

Instant Pot®

DUO™ PLUS

MULTI-USE PRESSURE COOKER
5.7 AND 7.6 LITRE



Getting started guide

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Full manual, how-to videos, FAQs and more available at instantpot.co.uk

Register your product today at instantpot.co.uk/support/register

Download the Instant Pot App for 1000+ recipes at instantpot.co.uk/app



IMPORTANT SAFEGUARDS

(Yes, we have to)

At Instant Brands™ your safety always comes first. The Instant Pot® Duo™ Plus was designed with your safety in mind, and we mean business. Check out this Instant Pot's long list of **safety mechanisms** to see what we mean.

As always, be careful when using electrical appliances and follow basic safety precautions.

- 01** READ THE *GETTING STARTED GUIDE* 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.
- 02** 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. Use only the Instant Pot Duo Plus lid with the Instant Pot Duo Plus pressure cooker base.
- 03** Do not allow children near the pressure cooker when in use. Children should not play with the appliance.
- 04** Do not put the pressure cooker into a hot oven or on any heated surface.
- 05** Do not move the pressure cooker while under pressure.
- 06** Do not use the pressure cooker for any purpose other than that for which it is intended.
- 07** 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 *Getting Started Guide*.
- 08** **Never force open the pressure cooker.** Do not open before making sure that its internal pressure has completely dropped. Refer to the *Getting Started Guide*.
- 09** Never use your pressure cooker without adding water as this would seriously damage it.
- 10** Do not fill the cooker beyond **2/3** of its capacity. When cooking foodstuffs which expand during cooking, such as rice or dehydrated vegetables, do not fill the cooker to more than **1/2** of its capacity.
- 11** When cooking doughy food, use caution when removing the lid to avoid food being ejected.
- 12** Use the appropriate heat source(s) according to the *Getting Started Guide*.
- 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

WARNING

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

IMPORTANT SAFEGUARDS

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.
- 15 Before each use, check that the valves are not obstructed. Refer to the *Getting Started Guide*.
- 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. In particular, use a body and a lid from the same manufacturer indicated as being compatible.
- 19 Do not operate any appliance with a damaged lead or plug, or after the appliance malfunctions or has been damaged in any way. If the power supply lead is damaged, users should contact Customer Care for further assistance.
- 20 For domestic use only. Not intended for commercial or outdoor use.
- 21 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.
- 22 This appliance should not be used by children, by individuals whose physical, sensory or mental abilities prevent safe use of the appliance, or by individuals with limited knowledge of how to use a pressure cooker. Close supervision is needed when using this appliance near these individuals.
- 23 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.
- 24 Unplug your Instant Pot and let it cool before cleaning. Allow all surfaces to dry thoroughly before use.
- 25 The appliance is not intended to be operated by means of an external timer or a separate remote-control system.

WARNING

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

IMPORTANT SAFEGUARDS

- 26 Do not immerse the cooker base in water. To protect against electric shock, do not immerse the lead, power plug or cooker base in any liquid.
- 27 Always make sure the sealing ring is completely set in the groove on the inside of the sealing ring rack.
- 28 Avoid spillage on the connector.

SAVE THESE INSTRUCTIONS.

WARNING

To avoid injury, read and understand the instructions in this user manual before attempting to use this appliance.

WARNING

Electric shock hazard. Use earthed socket only.

- DO NOT remove earthing.
- DO NOT use an adapter.
- DO NOT use an extension lead.

Failure to follow these instructions may result in electric shock and/or serious injury.

WARNING

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.

Special lead set instructions

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

This appliance has an earthed plug. To reduce the risk of electric shock, plug the power lead into an earthed and easily accessible electric socket.

Product specifications

To view a full list of sizes, colours and patterns, go to instantpot.co.uk.

					
Model: Duo Plus 60 v2	840-1000 W	220-240V~50-60Hz	5.7 Litres	5.2 kg	cm: 33 L x 34 W x 33 H
Model: Duo Plus 80 v2	1000-1200 W	220-240V~50-60Hz	7.6 Litres	6.8 kg	cm: 33.5 L x 38 W x 36.5 H

* Not all models and sizes are available in all countries.

Find your model name and serial number

Model name: Find it on the label on the back of the multicooker base, near the power lead.

Serial number: Turn the multicooker base over – you'll find this info on a sticker on the bottom.

WARNING

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

Welcome to the world of Instant Cooking

As the new owner of an Instant Pot® Duo™ Plus 9-in-1 Multi Pressure Cooker, we'd like to welcome you to the Instant Community. At Instant Brands™, we are committed to helping homechefs worldwide to cook healthier, and get delicious meals on the table, quicker and easier than ever before. Our multifunctional cooking appliances will ignite your passion for making mealtimes amazing. We have created a world of cooking resources to help you on your journey to create a variety of culinary masterpieces at home.



Download the **Instant Pot app** to access 1000+ recipe ideas.



Join other Instant home chefs on the **Instant Pot UK community on Facebook** for tips, tricks, and inspiration from the recipes they have created.



Subscribe to our e-newsletter to receive regular recipe e-books and find your next dinner favourite.



