

get started

INSTANT POT® **DUO® PLUS**
WIDE MULTICOOKER

Instant®

Welcome

to your new Instant Pot® Duo® Plus Wide Multicooker!

This Instant Pot Duo Plus Wide Multicooker can help you cook healthy, delicious meals more easily and in less time. We hope you fall in love with Instant Pot cooking, and enjoy it in your kitchen for years to come!

Get started with your Duo Plus!

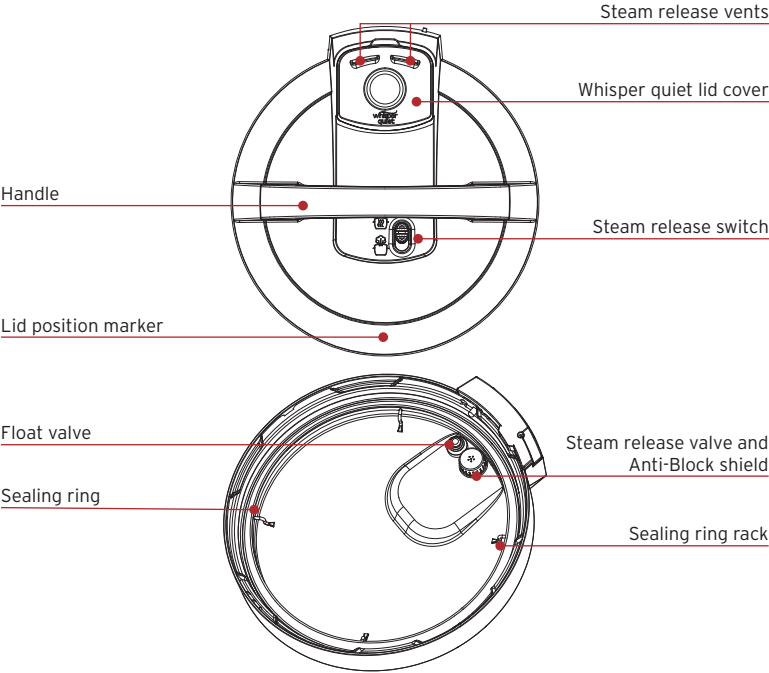


CONTENTS

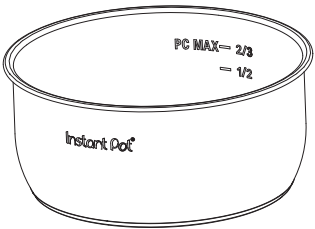
What's in the box	2
Using your Duo Plus	4
Initial setup	7
Using the lid	11
Slow Cook	17
Rice	19
Steam	21
Sauté	22
Yogurt	24
Sous Vide	26
Cake	28
Keep Warm	30
Cleaning	31
Learn more	32

WHAT'S IN THE BOX

Lid

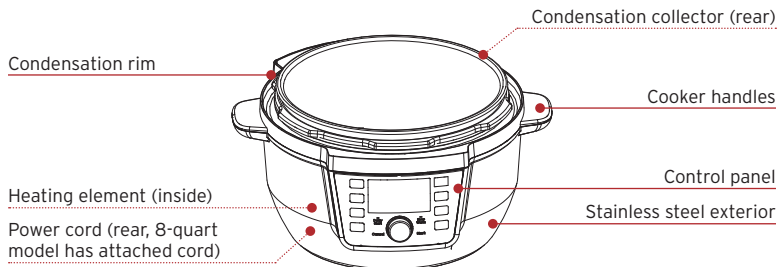


Stainless Steel Inner Cooking Pot

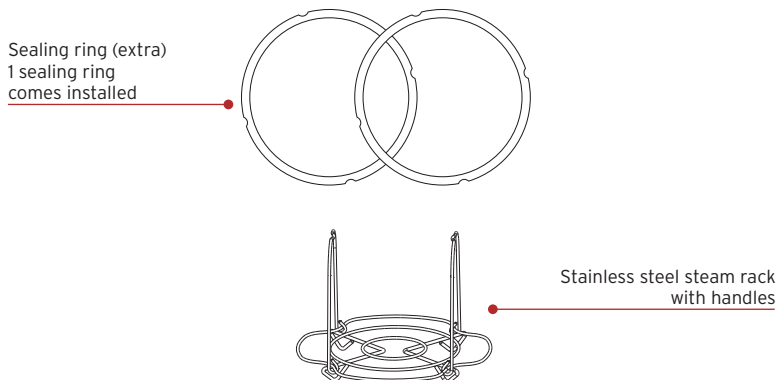


2
Get started

Cooker Base



Parts + Accessories



Illustrations are for reference only and may differ from the actual product.

