent</b> position.
Steam leaks from side of lid	No sealing ring in lid	Fit sealing ring.
	Sealing ring damaged or not properly installed	Replace sealing ring.
	Food debris attached to sealing ring	Remove sealing ring and clean thoroughly.
	Lid not closed properly	Open, then close lid.
	Sealing ring rack is warped or off-centre	Remove sealing ring from lid, check sealing ring rack for bends or warps. Contact <a href="#">Customer Care</a> .
	Inner pot rim may be misshapen	Check for deformation and contact <a href="#">Customer Care</a> .

# Troubleshooting

Problem	Possible Reason	Solution
Float valve does not rise	Food debris on float valve or float valve silicone cap	Remove float valve from lid and clean thoroughly. Perform the <b>Initial Test Run</b> to check for function. Record findings and contact <b>Customer Care</b> .
	Too little liquid in the inner pot	Check for scorching on bottom of inner pot; remove if necessary. Add thin, water-based liquid to inner pot based on size: 5.7 L: 375 mL 8 L: 500 mL
	Float valve silicone cap damaged or missing	Fit or replace float valve.
	Float valve obstructed by lid-locking mechanism	Tap float valve with a long utensil. If the float valve does not drop, turn the cooker off. Contact <b>Customer Care</b> .
	No heat in the inner pot	Perform the <b>Initial Test Run</b> to check for function. Record findings and contact <b>Customer Care</b> .
	Inner pot base may be damaged	Perform the <b>Initial Test Run</b> to check for function. Record findings and contact <b>Customer Care</b> .
Minor steam leaking/ hissing from steam release valve during cook cycle	Quick release switch not in <b>Seal</b> position	Move quick release switch to the <b>Seal</b> position.
	Cooker is regulating excess pressure	This is normal; no action required.
Steam gushes from steam release valve when quick release switch is in <b>Seal</b> position	Not enough liquid in the inner pot	Add thin, water-based liquid to inner pot based on size: 5.7 L: 375 mL 8 L: 500 mL
	Pressure sensor control failure	Contact <b>Customer Care</b> .
	Steam release valve not seated properly	Move quick release switch to the <b>Seal</b> position.
Display remains blank after connecting the power cordlead	Bad power connection or no power	Inspect power lead for damage. If damage is noticed, contact <b>Customer Care</b> . Check outlet to ensure it is powered.
	Cooker's electrical fuse has blown	Contact <b>Customer Care</b> .

# Troubleshooting

Problem	Possible Reason		Solution
Error code appears on display and cooker beeps continuously	C1 C2 C6 C6H C6L	Faulty sensor	Contact <a href="#">Customer Care</a> .
	C7 or NoPr	Heat element has failed	Contact <a href="#">Customer Care</a>
		Not enough liquid	Add thin, water-based liquid to inner pot based on size: 5.7 L: 375 mL 8 L: 500 mL
		Quick release switch is in the <b>Vent</b> position	Move quick release switch to the <b>Seal</b> position.
	C8	Wrong inner pot in cooker base.	Insert the correctly sized inner pot with easy-grip handles into the cooker base.
	Lid	Lid is not in the correct position for the selected program	Open and close the lid. Do not use a lid when using <b>Sauté</b> .
	OvHt / Burn / Food burn	High temperature detected at bottom of inner pot; cooker automatically reduces temperature to avoid overheating	Starch deposits at the bottom of the inner pot may have blocked heat dissipation. Turn the cooker off, release pressure according to the recipe and inspect the bottom of the inner pot.
	PrSE	Pressure has accumulated during a non-pressure cooking programme	Move quick release switch to the <b>Vent</b> position.
Occasional clicking or light cracking sound	The sound of power switching and expanding pressure board when changing temperatures		This is normal; no action needed.
	Bottom of the inner pot is wet		Wipe exterior surfaces of inner pot. Ensure heating element is dry before inserting inner pot into cooker base.