And of course, we want to hear from you, so don't forget to tag us online **@instantpotuk** and share your experiences and the dishes you create using **#InstantChefAtHome** **#instantpot**.

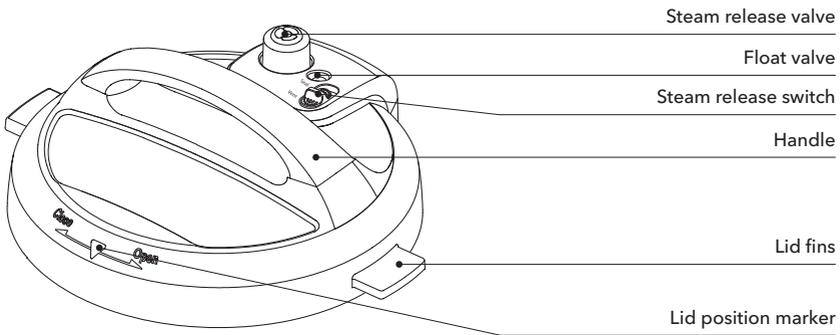
The Instant Pot® simplifies the joys of home cooking. The Duo™ Plus does everything you can do with 9 other appliances: pressure cooker, sauté pan, steamer, slow cooker, rice cooker, food warmer, yogurt maker, egg maker and sterilizer. Clear the clutter from your counter and do it all with just one tool.

If you have any comments or queries, please get in touch with us via the helpdesk on www.instantpot.co.uk/support/instant-pot-help-desk/ or by sending an email to EUSupport@instantbrands.com. You may also find the Frequently Asked Questions page on our website useful, which answers common Pressure Cooking questions. Finally, don't forget to register your appliance online, simply head to www.instantpot.co.uk.

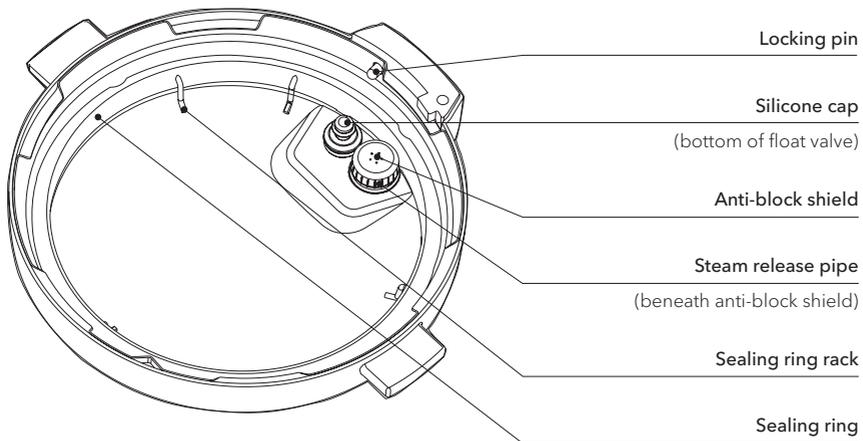
Product, parts and accessories

See **Care, cleaning and storage: Removing and installing parts** to find out how everything fits together.

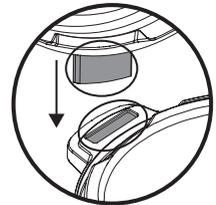
Top of lid



Bottom of lid



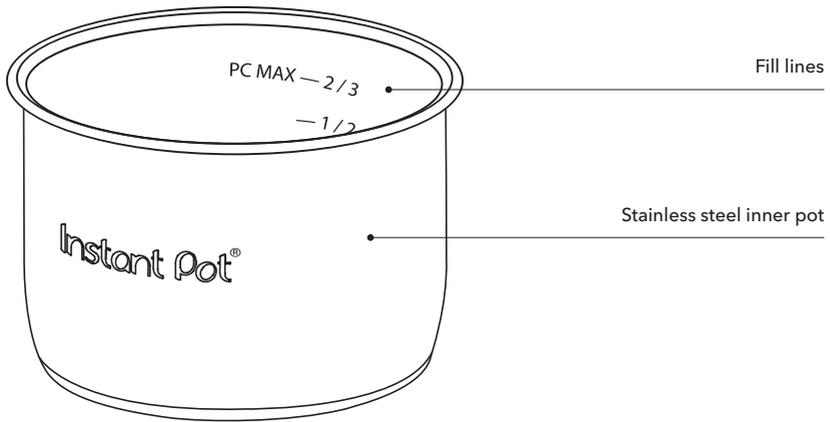
Instant Tip: Stand the lid up in the base handles to keep it off your countertop! Insert the left or right lid fin into the corresponding slot in the multicooker base handles to stand it up and save some space.