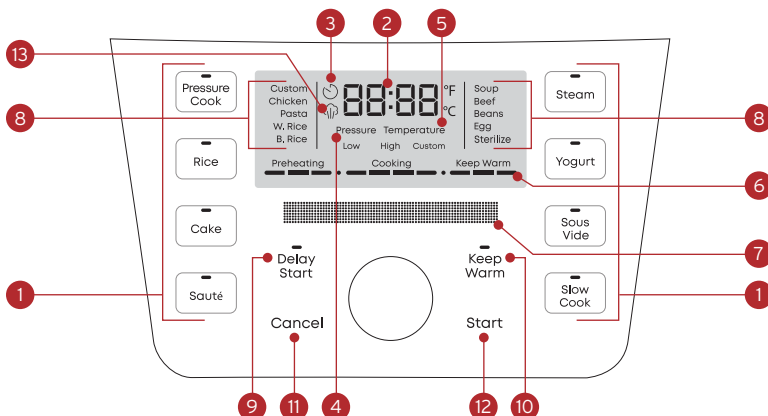
Remember to recycle!

We designed this packaging with sustainability in mind. Please recycle everything that can be recycled where you live.

USING YOUR DUO PLUS

Control panel

We've designed the control panel to be simple to use and easy to read.



1. Smart Program Settings
 - Cooking presets
2. Time
 - Cooking time
 - Delay Start time
 - Keep Warm time
3. Delay Start Indicator
 - Shows Delay Start is active
4. Pressure Indicator
 - When lit, shows the pressure level selected
5. Temperature Indicator
 - When lit, shows the temperature selected
6. Progress Bar
 - Shows cooking progress
7. Message Display
 - Shows cooking instructions
8. Cooking Programs
 - Active program will be lit
9. Delay Start
 - Light shows ON
10. Keep Warm
 - Light shows ON
11. Cancel
12. Start
13. Steam Icon
 - When lit, there is pressure in the multi-cooker

Turning the sound On or Off

Turn sound on

When in Ready mode, press and hold **Delay Start** and **Keep Warm** for 5 seconds. The message display shows **Sound Off**.

Turn sound off

When in Ready mode, press and hold **Delay Start** and **Keep Warm** for 5 seconds. The message display shows **Sound On**

Audible safety alerts (beeps) cannot be turned off.

Changing the temperature scale

Set to Fahrenheit

When in Ready mode (and scale is set to Celsius), press and hold the **Control Dial** for 5 seconds. The message display shows **Temp Unit F**.

Set to Celsius

When in Ready mode (and scale is set to Fahrenheit), press and hold the **Control Dial** for 5 seconds. The message display shows **Temp Unit C**.

Delay the start of cooking

You can set a Delay Start timer for a minimum of 10 minutes or a maximum of 24 hours.

1. Select a Smart Program, adjust the settings as you want, then press **Delay Start**.
2. When the minutes field flashes, turn the **Control Dial** to set the minutes (in 10 minute increments) and press the **Start** to select.
3. Delay Start begins automatically and the timer counts down.
4. When Delay Start ends, the Smart Program begins.

Set a timer (without cooking)

You can set a timer for a minimum of 1 minute or a maximum of 60 minutes.

1. When the unit is on and the message display shows **Ready**, press **Delay Start**.
2. When the minutes field flashes, turn the **Control Dial** to set the minutes (in 1 minute increments).
3. Press **Start** to begin the timer.

Cancel cooking

When in Preheating, Cooking or Keep Warm modes, press **Cancel**. The message display shows **Ready**.

Reset unit to original settings

Reset individual programs

- With the cooker in Ready mode, press and hold one program button for over 3 seconds. The message display shows **Ready**.

The Program's pressure level, cooking time and temperature are restored to the factory default setting.

Reset individual programs during cooking

- With the cooker in Cooking mode, press and hold that program's button for over 3 seconds. The display returns to the Cooking program in progress, but with the factory default settings.

The Program's pressure level, cooking time and temperature are restored to the factory default setting.

Reset all program settings

- With the cooker in Ready mode, press and hold **Cancel** for over 3 seconds. The message display shows **Ready**.

The unit's settings are restored to the factory default.

INITIAL SETUP

Clean before use

1. Wash the inner cooking pot with hot water and soap. Rinse and use a soft cloth to dry the outside. Or you can wash the inner cooking pot in the dishwasher.
2. Wipe the heating element inside the cooker base with a soft cloth to ensure there are no stray packaging particles.

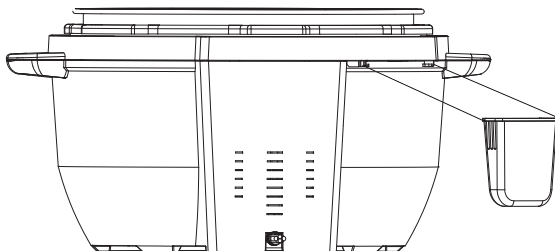
Setting up the condensation collector

The condensation collector sits at the back of the cooker base and accumulates overflow moisture from the condensation rim. It should be installed before cooking, then emptied and rinsed out after each use.

