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Instant Pot 110-0045-01-EU

Instant Pot Duo 7-in-1 Smart Pressure Cooker User Manual

Model: 110-0045-01-EU

1. INTRODUCTION

Welcome to the world of convenient and efficient cooking with your new Instant Pot Duo 7-in-1 Smart Pressure Cooker. This versatile appliance combines the functions of a pressure cooker, slow cooker, rice cooker, sauté pan, yogurt maker, steamer, and food warmer, streamlining your kitchen and saving you time and energy. This manual provides essential information for safe operation, setup, and maintenance to ensure you get the most out of your Instant Pot Duo.

2. IMPORTANT SAFETY INFORMATION

Please read all instructions and safeguards before operating your Instant Pot Duo. Failure to follow these instructions may result in property damage, personal injury, or death.

- Always operate the appliance on a stable, non-combustible, level surface.
- Do not use the appliance for anything other than its intended use.
- Exercise extreme caution when the pressure cooker is in use. The appliance operates under pressure. Improper use may result in scalding injury.
- Ensure the lid is properly closed and locked before operating.
- Do not immerse the appliance base in water or other liquid.
- This appliance is equipped with 10+ integrated safety mechanisms, including extreme heat protection and lid locking. Do not attempt to bypass these features.



Image: The Instant Pot Duo highlighting its 10+ integrated safety devices, including extreme heat protection and lid locking mechanism.

3. PRODUCT OVERVIEW

3.1 Components

Your Instant Pot Duo consists of the following main components:

- Main Cooker Base
- Inner Pot (Stainless Steel)
- Lid with Sealing Ring and Steam Release Handle
- Condensation Collector (at the back)
- Power Cord



Image: A front view of the Instant Pot Duo, showcasing its control panel with various cooking functions and digital display.

3.2 Key Features

- **7-in-1 Functionality:** Pressure Cooker, Slow Cooker, Rice Cooker, Sauté Pan, Yogurt Maker, Steamer, and Food Warmer.
- **11 Smart Programs:** One-touch programs for Soup/Broth, Meat/Stew, Bean/Chili, Slow Cook, Sauté, Rice, Porridge, Steam, Yogurt, Keep Warm, and Pressure Cook.
- **Advanced Microprocessor:** Monitors pressure, temperature, time, and adjusts heating intensity and duration automatically for consistent results.
- **Energy Efficient:** Cooks up to 70% faster than traditional methods, saving energy.
- **Compact Design:** The 3-liter capacity is ideal for 1-2 people or preparing side dishes.
- **Easy-to-Use LED Display:** Shows cooking progress intuitively.
- **Dishwasher Safe Components:** Inner pot and lid are easy to clean.



DUO 3L jusqu'à 3 portions.



Fonction 7 en 1



11 Programmes de cuisson



Des plats sains et savoureux 70% plus rapidement*

**par rapport à un mode de cuisson classique*

Image: The Instant Pot Duo with text overlays indicating its 7-in-1 functionality, 11 cooking programs, and 70% faster cooking capability.

4. SETUP AND FIRST USE

1. **Unpack:** Remove all packaging materials and accessories from the box.
2. **Clean Components:** Wash the inner pot, lid, and sealing ring with warm soapy water. Rinse thoroughly and dry. Wipe the exterior of the cooker base with a damp cloth.
3. **Install Condensation Collector:** Slide the condensation collector into the slot at the back of the cooker base.
4. **Perform Water Test (Initial Run):**
 - Add 3 cups of water to the inner pot.
 - Place the inner pot into the cooker base.
 - Secure the lid, ensuring the steam release handle is in the "Sealing" position.
 - Select the "Steam" program and set the time to 2 minutes.
 - Once cooking is complete, allow pressure to release naturally or use the Quick Release method (see

Operating Instructions).

This test familiarizes you with the appliance and ensures it is functioning correctly.

5. OPERATING INSTRUCTIONS

5.1 Control Panel Overview

The Instant Pot Duo features an intuitive control panel with dedicated Smart Program buttons and a central display.



Image: A close-up of the Instant Pot Duo's control panel, showing the digital display and buttons for functions like Soup/Broth, Meat/Stew, Rice, Sauté, and more.

5.2 Smart Programs (7-in-1 Functions)

The Instant Pot Duo combines multiple kitchen appliances into one. Here's how its 7-in-1 functions work:

- **Pressure Cooker:** Use for fast cooking of meals like stews, chili, and tough cuts of meat. Select programs like

"Meat/Stew" or "Bean/Chili".