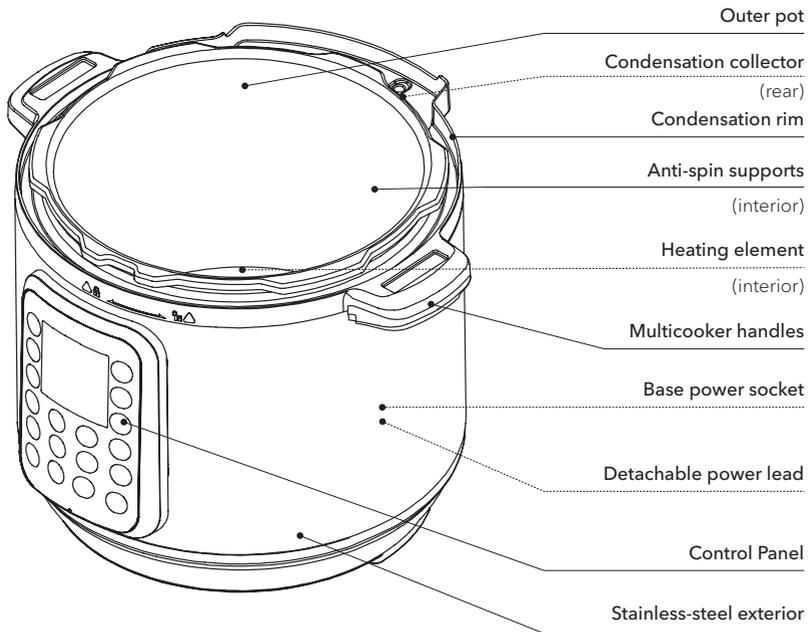
Illustrations in this document are for reference only and may differ from the actual product. Always refer to the actual product.

Product, parts and accessories

Inner pot



Multicooker base



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Get started

Initial set up (It won't bite!)

You – yes, you – can do this!



“Once you have mastered a technique, you barely have to look at a recipe again!”

- Julia Child

- 01** Take that Duo Plus out of the box!
- 02** Remove all packaging material and accessories from in and around the multicooker.
 Check under the inner pot!
- 03** Wash the inner pot in a dishwasher or with hot water and washing up liquid. Rinse with warm, clear water and use a soft cloth to thoroughly dry the outside of the inner pot.
- 04** Wipe the heating element with a soft, dry cloth to make sure there are no stray packaging particles left in the multicooker base.
 Do not remove the safety warning stickers from the lid or the rating label from the back of the multicooker base.
- 05** You may be tempted to put the Instant Pot on your hob – *but don't do it!*
Place the multicooker base on a stable, level surface, away from combustible material and external heat sources.

Is anything missing or damaged?

Get in touch with a Customer Care Advisor by email at EUSupport@instantbrands.com or by phone on **+44 (0) 3331 230051** and we'll happily make some magic happen for you!

Feeling keen?

- Check out **Product, parts and accessories** to get to know your Instant Pot's components, then read the **Pressure control features** for an in-depth look.
- While you're doing the **Initial test run (water test)**, read **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, personal injury and/or property damage.

Do not place the appliance on a hob or on 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 valve or anti-block shield, located on the appliance lid to avoid risk of injury and/or property damage.

Get started

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 Plus 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 Plus for pressure cooking

- 01** Remove the inner pot from the multicooker base and add 750 ml of water to the inner pot. Place it back in the multicooker base.
- 02** Secure the power lead to the base power socket at the back of the multicooker base. Make sure the connection is tight.
Connect the power lead to a 220-240V power source.
The display shows **OFF**.
- 03** Place and close the lid as described in **Pressure control features: Pressure cooking lid**.

Stage 2: "Cooking" (...but not really, this is just a test!)

- 01** Select **Pressure Cook**.
 - 02** Use the **- / + Time** buttons to adjust the cooking time to 5 minutes (**00:05**).
-  Adjustments are saved when a Smart Programme starts, so the next time you use Pressure Cook, it will default to 5 minutes.

03 Press **Keep Warm** to turn the automatic Keep Warm setting off.

04 Press **Start** to begin. 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.

05 When the Smart Programme is complete, the display shows **End**.

Stage 3: Releasing pressure

01 Follow instructions for a Quick Release in **Releasing pressure: Venting methods**.

02 Wait for the float valve to drop, then carefully open and remove the lid as described in **Pressure control features: Pressure cooking lid**.

03 Using proper hand protection, remove the inner pot from the multicooker base, discard the water and thoroughly dry the inner pot.

That's it! You're good to go :)

CAUTION

Pressurised steam is released through the top of the steam release valve. Keep exposed skin away from the steam release valve to avoid injury.

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.

CAUTION

The inner pot will be hot after cooking. Always use appropriate heat protection when handling a hot inner pot to avoid injury.

Pressure cooking 101

Pressure cooking uses steam to raise the boiling point of water above 100°C. These high temperatures allow you to cook some foods much faster than normal.

Behind the magic curtain

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 pre-heats, it vaporises 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 for the multicooker to pressurise 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. While you're waiting, read Releasing pressure for information on safe venting techniques.

Cooking

What you see	What you don't see	Tips
The float valve may release a bit of steam before it pops up and seals the multicooker. The display switches to the cooking countdown timer.	When the multicooker reaches the required pressure level, cooking begins. The Instant Pot automatically maintains High or Low pressure throughout cooking.	A higher pressure means a higher temperature. Smart Programme 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, 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 pressurised 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 has dropped.	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.  Instant Tip: 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.