Remove the condensation collector

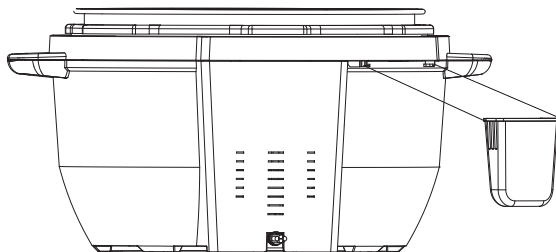
- Pull the condensation collector away from the cooker base; do not pull down.

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 with the tabs on the back of the cooker base and slide the condensation collector into place.



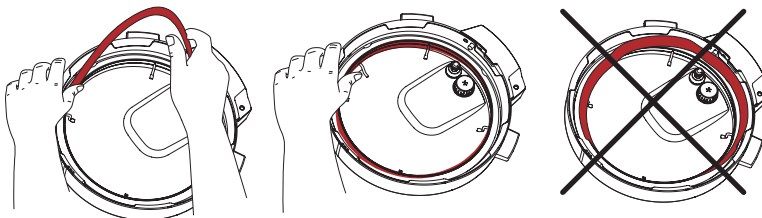
Using the Sealing Ring

When the lid is closed, the sealing ring installed on the underside of the lid creates an air-tight 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.
- Install 1 sealing ring at a time; use one for sweet dishes and one for savory.
- Sealing rings stretch over time with normal use. To keep your product safe, replace the sealing ring every 12 to 18 months. Replace sooner if you notice stretching, deformation, or damage.

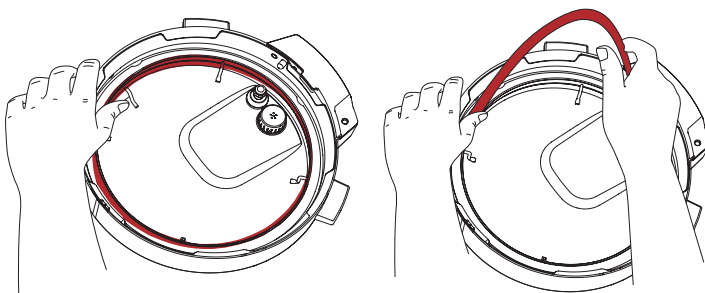
Install the Sealing Ring

1. Place the sealing ring over the sealing ring rack and press it into place. Press down firmly to ensure there is no puckering.
2. The sealing ring should be snug and should not fall out when the lid is turned over.



Remove the Sealing Ring

1. Grip the edge of the sealing ring and pull it out from behind the sealing ring rack.
2. Inspect the rack to ensure it is secured, centered, and at an even height all the way around the lid. If the sealing ring rack is deformed, do not try to repair it.



Plug in cord (6QT model)


- When you're ready to use your Duo Plus, plug the electrical cord into the power socket on the back of the unit.

The 8QT model has an electrical cord that is always connected to the unit.

Test run

Setting up your new Duo Plus for a test run is a great way to familiarize yourself with how the unit works before you actually cook a meal.

To perform a test run:

1. Add 3 quarts water to the inner cooking pot.
2. Place the inner cooking pot into the cooker base.
3. Place the lid on top of the cooker base and lock the lid.
See 'How to lock the lid' below
4. Press **Pressure Cook** on the Control Panel.
5. Press the **Control Dial**, then turn the **Control Dial** to set the cooking time to 5 minutes.
6. Press **Keep Warm** to turn off the Keep Warm setting.
7. Press **Start** to begin. The message display shows **Preheating**.
8. When cooking is done, the display shows DO NOT OPEN LID.
9. Release steam by moving the steam release switch to the **Vent**  position. When steam is completely released, the message display shows **OK to Open Lid** and **End** alternatively.
See 'How to release steam' below for complete instructions
10. Unlock and open the lid.
See 'How to unlock the lid' below
11. Discard any remaining water, and then wash and dry the inner cooking pot.


Now you're ready to cook a meal in your Instant Pot Duo Plus!

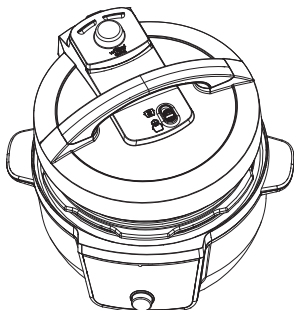
USING THE LID

You'll use the pressure cooking lid for most cooking programs, and especially for pressure cooking. Always use the pressure cooking lid that came with this Duo Plus cooker base.

