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Instant Pot 140-4040-01

Instant Pot Superior Cooker 7.5QT Slow Cooker and Multicooker Instruction Manual

Model: 140-4040-01

INTRODUCTION

This manual provides essential instructions for the safe and efficient operation of your Instant Pot Superior Cooker 7.5QT. This versatile appliance combines four cooking functions: sear/sauté, slow cook, steam, and warm, designed to simplify your cooking process.

Please read all instructions thoroughly before initial use and retain this manual for future reference.

IMPORTANT SAFETY INFORMATION

WARNING:

- Always operate the appliance on a stable, level, heat-resistant surface.
- Do not immerse the cooker base in water or other liquids.
- Ensure proper ventilation around the appliance during use.
- Keep hands and face away from the steam vent during operation.
- This product contains iron, chromium, manganese, nickel, phosphorus, aluminum, carbon black, titanium dioxide and/or PFAS, and may contain other chemicals. For more information, visit instantpot.com/pages/cookwarechemicaldisclosures.
- Always use oven mitts when handling hot parts of the cooker.
- Unplug the appliance when not in use and before cleaning.

PRODUCT COMPONENTS

Your Instant Pot Superior Cooker includes the following main components:

- Cooker Base with Control Panel
- 7.5-Quart Aluminum Inner Pot (non-stick ceramic-coated)
- Glass Lid with Handle
- Silicone Storage Lid
- Easy-Lift Steam Sling



Image: The Instant Pot Superior Cooker, showing the main unit, inner pot, and glass lid, alongside its packaging.

SETUP AND FIRST USE

1. **Unpacking:** Carefully remove all components from the packaging. Retain packaging for storage or shipping if needed.
2. **Initial Cleaning:** Wash the inner pot, glass lid, silicone storage lid, and steam sling with warm, soapy water. Rinse thoroughly and dry completely. Wipe the cooker base with a damp cloth. Do not immerse

the cooker base in water.

3. **Placement:** Place the cooker base on a stable, level, heat-resistant surface, away from walls and other appliances to ensure adequate ventilation.
4. **Insert Inner Pot:** Place the clean, dry inner pot into the cooker base. Ensure it is seated correctly.
5. **Power Connection:** Plug the power cord into a grounded 120V 60Hz electrical outlet. The display will illuminate.

OPERATING INSTRUCTIONS

The Instant Pot Superior Cooker features a user-friendly control panel. Use the **Temp** and **Time** arrows to adjust settings, and the function buttons (**Sear/Sauté**, **Slow Cook**, **Steam**, **Warm**) to select your desired cooking mode. Press the **Start/Pause** button (green triangle) to begin or pause cooking.

1. Sear/Sauté Function

This function allows you to brown meats and vegetables directly in the inner pot before slow cooking, enhancing flavor and texture.

1. Add a small amount of cooking oil to the inner pot.
2. Press the **Sear/Sauté** button. Adjust temperature if necessary using the **Temp** arrows.
3. Press the **Start/Pause** button (green triangle). The display will show "On".
4. Once hot, add ingredients to sear or sauté. Stir occasionally.
5. When finished, press the **Cancel** button (red X) or proceed to another cooking function.

Perfect browning

Sear, then slow cook in the same pot



Image: Meat browning in the inner pot of the Instant Pot Superior Cooker, demonstrating the sear function.

2. Slow Cook Function

Ideal for tenderizing meats and simmering stews over extended periods.

1. Add ingredients to the inner pot.
2. Place the glass lid on the cooker.
3. Press the **Slow Cook** button.
4. Adjust the cooking time using the **Time** arrows.
5. Press the **Start/Pause** button (green triangle). The cooker will begin the slow cooking cycle.
6. Once cooking is complete, the cooker may automatically switch to the Warm function.



Image: The Instant Pot Superior Cooker displaying "Lo" on its control panel, indicating it is set for slow cooking.

3. Steam Function

Perfect for steaming vegetables, fish, or other delicate foods.

1. Add 1-2 cups of water to the inner pot.
2. Place the steam sling (or a steamer rack, not included) into the inner pot.
3. Arrange food on the steam sling.
4. Place the glass lid on the cooker.
5. Press the **Steam** button.
6. Adjust the steaming time using the **Time** arrows.
7. Press the **Start/Pause** button (green triangle).
8. Carefully remove the lid and food once steaming is complete.

4. Warm Function

Keeps cooked food at a serving temperature without overcooking.

1. After cooking, the appliance may automatically switch to Warm mode.

2. To manually activate, press the **Warm** button.
3. Adjust the warming time using the **Time** arrows (if applicable).
4. Press the **Start/Pause** button (green triangle).
5. Press the **Cancel** button (red X) to exit Warm mode.

CARE AND MAINTENANCE

Proper care ensures the longevity and performance of your Superior Cooker.

- **Always unplug** the appliance and allow it to cool completely before cleaning.
- **Inner Pot:** The non-stick ceramic-coated aluminum pot is dishwasher-safe. For hand washing, use warm, soapy water and a non-abrasive sponge or cloth. Avoid harsh detergents or metal scouring pads to protect the non-stick coating.
- **Glass Lid:** The glass lid is dishwasher-safe. Hand wash with warm, soapy water.
- **Cooker Base:** Wipe the exterior of the cooker base with a damp cloth. Do not immerse the base in water or any other liquid. Ensure the heating element area is clean and free of food debris.
- **Accessories:** The silicone storage lid and easy-lift steam sling are dishwasher-safe.
- **Storage:** Ensure all parts are clean and dry before storing. Store the cooker in a dry place.