Pressurised

Depressurised

⚠ 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.

⚠ DANGER

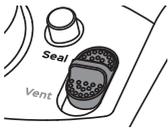
DO NOT attempt to remove the lid while the float valve is up and **NEVER** attempt to force the lid open. Contents are under extreme pressure. Float valve must be down before attempting to remove the lid. Failure to follow these instructions may result in serious personal injury and/or property damage.

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 depressurises naturally over time.

What to do	What to expect
<p>After cooking has finished, leave the quick release switch in the Seal position until the float valve drops into the lid.</p>  <p>Seal position</p>	<p>Your meal continues to cook even after the Smart Programme has ended.</p> <p> Instant Tip: This is called “carryover cooking” or “resting”, and it’s great for large cuts of meat.</p> <p>The depressurisation time may vary based on 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!</p> <p>When pressure has been fully released, the float valve drops into the lid.</p>

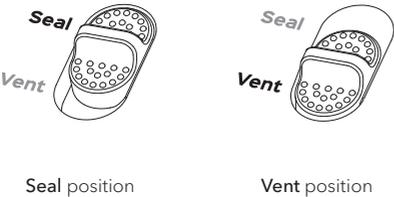
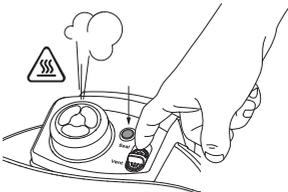
NOTICE

Use NR to depressurise 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).

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
<p>Move the quick release switch from Seal to Vent and wait until the float valve drops into the lid.</p>  <p>The diagram shows two views of the quick release switch. On the left, it is in the 'Seal' position, with the lid's float valve raised above it. On the right, it is in the 'Vent' position, with the lid's float valve lowered into the switch. Labels 'Seal' and 'Vent' are placed above each respective diagram. Below the diagrams are the labels 'Seal position' and 'Vent position'.</p>	<p>A jet of steam is ejected through the top of the steam release valve.</p> <p>This is normal!</p> <p>When the pressure has been fully released, the float valve drops into the lid.</p>  <p>The illustration shows a hand turning the quick release switch to the vent position. A cloud of steam is shown being ejected from the top of the lid. A warning symbol (SS) is placed near the steam.</p>

If you see a lot of spatter while releasing pressure, move the quick 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
<p>Leave the quick 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.</p>	<p>A jet of steam is ejected through the top of the steam release valve.</p> <p> The temperature within the multicooker drops, so the steam release may not be as powerful as a normal QR.</p> <p>When pressure has been fully released, the float valve drops into the lid.</p>

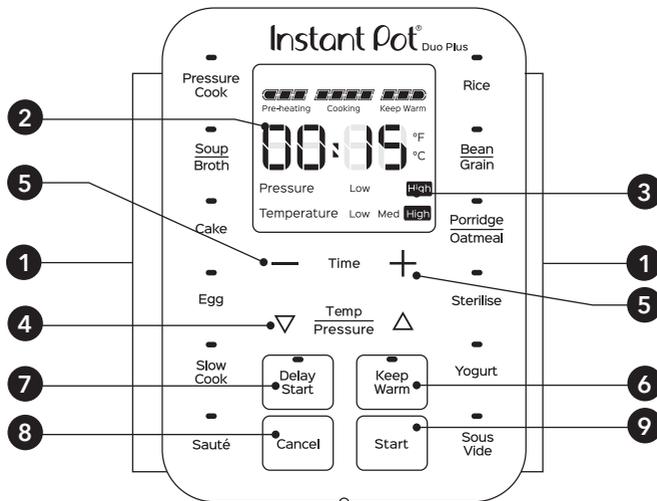
⚠ CAUTION

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 injury.

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



1	Smart Programmes	Pressure cooking <ul style="list-style-type: none"> • Pressure Cook • Soup/Broth • Cake • Egg • Rice • Bean/Grain • Porridge/Oatmeal • Sterilise 	Non-pressure cooking <ul style="list-style-type: none"> • Slow Cook • Sauté • Yogurt • Sous Vide
2	Time display	Shows the time in HH:MM format. Counts up or down, depending on the Smart Programme.  Also displays temperature in °C (Celsius) or °F (Fahrenheit) during Sous Vide.	
3	Pressure	Shows Low or High pressure during pressure cooking.	
	Temperature	Shows when the multicooker is using Low, Med or High temperature.	
4	Temp / Pressure buttons	Toggles between temperature and pressure levels.	
5	- / + Time buttons	Adjusts time for cooking, Delay Start and Keep Warm.	
6	Keep Warm	Turns the Keep Warm setting on or off.	
7	Delay Start	Delays the start of cooking.	
8	Cancel	Stop a Smart Programme at any time.	
9	Start	Begins the selected Smart Programme.	

View the full user manual online at instantpot.co.uk for more information.