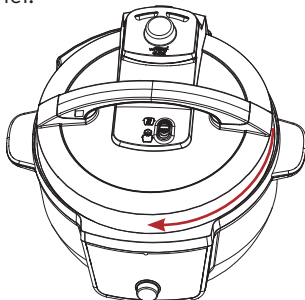
How to close and lock the lid

For pressure cooking, the lid must be securely locked into place to prevent steam from escaping. When you place the lid on the cooker base:

1. Line up line on the lid with the arrow at the side of the control panel .



2. Turn the lid clockwise until the line on the lid lines up with the line on the control panel.

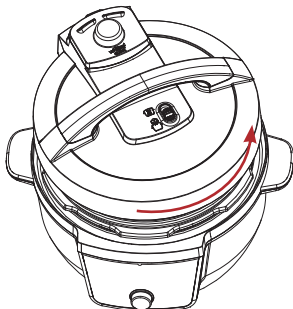


*If the lid is not closed and locked when you start a cooking program, the message display will show **Turn to Lock Lid** and the unit will not start pressurizing.*


How to unlock and open the lid

Once steam is completely released, you must unlock the lid before opening it:

1. Turn the lid counterclockwise until the line on the lid lines up with the **arrow** on the side of the control panel.




2. Carefully lift the lid up and off the cooker base.

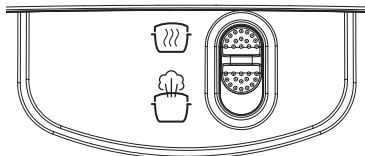
*When a cooking program is finished and steam has been released, the steam icon on the display  will disappear and the message display will show **END** and **OK to Open Lid**.*


How to release steam

The Duo Plus can release steam naturally or quickly. Use the one that best fits the type of food you're cooking.

Natural steam release


1. After cooking, leave the steam release switch in the Seal position  until all pressure is released.

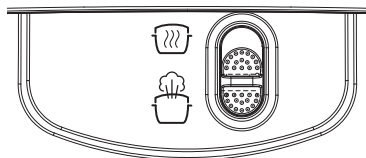



2. When pressure is released the steam icon on the display  disappears and the message display shows **OK to Open Lid**, remove the lid.

Quick steam release

Quickly releases steam after you move the steam release switch to the Vent position. Use for: Foods that tend to overcook, like vegetables and seafood.

1. After cooking, set steam release switch to **Vent** position  position and wait for all pressure to release.



2. When pressure is released, the steam icon on the display  will disappear and the message display shows **OK to Open Lid**, remove the lid.

Pressure Cooking Caution

This appliance uses pressure to cook. Allow the appliance to release all excess pressure and steam before opening the lid. Opening the lid before pressure is released may result in burns, personal injury and/or property damage. Read more in the *Safety, Maintenance and Warranty* document.

Pressure Cook

Pressure cooking uses pressurized steam to cook foods quickly and evenly. Each specific Smart Program is designed to pressure cook a specific type of food. You can adjust the settings as your recipe directs.

Choose from these Smart Programs:

Program	Default Cook Time	Min Cook Time	Max Cook Time	Default Pressure Level
Custom	10 minutes (00:10)	0 minute (00:00)	8 hours (08:00)	High
Chicken	10 minutes (00:10)	0 minute (00:00)	4 hours (04:00)	High
Pasta	1 minute (00:01)	0 minute (00:00)	1 hour (01:00)	High
Soup	30 minutes (00:30)	0 minute (00:00)	4 hours (04:00)	High
Beef	30 minutes (00:30)	0 minute (00:00)	4 hours (04:00)	High
Beans	20 minutes (00:20)	0 minute (00:00)	4 hours (04:00)	High
Egg	5 minutes (00:05)	0 minute (00:00)	10 minutes (00:10)	Low
Sterilize	10 minutes (00:10)	0 minute (00:00)	30 minutes (00:30)	High

Other settings

- Automatic Keep Warm is set to ON by default for all Pressure Cook programs.
- Delay Start is available for all Pressure Cook programs.

How to pressure cook

Prep

Cut, chop, season or marinate your ingredients according to your recipe.

Preheat

1. Add ingredients to the inner cooking pot and place the inner cooking pot into the cooker base.
2. Place the lid on top of the cooker base and lock the lid.
3. Press **Pressure Cook** on the Control Panel.
4. Turn the **Control Dial** to highlight the Smart Program you want to use, then press the **Control Dial** to select it.
5. The default cooking time flashes. To select it, press the **Control Dial**. Or turn the **Control Dial** to change it, then press the **Control Dial** to select it.
6. The default pressure level flashes. To select it, press the **Control Dial**. Or turn the **Control Dial** to change it, then press the **Control Dial** to select it.
7. To delay cooking, press **Delay Start**, then turn the **Control Dial** to select the delay time.
8. Keep Warm setting is ON by default. Press **Keep Warm** to turn it off.
9. Press **Start**. The message display shows **Preheating** and the unit builds pressure.

It can take 10-15 minutes to reach the pressure setting for cooking. Frozen foods increase the preheating time.

Cook

1. When the pressure is ready, the message display shows **Do Not Open Lid**. Cooking starts, and the progress bar shows **Cooking**.
2. The cooking time starts counting down.