- **Slow Cooker:** Ideal for recipes requiring long, gentle cooking. Use the "Slow Cook" program.
- **Rice Cooker:** Perfectly cooks various types of rice. Use the "Rice" program.
- **Sauté Pan:** Allows you to brown meats or sauté vegetables directly in the inner pot before pressure cooking. Use the "Sauté" program.
- **Yogurt Maker:** For making homemade yogurt. Use the "Yogurt" program.
- **Steamer:** Great for steaming vegetables, fish, or dumplings. Use the "Steam" program.
- **Food Warmer:** Keeps food warm after cooking. The "Keep Warm" function activates automatically after most cooking programs.

FONCTIONS 7 EN 1

1. Cuiseur à riz
2. Cocotte minute
3. Autocuiseur
4. Yaourtière
5. Fonction Rissolée
6. Avec: Cuiseur Vapeur et Chauffe-Plat



Image: The Instant Pot Duo displayed with a list of its 7-in-1 functions: Rice Cooker, Pressure Cooker, Slow Cooker, Yogurt Maker, Sauté Function, Steamer, and Food Warmer.

5.3 Basic Cooking Steps

1. **Add Ingredients:** Place your food and liquid into the stainless steel inner pot. Do not fill above the MAX PC line for pressure cooking.

2. **Close Lid:** Place the lid on the cooker base and turn it clockwise until it locks. Ensure the steam release handle is in the "Sealing" position.
3. **Select Program:** Press the desired Smart Program button (e.g., "Rice", "Meat/Stew"). The display will show the default cooking time.
4. **Adjust Time (Optional):** Use the "+" or "-" buttons to adjust the cooking time if needed.
5. **Start Cooking:** The cooker will automatically begin preheating after a few seconds. Once pressure is reached, the cooking countdown will begin.
6. **Pressure Release:**
 - **Natural Release (NPR):** Allows pressure to dissipate naturally over time. This is recommended for foamy foods or large cuts of meat.
 - **Quick Release (QR):** Carefully turn the steam release handle to the "Venting" position. Steam will rapidly escape. Keep hands and face clear of the steam. This method is suitable for quick-cooking foods.
7. **Open Lid:** Once the float valve drops down, indicating pressure is released, turn the lid counter-clockwise and lift it away from you to avoid residual steam.

6. MAINTENANCE AND CLEANING

Regular cleaning ensures the longevity and optimal performance of your Instant Pot Duo.

- **Inner Pot:** The stainless steel inner pot is dishwasher safe. For stubborn food residue, soak with warm soapy water before cleaning.
- **Lid and Sealing Ring:** The lid and sealing ring are dishwasher safe. Remove the sealing ring from the lid for thorough cleaning. Ensure the sealing ring is properly re-installed before next use.
- **Condensation Collector:** Remove and empty the condensation collector after each use. Wash with warm soapy water and dry.
- **Cooker Base:** Wipe the exterior of the cooker base with a damp cloth. Never immerse the cooker base in water or other liquids.
- **Steam Release Valve:** Ensure the steam release valve is clear of food debris before each use.



Bol interior et couvercle lavables au lave-vaisselle

Image: The Instant Pot Duo with its inner pot and lid detached, illustrating that both components are dishwasher safe for easy cleaning.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Cooker not pressurizing	Lid not sealed, steam release handle in "Venting" position, sealing ring missing/damaged, insufficient liquid.	Ensure lid is locked and steam release handle is "Sealing". Check sealing ring for proper placement and condition. Add more liquid if necessary.

Problem	Possible Cause	Solution
Food not cooking properly	Incorrect cooking time/program, insufficient liquid, power interruption.	Verify selected program and cooking time. Ensure adequate liquid. Check power connection.
Error codes on display	Specific internal issues.	Refer to the Instant Pot official website or contact customer support for specific error code meanings and solutions.

8. SPECIFICATIONS

Feature	Detail
Brand	Instant Pot
Model Number	110-0045-01-EU
Color	Stainless Steel
Product Dimensions (L x W x H)	29 x 25.5 x 28.5 cm
Capacity	3 Liters
Power	700 Watts
Voltage	230 Volts
Material	Stainless Steel
Auto Shut-off Function	Yes
Special Feature	Programmable
Item Weight	3.9 Kilograms
Control Method	Touch
Country of Origin	China

9. WARRANTY AND SUPPORT

Your Instant Pot Duo is covered by a manufacturer's warranty. Spare parts availability is indicated for 2 years from the date of purchase.

For warranty claims, technical support, or to inquire about spare parts, please visit the official Instant Pot website or contact their customer service directly. Keep your proof of purchase for warranty validation.

Official Website: instantbrands.com