Control panel

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 .
boil	The Yogurt Smart Programme is in the process of pasteurising milk (i.e., the Yogurt Smart Programme is set to More).
Hot	The Sauté or Sous Vide Smart Programme has reached the ideal cooking temperature and food may be added to the inner pot.
00:00	Display shows one of the following: <ul style="list-style-type: none">• When a Smart Programme is running, the timer counts down the remaining cooking time;• When Delay Start is running, the timer counts down until the Smart Programme begins;• When Keep Warm is running, the timer counts the length of time that food has been warming.
End	The Smart Programme has finished and Keep Warm is off.
Food burn	The multicooker may be overheating due to insufficient liquid. See the Troubleshooting section in the full user manual online at instantpot.co.uk .

Can you see something else? See the Troubleshooting section in the full user manual online at instantpot.co.uk.

Pressure control features (Your little bag of tricks!)

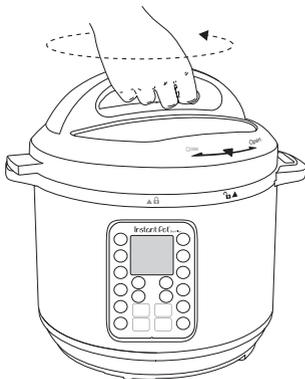
See **Care, cleaning and storage** for installation and removal of parts.

Pressure cooking lid

What we love about it	What you should know about it
<p>When you close it, it sets to Seal automatically, for seriously easy pressure cooking.</p> <p>While plugged in, the Duo Plus plays a little jingle when you open and close the lid.</p>	<p>The lid is removable during non-pressure cooking so you can taste-test as you go.</p> <p>When you're pressure cooking, the lid only locks into place once the multicooker is pressurised. Try not to remove the lid unnecessarily!</p>

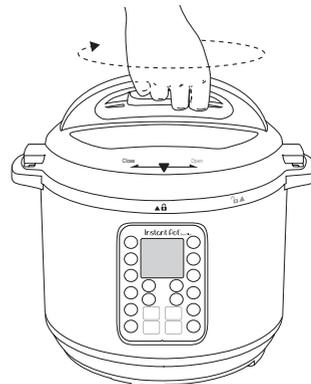
Removing the lid

- 01** Grip the lid handle and turn it anti-clockwise to align the symbol on the lid ▼ with the symbol on the rim of the multicooker base ◀▲.
- 02** Lift the lid up and off the multicooker base towards your body.



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 ▶▲.



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

⚠ WARNING

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

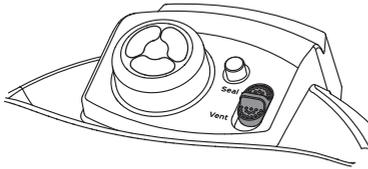
⚠ CAUTION

Always check the lid for damage and excessive wear prior to cooking to avoid risk of injury and/or property damage.

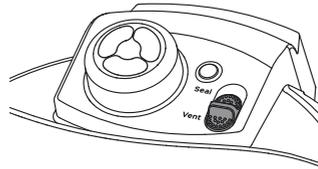
Pressure control features

Quick release switch

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



Seal position



Vent position

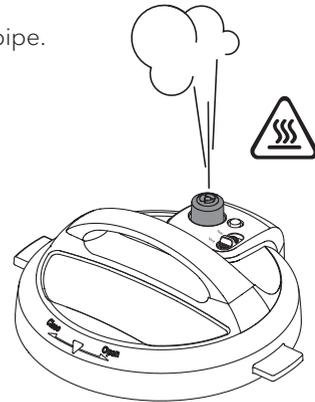
What we love about it	What we should know about it
It's <i>super</i> easy to use and keeps our hands well away from the steam when the multicooker is releasing pressure!	It automatically sets to Seal when you close the lid, so make sure you move it to Vent when you're not pressure cooking.

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

Steam release valve

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

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



⚠ WARNING

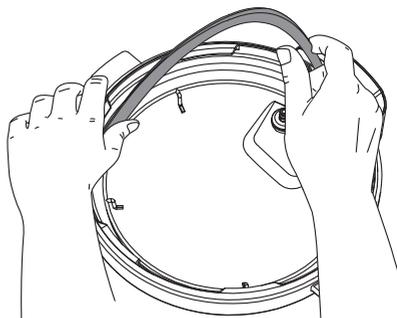
Do not cover or block the steam release valve in any way to avoid risk of personal injury and/or property damage.

Pressure control features

Sealing ring

When the pressure cooking lid is closed, the sealing ring creates an airtight 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.



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

⚠ CAUTION

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

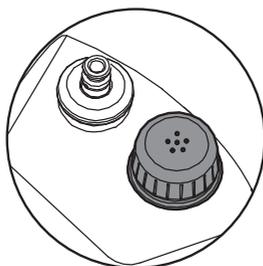
- Always check for cuts, deformation and correct installation of the sealing ring before cooking.
- Sealing rings stretch over time with normal use. The sealing ring should be replaced every 12 to 18 months or sooner if you notice stretching, deformation or damage.

Failure to follow these instructions may cause food to discharge, which may lead to personal injury and/or property damage.

Anti-block shield

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

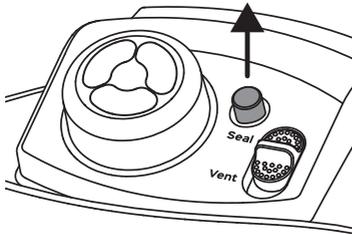
The anti-block shield is integral to product safety and necessary for pressure cooking.