You can press Cancel to stop cooking at any time.

Stop cooking

1. When cooking time reaches 00:00, cooking stops.
2. If Keep Warm is ON, the time starts counting up.

Release steam

Choose the steam release method that works for your recipe.

See 'How to release steam' above for full details.

Using liquid to create steam

Pressure cooking requires liquid in the inner cooking pot to produce the steam needed. Depending on the size of your Instant Pot® Duo™ Plus, here are the minimum amounts you'll need:

Instant Pot Size	Minimum Liquid for Pressure Cooking*
7.6 Quarts / 7.19 Litres	2 cups (16 oz / 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.

SLOW COOK

Slow cooking lets you make your favorite simmering and stewing recipes – just like grandma used to make. This program does not use pressure to cook food.

Choose from these Smart Programs:

Program	Default Cook Time	Min Cook Time	Max Cook Time	Default Temperature
Custom	4 hours (04:00)	30 minutes (00:30)	99 hours, 30 minutes (99:30)	High
Chicken	4 hours (04:00)	30 minutes (00:30)	99 hours, 30 minutes (99:30)	High
Pasta	3 hours (03:00)	30 minutes (00:30)	99 hours, 30 minutes (99:30)	High
Soup	6 hours (06:00)	30 minutes (00:30)	99 hours, 30 minutes (99:30)	High
Beef	6 hours (06:00)	30 minutes (00:30)	99 hours, 30 minutes (99:30)	High
Beans	8 hours (08:00)	30 minutes (00:30)	99 hours, 30 minutes (99:30)	High

Other settings

- Automatic Keep Warm is set to ON by default for all Slow Cook programs.
- Delay Start is available for all Slow Cook programs.

How to slow cook

Prep

Cut, chop, season or marinate your ingredients according to your recipe.

Cook

1. Add ingredients to the inner cooking pot and place the inner cooking pot into the cooker base.
2. Place the lid on top of the cooker base and lock the lid.
3. Press **Slow Cook**.
4. Turn the **Control Dial** to highlight the Smart Program you want to use, then press the **Control Dial** to select it.
5. The default cooking time flashes. To select it, press the **Control Dial**. Or to change it, turn the **Control Dial** to change it, then press the dial to select it.
6. The default cooking temperature flashes. To select it, press the **Control Dial**. Or to change it, turn the **Control Dial** to change it.
7. You can delay cooking if you want. Press **Delay Start**, then turn the **Control Dial** to select the delay time.
8. Keep Warm setting is ON by default. Press **Keep Warm** to turn it off.
9. Press Start. Preheating starts. When ready, cooking starts, and the progress bar shows **Cooking**.
10. The cooking time starts counting down.

You can press Cancel to stop cooking at any time.

Stop cooking

1. When cooking time reaches 00:00, cooking stops.
2. If Keep Warm is ON, the time starts counting up.

RICE

The Rice program uses pressurized steam to cook rice quickly and evenly. You can adjust the settings as your recipe directs.

Choose from these Smart Programs:

Program	Default Cook Time	Min Cook Time	Max Cook Time	Default Pressure Level
Custom	12 minutes (00:12)	0 minute (00:00)	1 hour (01:00)	Low
White Rice	12 minutes (00:12)	0 minute (00:00)	30 minutes (00:30)	Low
Brown Rice	30 minutes (00:30)	0 minute (00:00)	1 hour (01:00)	High

Other settings

- Automatic Keep Warm is set to ON by default for all Rice programs.
- Delay Start is available for all Rice programs.

How to cook rice

1. Add ingredients to the inner cooking pot and place the inner cooking pot into the cooker base.
2. Place the lid on top of the cooker base and lock the lid.
3. Press **Rice** on the Control Panel.
4. Turn the **Control Dial** to highlight the Smart Program you want to use, then press the **Control Dial** to select it.
5. The default cooking time flashes. To select it, press the **Control Dial**. Or to change it, turn the **Control Dial** to change it, then press the dial to select it.
6. The default pressure level flashes. To select it, press the **Control Dial**. Or to change it, turn the **Control Dial** to change it.
7. You can delay cooking if you want. Press **Delay Start**, then turn the **Control Dial** to select the delay time.

8. Keep Warm setting is ON by default. Press **Keep Warm** to turn it off.
9. Press **Start**. The message display shows **Preheating** and the unit builds pressure.

It can take 10-15 minutes to reach the pressure setting for cooking.

Cook

1. When the pressure is ready, the message display shows **Do Not Open Lid**. Cooking starts, and the progress bar shows **Cooking**.
2. The cooking time starts counting down.

You can press Cancel to stop cooking at any time.

Stop cooking

1. When cooking time reaches 00:00, cooking stops.
2. If Keep Warm is ON, the time starts counting up.

Release steam

Choose the steam release method that works for your recipe.