Versatile cooking pot

From cooker to oven (up to 350F) to table with ease



* Compared to leading 7QT slow cooker cooking pot

Image: The Instant Pot Superior Cooker displayed with its included silicone storage lid and easy-lift steam sling.

TROUBLESHOOTING

If you encounter issues with your Superior Cooker, refer to the following common problems and solutions:

| Problem | Possible Cause | Solution |
|------------------------------|---|---|
| Appliance does not power on. | Not plugged in; power outlet issue. | Ensure the power cord is securely plugged into a working outlet. Check circuit breaker. |
| Food not cooking evenly. | Insufficient liquid; improper stirring; lid not sealed. | Ensure adequate liquid for slow cooking. Stir ingredients periodically. Confirm lid is properly seated. |

| Problem | Possible Cause | Solution |
|--|--|---|
| Non-stick coating appears damaged or discolored. | Use of metal utensils; abrasive cleaning; high heat. | Always use silicone, wooden, or plastic utensils. Clean with non-abrasive materials. Avoid extreme temperatures beyond recommended use. Contact customer support if damage affects performance. |
| Searing takes too long. | Inner pot not preheated; too many ingredients. | Allow the pot to preheat fully before adding food. Sear in smaller batches if necessary. |

SPECIFICATIONS

- **Model:** 140-4040-01
- **Brand:** Instant Pot
- **Capacity:** 7.5 Quarts
- **Functions:** Sear/Sauté, Slow Cook, Steam, Warm
- **Power:** 800 Watts
- **Voltage:** 120V ~ 60Hz
- **Material:** Plastic (exterior), Ceramic-coated Aluminum (inner pot)
- **Dimensions:** 15.16"D x 14.02"W x 10.24"H
- **Item Weight:** 9.09 Pounds
- **Safety Certification:** UL & ULC Listed
- **UPC:** 810102266002



Right size for easy access

**Shorter height for easy stirring
and adding ingredients**

Image: Diagram showing the dimensions of the Instant Pot Superior Cooker: 15.16 inches deep, 14.02 inches wide, and 10.24 inches high.

WARRANTY AND SUPPORT

Instant Pot products are designed with quality and durability in mind. For specific warranty details, please refer to the warranty card included with your product or visit the official Instant Pot website. Keep your purchase receipt as proof of purchase.

For technical support, troubleshooting assistance, or to inquire about replacement parts, please contact Instant Pot Customer Service:

- **Website:** [instantpot.com](https://www.instantpot.com)
- Refer to the product packaging or website for the most current contact information.

Related Documents - 140-4040-01

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|--|---|
|  <p>The cover features the Instant Pot logo at the top, followed by the product name 'INSTANT POT XL 7.1 L MULTI-COOKER'. Below this is a photograph of the black multi-cooker. To the right of the photo is a list of topics covered in the guide: 'Getting Started Guide', 'Unboxing', 'Initial Setup', 'Using your Instant Pot', 'Cooking Programs', 'Pressure', 'Safety', and 'Warranty Information'.</p> | <p>Instant Pot XL 7.1 L Multi-Cooker Getting Started Guide</p> <p>A comprehensive guide to setting up and using your Instant Pot XL 7.1 L Multi-Cooker, covering product specifications, control panel functions, initial setup, test runs, various cooking programs, warranty information, and essential safety precautions.</p> |
|  <p>The cover is red with the text 'get started' in a white script font. Below it, in smaller white text, is 'INSTANT POT XL 7.1L USER MANUAL' and the Instant Pot logo at the bottom.</p> | <p>Instant Pot XL 7.1L User Manual: Setup, Operation, and Safety Guide</p> <p>Your comprehensive guide to the Instant Pot XL 7.1L. Learn how to set up, operate, and maintain your multicooker, covering all smart programs, safety precautions, troubleshooting, and warranty information.</p> |
|  <p>The cover is red with the text 'get started' in a white script font. Below it, in smaller white text, is 'INSTANT POT DUO PLUS' and the Instant Pot logo at the bottom.</p> | <p>Instant Pot Duo Plus Quick Start Guide</p> <p>Get started with your Instant Pot Duo Plus multifunction cooker. This guide covers unboxing, setup, control panel functions, and instructions for key cooking programs like Pressure Cook, Slow Cook, Rice, Steam, Sauté, Yogurt, Sous Vide, Cake, and Keep Warm.</p> |
|  <p>The cover is red with the text 'get started' in a white script font. Below it, in smaller white text, is 'INSTANT POT DUO USER MANUAL' and the Instant Pot logo at the bottom.</p> | <p>Instant Pot Duo User Manual: Get Started Guide</p> <p>Comprehensive user manual for the Instant Pot Duo multi-cooker. Learn about setup, operation, cooking programs, cleaning, troubleshooting, and warranty information.</p> |
|  <p>The cover features the 'Instant Pot Max Series' logo at the top. Below it is a photograph of a silver multi-cooker. To the left of the photo is a smartphone displaying the Instant Pot app. Below the photo is the text 'User Manual'.</p> | <p>Instant Pot Max Series User Manual: Features, Operation, and Troubleshooting</p> <p>Comprehensive user manual for the Instant Pot Max Series multi-cooker. Learn about its features, smart programs, safety instructions, operation, care, cleaning, troubleshooting, and warranty.</p> |



[Instant Pot Duo Plus Wide Multicooker: Get Started Guide](#)

A comprehensive guide to getting started with your Instant Pot Duo Plus Wide Multicooker. Learn about its components, control panel, initial setup, various cooking programs (Pressure Cook, Slow Cook, Rice, Steam, Sauté, Yogurt, Sous Vide, Cake, Keep Warm), cleaning, and product specifications.