Pressure control features

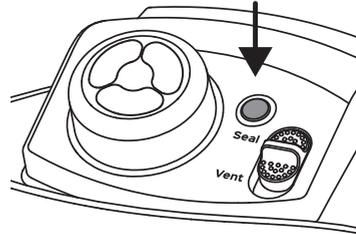
Float valve

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



Pressurised

The float valve has visibly popped up above the surface of the lid.



Depressurised

The float valve has dropped and the top is flush with the lid.

The float valve and silicone cap work together to seal in pressurised 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.**

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

⚠ 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.

Pressure cooking

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

Instant pot size	Minimum liquid for pressure cooking
5.7 Litres	375 mL
7.6 Litres	500 ml

**Unless otherwise specified by your recipe.*

CAUTION

To avoid scorching or scalding injuries, be cautious when cooking with more than 60 mL of oil, oil-based sauces, condensed cream-based soups and thick sauces. Add suitable liquid to thin sauces. Avoid recipes that call for more than 60 ml of oil or fat content.

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 ensures your food items are steamed and not boiled. It helps to heat food evenly, prevents nutrients from leeching into the cooking liquid, and stops food items from scorching on the bottom of the inner pot.

When the Smart Programme is complete, follow your recipe to select the appropriate venting method. See Releasing pressure: Venting methods for safe venting techniques.

Find full instructions for use in the user manual online at instantpot.co.uk.

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

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.

Pressure cooking

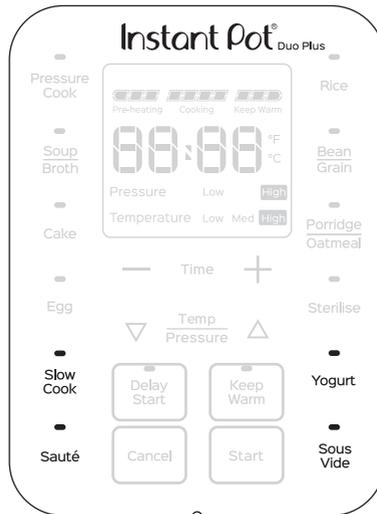
Smart programme breakdown

Smart Programmes	Default time	Time range	Default pressure level	Notes and tips
Pressure Cook	10 minutes (00:10)	1 minute to 8 hours (00:01 to 08:00)	High	Flexible manual programming.
Soup/Broth	30 minutes (00:30)	1 minute to 4 hours (00:01 to 04:00)	High	Liquid remains clear due to lack of boiling motion. Always use NR to release pressure when cooking soup with a high starch content.
Cake	30 minutes (00:30)	1 minute to 4 hours (00:01 to 04:00)	High	Adjust cooking time as directed in recipe. Cake mixture should be poured into a springform tin and covered with foil or an oven-safe lid. Leave 1" of space around the tin to ensure heat circulates properly.
Egg	5 minutes (00:05)	1 minute to 1 hour (00:01 to 01:00)	High	Pre-set times are intended for extra large eggs. Adjust cooking time to account for different sized eggs. Plunge eggs into ice bath to prevent overcooking.
Rice	12 minutes (00:12)	1 minute to 1 hour (00:01 to 01:00)	Low	For cooking medium and long-grain white rice. Use a 10-minute Natural Release after cooking for perfect results.
Bean/Grain	20 minutes (00:20)	1 minute to 1 hour (00:01 to 01:00)	High	When cooking beans or legumes, always use NR to release pressure. Make sure dry beans are completely submerged in water.
Porridge/Oatmeal	5 minutes (00:05)	1 minute to 1 hour (00:01 to 01:00)	High	Adjust time as directed in recipe. Always use NR to release pressure when cooking foods that expand.
Sterilise	15 minutes (00:15)	1 minute to 1 hour (00:01 to 01:00)	High	Sterilise utensils, tempered glass and some heat-resistant plastics. Low and High pressure hot water bath canning of acidic fruits and vegetables.

Other cooking styles

The Duo Plus is much more than a pressure cooker. These Smart Programmes don't cook with pressure, but are just as easy to use and give you delicious results.

- Slow Cook
- Sauté
- Yogurt
- Sous Vide



⚠ 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.

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

When cooking foods that **foam or froth** (e.g., stewed apples, cranberries or split peas) or **expand** (e.g., oats, rice, beans, pasta) do not fill the inner pot higher than the **— 1/2** line as indicated on the inner pot.

⚠ CAUTION

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

- To avoid personal injury or damage to the appliance, replace the inner pot if it is dented, distorted or damaged.
- Use only authorised 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 it is safe to use.

Other cooking styles

Slow Cook

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

 If the float valve rises, make sure the quick release switch is set to **Vent**. See **Pressure control features: Quick release switch**.

Default time	Time range	Default temperature	Temperature range	Notes and tips
6 hours (06:00)	30 minutes to 24 hours (00:30 to 24:00)	Med	Low Med High	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. You can use a glass lid for slow cooking if it has a venting hole.