See 'How to release steam' above for full details

STEAM

The Steam program cooks food using steam but no pressure; it's especially useful for vegetables like broccoli, zucchini, carrots, and others. You can adjust the settings as your recipe directs or to your taste.

Program	Default Cook Time	Min Cook Time	Max Cook Time	Default Temperature
Custom	10 minutes (00:10)	1 minute (00:01)	1 hour (01:00)	High

Other settings

- Automatic Keep Warm is not available.
- Delay Start is not available.

How to steam

Prep

Cut or chop the ingredients according to your recipe.

Cook

1. Add ingredients to the inner cooking pot and place the inner cooking pot into the cooker base.
2. Place the lid on top of the cooker base and lock the lid.
3. Press **Steam** and 'Custom' flashes on the control panel.
4. The default cooking time flashes. To select it, press the **Control Dial**. Or to change it, turn the **Control Dial** to change it, then press the dial to select it.
5. The default cooking temperature flashes. To select it, press the **Control Dial**. Or to change it, turn the **Control Dial** to change it.
6. Press **Start**. Preheating starts. When ready, cooking starts, and the progress bar shows **Cooking**.
7. The cooking time starts counting down.

You can press Cancel to stop cooking at any time.

Stop cooking

- When cooking time reaches 00:00, cooking stops.

SAUTÉ

Use Sauté in place of a frying or saucepan. Sautéing can deepen the flavors of your food, or can simmer, thicken or reduce sauces.

Choose from these Smart Programs:

Program	Cook Temperature (Fixed)	Default Cook Time	Min Cook Time	Max Cook Time
Low	221° F (105° C)	30 minutes (00:30)	1 minute (00:01)	1 hour (01:00)
High	375° F (190° C)	30 minutes (00:30)	1 minute (00:01)	1 hour (01:00)
Custom 1	203° F (95° C)	30 minutes (00:30)	1 minute (00:01)	1 hour (01:00)
Custom 2	230° F (110° C)	30 minutes (00:30)	1 minute (00:01)	1 hour (01:00)
Custom 3	275° F (135° C)	30 minutes (00:30)	1 minute (00:01)	1 hour (01:00)
Custom 4	320° F (160° C)	30 minutes (00:30)	1 minute (00:01)	1 hour (01:00)
Custom 5	375° F (190° C)	30 minutes (00:30)	1 minute (00:01)	1 hour (01:00)

Other settings

- Automatic Keep Warm is OFF by default.
- Delay Start is not available.

How to sauté

Prep

Cut, chop, season or marinate your ingredients according to your recipe.

Preheat

1. Place the empty inner cooking pot into the cooker base. Do not close the lid.
2. Press **Saute** and the Custom Smart Program flashes.

3. The default cooking time flashes. To select it, press the **Control Dial**. Or to change it, turn the **Control Dial** to change it, then press the dial to select it.
4. The default cooking temperature flashes. To select it, press the **Control Dial**. Or to change it, turn the **Control Dial** to change it.
5. Press **Start**. Cooking starts, and the progress bar shows **Preheating**.

Cook

1. When the message display shows **Hot**, add the ingredients but do not close the lid.
2. The cooking time starts counting down.

You can press Cancel to stop cooking at any time.

Stop cooking

- When cooking time reaches 00:00, cooking stops.

Sautéing before Pressure or Slow Cooking

Quite often, you'll want to sauté foods to brown them before further cooking them.

1. Sauté ingredients
2. Press **Cancel**

*You can deglaze the inner cooking pot now before switching to **Pressure Cook** or **Slow Cook** (see **Deglazing** below)*

3. Select the Smart Program you want to use to finish cooking.

Deglazing

Deglazing is the process of adding a liquid to a hot pan, releasing all of the delicious, caramelized pieces stuck to the bottom.

1. Remove food from inner cooking pot
2. Add water, broth, or wine
3. Use wooden spoon or silicone spatula to loosen food stuck to bottom of the inner cooking pot

YOGURT

You can use your Duo Plus to easily make delicious, fermented dairy and non-dairy yogurt.

Choose from these settings in the Yogurt Smart Program:

Process	Default Cook Time	Default Temperature	Custom Time Range
Pasteurize	3 minutes (00:03)	High	NA
Ferment (dairy)	8 hours (08:00)	Low	NA
Ferment (non-dairy, custom)	8 hours (08:00) (adjustable)	Low (adjustable)	Minimum 30 minutes (00:30) Maximum 99 hours, 30 minutes (99:30)

Other settings

- Automatic Keep Warm not available.
- Delay Start is not available.

How to make yogurt

Pasteurizing Milk

1. Add milk to the inner cooking pot and place the inner cooking pot into the cooker base.
2. Place the lid on top of the cooker base and lock the lid.
3. Press **Yogurt** and the Custom Smart Program flashes.
4. The default cooking time flashes. Press the **Control Dial** to select a custom setting.
5. Using the **Control Dial**, change the default temperature to High. The display shows **boil**.
6. Press **Start**. Cooking starts, and the progress bar shows **Preheating**.
7. When pasteurization finishes, display shows **End**.