*Any other servicing should be performed by an authorised service representative.*

**Register your product today.**

Contact Customer Care:

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# Warranty

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## Limited Warranty

Earlyview Ltd., an authorised distributor of Instant Brands, Inc., and Instant Brands Inc. (collectively the “Company”) warrant this appliance to be free from defects in workmanship and material, under normal household use, for a period of one (1) year from the date of original purchase. This Limited Warranty extends only to the original purchaser and use of the appliance in the UK. This warranty does not cover appliance use outside of the UK.

Proof of original purchase date and, if requested, return of your appliance is required to obtain service under this Limited Warranty. Provided that this appliance is operated and maintained in accordance with the written instructions included with the appliance (which are also available at [instantpot.co.uk](http://instantpot.co.uk)), the Company will, at its sole discretion, either: (i) repair defects in materials and workmanship; or (ii) replace the appliance. In the event the appliance is replaced, the Limited Warranty on the replacement appliance will expire 12 months from the date of original consumer purchase.

The Company is not responsible for shipping costs for warranty service.

## Limitation and Exclusions

Any modification or attempted modification to your appliance may interfere with the safe operation of the appliance and may result in serious injury and damage. Any modification or attempted modification to your appliance or any part thereof will void the warranty, unless such modification(s) or alteration(s) were expressly authorised by the Company.

This warranty does not cover (1) normal wear and tear; (2) damage resulting from negligent, unreasonable or misuse of the appliance, improper assembly or disassembly, use contrary to the operating instructions, failure to provide reasonable and necessary maintenance, Acts of God (such as fire, flood, hurricanes and tornadoes), or repair or alteration by anyone, unless expressly directed and authorised by the Company; and (3) repairs where your appliance is used for other than normal household use and in a manner contrary to published user or operator instructions.

To the extent permitted by applicable law, the liability of the Company, if any, for any allegedly defective appliance or part shall be limited to repair or replacement of the appliance or part thereof, and shall not exceed the purchase price of a comparable replacement appliance. Except as expressly provided herein and to the extent permitted by law, (1) the Company makes no warranties, conditions or representations, express or implied, usage, custom of trade or otherwise with respect to the appliance or parts covered by this warranty and (2) the Company shall not be responsible or liable for indirect, incidental or consequential damages arising out of or in connection with the use or performance of the appliance or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of any nature or kind.

You may have rights and remedies under applicable laws, which are in addition to any right or remedy which may be available under this limited warranty.

# Warranty

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## Warranty Registration

Please visit [instantpot.co.uk/support/register](https://instantpot.co.uk/support/register) to register your appliance. You will be asked to provide your name, your email address, the store name, date of purchase, model number and serial number (both of which are found on the appliance). This registration will enable us to keep you up-to-date with product developments and recipes, and contact you in the unlikely event of a product safety notification. By registering, you acknowledge that you have read and understood the instructions for use and warnings accompanying the appliance.

## Warranty Service

- Your name, email address or phone number.
- A copy of the original purchase receipt with order number, model and serial number.
- A description of the product defect, including any photographs or video if possible.

## Contact Information

Instant Pot / Earlyview Ltd

Unit 5 Hershams Farm Business park

Kitsmead Lane

Chertsey, Surrey KT16 0DN, UK

Email: [support@InstantPot.co.uk](mailto:support@InstantPot.co.uk)

Telephone: 03331 230051

This warranty was last updated on 1 September 2019 for all products sold from [1 November 2019]. If your product comes with our older warranty version, your warranty will continue to be honoured.

## Recycling

This appliance complies with the WEEE Directive 2012/19/EU on the disposal of electrical and electronic equipment (WEEE). This appliance complies with the European directive for electromagnetic compatibility (EMC) 2014/30/EU and its revisions, as well as Low Voltage Directive (LVD) 2014/35/EU and its revisions.

This marking indicates that this product should not be disposed of with other household waste throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable re-use of material sources. To return your used device, please use the return and collection systems or contact Customer Care for further recycling and WEEE information.



# Instant Pot®

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