Sauté

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

Default time	Time range	Default temperature	Temperature range	Notes and tips
30 minutes (00:30)	1 minute to 1 hour (00:01 to 01:00)	High	Low	Simmering, thickening and reducing liquids.
			Med	Pan searing or sautéing.
			High	Stir-frying or browning meat.

Find full instructions for use in the user manual online at instantpot.co.uk.

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.

WARNING

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 multicooker unattended while using Sauté.

Other cooking styles

Yogurt

Produce delicious fermented dairy and non-dairy recipes effortlessly.

Instant Pot Size	Minimum Milk Volume	Maximum Milk Volume
5.7 Litres	1 L	~3.8 L
7.6 Litres	1.5 L	~5.7 L

Default temperature	Temperature range	Default time	Time range	Notes and tips
High	Low	24 hours (24:00)	30 minutes to 99 hours and 30 minutes (00:30 to 99:30)	For lower temperature fermentation (e.g., Jiu niang, a sweet fermented glutinous rice dessert).
	Med	8 hours (08:00)	30 minutes to 99 hours and 30 minutes (00:30 to 99:30)	Fermenting milk after culture has been added.
	High	(boil)	Not adjustable.	Pasteurising milk.

Find full instructions for use in the user manual online at instantpot.co.uk.

Other cooking styles

Sous Vide

Sous Vide cooking involves cooking food underwater in an airtight, food-safe bag for a long period of time. Food cooks in its own juices and comes out delicious and unbelievably tender.

Default temperature	Temperature range	Default time	Time range	Notes and tips
56°C	25 to 90°C	3 hours (03:00)	30 minutes to 99 hours and 30 minutes (00:30 to 99:30)	Separating servings can help you accommodate unique dietary restrictions.

You'll need:

- Tongs
- Thermometer
- Food safe, airtight, re-sealable food pouches or
- Vacuum sealer and food-safe vacuum bags

Find full instructions for use in the user manual online at instantpot.co.uk.

For sous vide cooking guidelines, check out the Cooking Time Tables under the Recipes tab at instantpot.co.uk.

⚠ CAUTION

Do not overfill the inner pot to avoid property damage. Total contents (*water and food pouches*) should leave at least 5 cm of headspace between the water line and the brim of the inner pot.

⚠ CAUTION

Use a meat thermometer to ensure meat reaches a safe minimum internal temperature. Refer to the WHO (World Health Organization) website at https://www.who.int/foodsafety/publications/consumer/en/5keys_en.pdf?ua=1 and/or review your local government's food safety recommendations for more information.

Care, cleaning and storage

Clean your Duo Plus 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 allow it to 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.

Allow all surfaces to dry thoroughly before use and before storage.

Parts	Cleaning methods and instructions
Accessories <ul style="list-style-type: none"> • Steam rack 	Dishwasher safe.
Lid and parts <ul style="list-style-type: none"> • Anti-block shield • Sealing rings • Steam release valve • Float valve • Silicone cap • Condensation collector 	Dishwasher safe if placed on the top rack. Remove all the parts from the lid before cleaning. See Care, cleaning and storage: Removing and installing parts. <ul style="list-style-type: none"> • With steam release valve and anti-block shield removed, clean the interior of the steam release pipe to prevent clogging. • 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. • After cleaning, store the lid upside down on the multicooker base. • Store sealing rings in a well-ventilated area to decrease residual odour from highly-flavoured meals. To eliminate odours, add 250 ml water and 250 ml white vinegar to the inner pot and run Pressure Cook for 5-10 minutes, then QR pressure. • Check the condensation collector after each use and empty as needed. Do not allow food or moisture to stagnate in the condensation collector.
Inner pot	Dishwasher safe. <ul style="list-style-type: none"> • 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. • Make sure all exterior surfaces are dry before placing in the multicooker base.
Power lead	Hand wash only. Do not wash in a dishwasher. <ul style="list-style-type: none"> • Use a barely-damp cloth to wipe any particles off the lead.
Multicooker base	Hand wash only. Do not wash in a dishwasher. <ul style="list-style-type: none"> • Clean the multicooker base and control panel with a soft, barely-damp cloth or sponge. • Wipe the inside of the cooker base, the heating element and the condensation rim with a barely-damp cloth. Allow them to dry completely before inserting the inner pot.

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

Care, cleaning and storage

⚠ WARNING

The Instant Pot multicooker base contains electrical components. To avoid fire, electrical 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 run it through a dishwasher.
- DO NOT rinse the heating element.
- DO NOT submerge or rinse the power lead or plug.

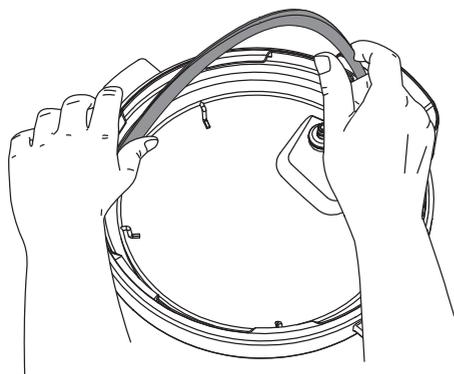
Removing and installing parts

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.