Milk must reach a minimum of 161°F / 72°C for pasteurization to occur.

Adding Culture/Starter

1. Allow pasteurized milk to cool to 43°C / 110°F.
2. Add a starter culture to the milk according to package instructions.

If using plain yogurt as a starter, ensure that it contains an active culture. Mix in 2 tbsp (30 mL) of yogurt per 1 gallon (3.7 L) of milk or follow a trusted recipe.

3. Place and close lid.

Ferment

1. Press **Yogurt**.
2. Cycle to Normal by pressing **Yogurt** again; display shows 8 hours (08:00).
3. The default fermentation time flashes. To select it, press the **Control Dial**. Or to change it, turn the **Control Dial** to change it, then press the dial to select it.
4. After 10 seconds the cooker begins heating; display shows timer counting up from 00:00.
5. When fermentation completes, the unit beeps and the display shows **End**.

A longer fermentation period will produce tangier yogurt.

6. Allow yogurt to cool.
7. Place in the fridge for 12-24 hours to develop flavors.

How much to make?

Instant Pot® Size	Minimum Milk Volume	Maximum Milk Volume
7.6 Quarts / 7.19 Liters	6 Cups (48 oz / 1500 mL)	6 Quarts (192 oz / 5.7 L)

SOUS VIDE

Sous Vide cooks food underwater in an air-tight, food-safe bag, for a long period of time. Food cooks in its own juices and comes out delicious and very tender. This program does not use pressure to cook food.

You should use the pressure cooking lid to maintain an accurate temperature.

Choose from these Smart Programs:

Program	Default Temperature	Default Cook Time	Max Cook Time
Custom	56°C 133°F	3 hours (03:00)	99 hrs, 30 min (99:30)
Chicken	60°C 140°F	2 hours (02:00)	99 hrs, 30 min (99:30)
Beef	54°C 130°F	2 hours (02:00)	99 hrs, 30 min (99:30)
Egg	70°C 158°F	30 minutes (00:30)	24 hrs (24:00)

Other settings

- Automatic Keep Warm is OFF by default.
- Delay Start is not available.

What you need to sous vide

- Tongs
- Food safe, airtight, re-sealable food pouches

OR

- Vacuum sealer and food-safe vacuum bags

How to sous vide

Prep

1. Cut, chop, season or marinate your ingredients according to your recipe.
2. Add the ingredients to the cooking bag or pouch and seal tightly.

Preheat

1. Place the empty inner cooking pot into the cooker base and close and lock the lid.
2. Press **Sous Vide** on the Control Panel.
3. Turn the **Control Dial** to highlight the Smart Program you want to use, then press the **Control Dial** to select it.
4. The default cooking time flashes. To select it, press the **Control Dial**. Or to change it, turn the **Control Dial** to change it, then press the dial to select it.
5. The default temperature flashes. To select it, press the **Control Dial**. Or to change it, turn the **Control Dial** to change it.
6. Press **Start**. The message display display **Preheating** and the unit starts heating.

Cook

1. When the message display shows **Hot**, unlock and open the lid.
2. Add the sealed cooking bag or pouch to the inner cooking pot and reclose and lock the lid.
3. The cooking time starts counting down.
4. When cooking time reaches 00:00, cooking stops.

You can press Cancel to stop cooking at any time.

Remove food

When cooking completes, the display shows **End**. Open the lid and use the tongs to carefully remove the cooking pouch.

CAKE

The Cake Smart Program uses pressurized steam to bake cakes quickly and evenly, especially cheesecakes. You can adjust the settings as your recipe directs.

Program	Default Cook Time	Min Cook Time	Max Cook Time	Default Pressure Level
Custom	30 minutes (00:30)	0 minutes (00:00)	4 hours (04:00)	High

Other settings

- Automatic Keep Warm is set to ON by default.
- Delay Start is available.

How to pressure cook

Prep

Prepare the ingredients according to your recipe.

Preheat

1. Add ingredients to the inner cooking pot and place the inner cooking pot into the cooker base.
2. Place the lid on top of the cooker base and lock the lid.
3. Press **Cake** and the Custom Smart Program flashes.
4. The default cooking time flashes. To select it, press the **Control Dial**. Or to change it, turn the **Control Dial** to change it, then press the dial to select it.
5. The default pressure level flashes. To select it, press the **Control Dial**. Or to change it, turn the **Control Dial** to change it.
6. You can delay cooking if you want. Press **Delay Start**, then turn the **Control Dial** to select the delay time.

7. Keep Warm setting is ON by default. Press **Keep Warm** to turn it off.
8. Press **Start**. The display shows **Preheating** and the Instant Pot Duo Plus is building pressure

It can take 10-15 minutes to reach the pressure setting for cooking.