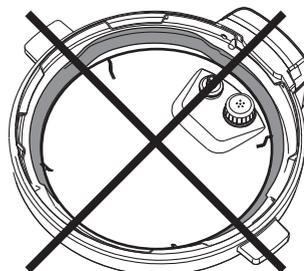
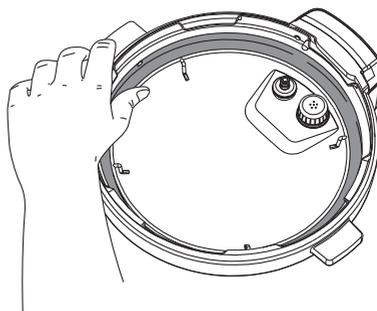
With the sealing ring removed, inspect the steel rack to make sure it is secured, centred and at an even height all the way around the lid. Do not attempt to repair a deformed sealing ring rack.



Install the sealing ring

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



Incorrect

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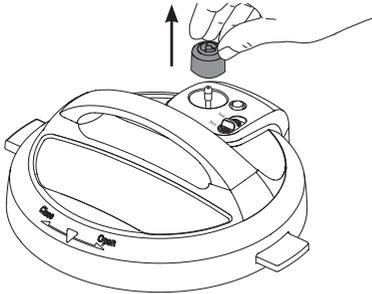
Care, cleaning and storage

Steam release valve

Remove the steam release valve

Pull the steam release valve up and off the steam release pipe.

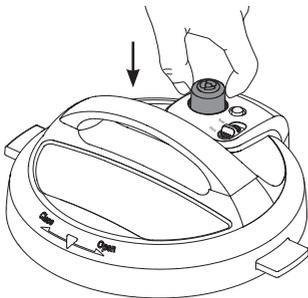
The steam release valve must be installed before using the cooker.



Install the steam release valve

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

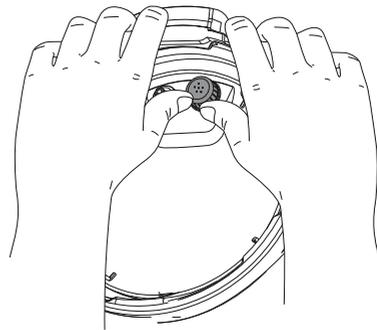
The steam release valve sits loosely on the steam release pipe when installed properly but should remain in place when the lid is turned over.



Anti-block shield

Remove the anti-block shield

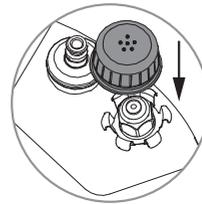
Grip the lid like a steering wheel and use your thumbs to press firmly against the side of the anti-block shield (pressing towards the side of the lid and up) until it pops off the prongs underneath.



Install the anti-block shield

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

Do not attempt to operate the pressure cooker without the anti-block shield installed.



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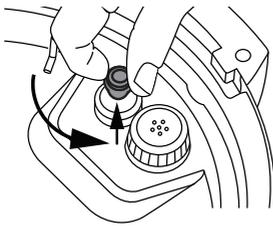
Care, cleaning and storage

Float valve and silicone cap

Remove the float valve

Place one finger on the flat 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.

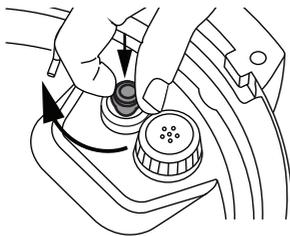
 Do not discard the float valve or silicone cap.



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 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 having the float valve and/or silicone cap properly installed in the pressure cooking lid.



Condensation collector

The condensation collector sits at the back of the cooker base and catches any overflow from the condensation rim.

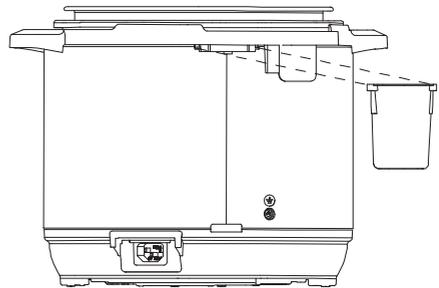
It should be installed before cooking, then emptied and rinsed out after each use.

Remove the condensation collector

Pull the condensation collector away from the cooker base; **do not pull down**. Note the tabs on the cooker base and the grooves on the condensation collector.

Install the condensation collector

Align the grooves on the condensation collector over the tabs on the back of the cooker base and slide the condensation collector into place.



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

Warranty

Limited Warranty

Instant Brands (Ireland) Limited 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 EU. This warranty does not cover appliance use outside of the EU.

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), 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

Warranty Registration

Please visit 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 Brands (Ireland) Limited,
One Spencer Dock,
North Wall Quay,
Dublin 1, Ireland.

Email: EUSupport@instantbrands.com

Telephone: **+44 (0) 3331 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 United Kingdom. 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™

Instant Brands (Ireland) Limited,
One Spencer Dock,
North Wall Quay,
Dublin 1, Ireland.

Register your product today

www.instantpot.co.uk/support/register

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