Cook

1. When the pressure is ready, the message display shows **Do Not Open Lid**. Cooking starts, and the progress bar shows **Cooking**.
2. The cooking time starts counting down.

You can press Cancel to stop cooking at any time.

Stop cooking

1. When cooking time reaches 00:00, cooking stops.
2. If Keep Warm is ON, the time starts counting up.

Release steam

Choose the steam release method that works for your recipe.

See 'How to release steam' above for full details

KEEP WARM

You can choose to allow Keep Warm to turn on automatically after cooking on many Smart Programs, and you can also use Keep Warm separately to reheat food.

Keep warm after cooking

- 1. When cooking is finished, automatic warming begins. The timer shows the time passed, up to 10 hours.
- 2. To turn automatic warming off (either during cooking or during automatic warming), press **Keep Warm** and the light above the button turns off.

Reheat food

- 1. When in Standby mode, press **Keep Warm**.
- 2. The default cooking time flashes. To select it, press the **Control Dial**. Or to change it, turn the **Control Dial** to change it, then press the dial to select it.
- 3. The default temperature level flashes. To select it, press the **Control Dial**. Or to change it, turn the **Control Dial** to change it.

Program	Default Cook Time	Default Temperature	Min/Max Cook Time
Manual	10 hours (10:00)	High	30 min / 10 hrs (00:30 / 10:00)

CLEANING

Clean your Duo Plus after each use. Always unplug the unit and let all parts cool to room temperature before cleaning. Before use or storing, make sure all surfaces are dry.

Part	Cleaning instructions
Accessories <ul style="list-style-type: none"> • Steam Rack • Condensation Collector • Sealing Ring 	<ul style="list-style-type: none"> • Wash after each use • Hand wash with hot water and mild dish soap or wash in dishwasher, top rack • Never use harsh chemical detergents, powders or scouring pads on accessories • Empty and rinse condensation collector after each use
Lid and Parts <ul style="list-style-type: none"> • Anti-Block Shield • Sealing Ring • Steam Release Vent • Silicone Cap • Steam Release Cover 	<ul style="list-style-type: none"> • Hand wash with hot water and mild dish soap or wash in dishwasher, top rack • Remove all small parts from lid before washing. • With steam release valve and anti-block shield removed, clean interior of steam release pipe to prevent clogging. • To drain water from the lid after dishwashing, grasp the lid handle and hold the lid vertically over a sink, then turn it all the way around • After cleaning, store the lid upside down on the cooker base • Store sealing rings in a well-ventilated area to disperse odor • To eliminate odors from sealing ring, add 1 cup (8 oz / 250 mL) water and 1 cup (8 oz / 250 mL) white vinegar to inner cooking pot, and run Pressure Cook for 5-10 minutes, then use Quick Steam Release
Inner Cooking Pot	<ul style="list-style-type: none"> • Wash after each use. • Hand wash with hot water and mild dish soap or wash in dishwasher* • Hard water stains may need a vinegar-dampened sponge and scrubbing to remove • For tough or burned food residue, soak in hot water for a few hours before cleaning • Dry all exterior surfaces before placing in cooker base
Power cord	<ul style="list-style-type: none"> • Use a barely-damp cloth to wipe any particles off cord
Cooker base	<ul style="list-style-type: none"> • Wipe the inside of the cooker base as well as the condensation rim with a barely-damp cloth, and allow to air dry • Clean the outside of the cooker base and the control panel with a soft, barely-damp cloth or sponge

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

LEARN MORE

There's a whole world of Instant Pot information and help just waiting for you. Here are some of the most helpful resources.

Get the User Manual

(includes Troubleshooting and more)

[Instanthome.com](https://instanthome.com)

Register your product

[Instanthome.com/register](https://instanthome.com/register)

Contact Consumer Care

In the Instant Brands Connect app

[Instanthome.com/customer-care-center](https://instanthome.com/customer-care-center)

support@instanthome.com

Instant Brands® Connect App with 1000+ recipes

[Instanthome.com](https://instanthome.com)

iOS and Android app stores

Cooking charts and more recipes

[Instanthome.com](https://instanthome.com)

How-to videos, tips and more

[Instanthome.com](https://instanthome.com)

Replacement parts and accessories

[Instanthome.com](https://instanthome.com)

Join the community



Product specifications

Model	Volume	Wattage	Power	Weight	Dimensions
DPPC801GM	7.6 Quarts 7.19 Litres	1400 W	120V/ 60Hz	17.86 lb 8.1 kg	in: 15.35 L x 16.34 W x 11.73 H cm: 39.0 L x 41.5 W x 29.8 H

Distributed by Instant Brands LLC
3025 Highland Parkway, Suite 700
Downers Grove, IL 60515 U.S.

instanthome.com

© 2022 Instant Brands LLC
113-1020-01

INSTANT, INSTANT BRANDS,
INSTANT POT AND DUO
are registered trademarks of
Instant Brands Holdings Inc.