

Instant Pot PRO Multi Use Pressure Cooker User Manual

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PRO Multi Use Pressure Cooker

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C € IMPORTANT SAFEGUARDS

At Instant Brands™ your safety always comes first. The Instant Pot® Pro was designed with your safety in mind, and we mean business. Check out this InstantPot's long list of safety mechanisms on instantpot.co.uk to see what we mean.

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

- 1. READ ALL INSTRUCTIONS, SAFEGUARDS AND W ARNINGS BEFORE USE. FAILURE TO FOLLOW THESE SAFEGUARDS AND INSTRUCTIONS MAY RESULT IN INJURY AND/OR PROPERTY DAMAGE.
- 2. Use only the Instant Pot Pro lid with the Instant Pot Pro multicooker base. Using any other pressure cooker lids may cause injury and/or damage.
- 3. For household use only. Not for commercial use. Do not use the appliance for anything other than its intended use.
- 4. For countertop use only. Always operate the appliance on a stable, noncombustible, level surface.
 - Do not place on anything that may block the vents on the bottom of the appliance.
 - Do not place on a hot stove.
- 5. Heat from an external source will damage the appliance.
 - DO NOT place the appliance on or close to a hot gas or electric burner, or a hot oven.

- DO NOT use the appliance near water or flames.
- DO NOT use outdoors. Keep out of direct sunlight.
- 6. DO NOT touch the appliance's hot surfaces. Only use the side handles for carrying or moving.
 - DO NOT move the appliance when it is under pressure.
 - DO NOT touch accessories during or immediately after cooking.
 - DO NOT touch the metal portion of the lid when the appliance is in operation; this could result in injury.
 - Always use proper hand protection when removing hot accessories and handling the hot inner pot.
 - Always place hot accessories on a heat-resistant surface or cooking plate.
- 7. The removable inner pot can be extremely heavy when full of ingredients. Care should be taken when lifting the inner pot from the multicooker base to avoid burn injuries.
 - Extreme caution must be used when the inner pot contains hot food, hot oil or other hot liquids.
 - Do not move the appliance while it is in use and use extreme caution when disposing of hot grease.
- 8. Overfilling may cause a risk of clogging the steam release pipe and developing excess pressure.
 - DO NOT fill over the Max PC Fill line as indicated on the inner pot.
 - DO NOT fill the inner pot over the Half Fill line (as indicated on the inner pot) when cooking foods that expand during cooking such as rice or dried vegetables.

9. **A WARNING**

This appliance cooks under pressure. Any pressure in the appliance can be hazardous. Allow the appliance to depressurise naturally or release all excess pressure before opening. Inappropriate use may result in burns, injury and/or property damage.

- Make sure the appliance is properly closed before operating. Refer to Pressure control features: Pressure cooking lid.
- DO NOT cover or obstruct the steam release valve and/or float valve with cloths or other objects.
- DO NOT attempt to open the appliance until it has depressurised and all internal pressure has been released. Attempting to open the appliance while it is still pressurised may lead to a sudden release of hot contents and may cause burns or other injuries.
- DO NOT place your face, hands or exposed skin over the steam release valve or float valve when the appliance is in operation or has residual pressure.
- DO NOT lean over the appliance when removing the lid, as heat and steam escape when the lid is removed.
- Turn the appliance off if steam escapes from the steam release valve and/or float valve in a steady stream during Pre-heating or Cooking, for longer than 3 minutes.
- If steam escapes from the sides of the lid, turn the appliance off and make sure the sealing ring is properly installed. Refer to Pressure control features: Sealing ring.
- DO NOT attempt to force the lid off the Instant Pot multicooker base. Refer to Releasing pressure.
- 10. When cooking meat with skin (e.g. sausage with casing), the skin can swell when heated. Do not pierce the skin while it is swollen as this could result in a scalding injury.
- 11. When pressure cooking food with a high fat/oil content or a doughy or thick texture, contents may splatter when opening the lid. Follow recipe instructions for pressure release method. Refer to Releasing pressure.
- 12. Oversized foods and/or metal utensils must not be inserted into the inner pot as they may cause a risk of fire and/or personal injury.
- 13. Proper maintenance is recommended before and after each use:
 - Check the steam release valve, steam release pipe, anti-block shield and float valve for clogging;
 - Before inserting the inner pot into the multicooker base, make sure both parts are dry and free of food debris;

- Allow the appliance to cool to room temperature prior to cleaning or storage.
- 14. Do not use this appliance for deep frying or pressure frying with oil.
- 15. To disconnect, touch Cancel, then remove the plug from the power source.
 - Always unplug when not in use, as well as before adding or removing parts or accessories, and before cleaning. To unplug, take hold of the plug and pull it from the socket. Never pull from the power lead.
- 16. Regularly inspect the appliance and power lead. Do not operate the appliance if the power lead or plug is damaged, or after the appliance malfunctions or is dropped or damaged in any way. For assistance, contact Customer Care by email or by phone on +44 (0) 3331 230051.
- 17. Spilled food can cause serious burns. A short power supply lead is provided to reduce the hazards resulting from grabbing, entanglement and tripping.
 - DO NOT let the power lead hang over edges of tables or counters, or touch hot surfaces or open flames, including the hob.
 - DO NOT use below-counter power outlets, and never use with an extension lead.
 - Keep the appliance and lead away from children.
- 18. Do not use any accessories or attachments not authorised by Instant Brands Inc. The use of parts, accessories or attachments not recommended by the manufacturer may cause a risk of injury, fire or electric shock.
 - To reduce the risk of pressure leakage, cook only in an authorised stainless steel Instant Pot inner pot made for this model.
 - DO NOT use the appliance without the removable inner pot fitted.
 - To prevent personal injury and damage to the appliance, only replace the sealing ring with an authorised Instant Pot sealing ring.
- 19. DO NOT attempt to repair, replace or modify components of the appliance as this may cause electric shock, fire or injury, and will void the warranty.
- 20. Do not tamper with any of the safety mechanisms as this may result in injury or property damage.
- 21. The multicooker base contains electrical components.

To avoid electric shock:

- DO NOT put liquid of any kind into multicooker base;
- DO NOT immerse power lead, plug or the appliance in water or other liquid;
- DO NOT rinse the appliance under tap.
- 22. Do not use the appliance in electrical systems other than 220-240 V ~ 50-60 Hz. Do not use with power converters or adapters.
- 23. This appliance is NOT to be used by children or by persons with reduced physical, sensory or mental capabilities. Close supervision is necessary when any appliance is used near children and these individuals. Children should not play with this appliance.
- 24. Do not leave the appliance unattended while in use. Never connect this appliance to an external timer switch or separate remote control system.
- 25. Do not store any materials in the multicooker base or inner pot when not in use.
- 26. Do not place any combustible materials in the multicooker base or inner pot, such as paper, cardboard, plastic, polystyrene or wood.
- 27. Do not use the included accessories in a microwave, toaster oven or outdoor grill.

SAVE THESE INSTRUCTIONS.



Electric shock hazard. Use an earthed outlet only.

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

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



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

	3	(G)			
Model: Pro 60	1000-1200 W	220-240 V ~ 50-60 Hz	5.7 Litres	5.9 kg	cm: 33.1 L x 32.2 W x 32.5 H
Model: Pro 80	1200-1400 W	220-240 V~ 50-60 Hz	7.6 Litres	7.18 kg	cm: 36.58 L x 35.31 W x 36.07 H

Find your model name and serial number

Find the model name on the silver rating label on the back of the multicooker base, near the power lead. The serial number is located on a white sticker beside the rating label.



WARNING

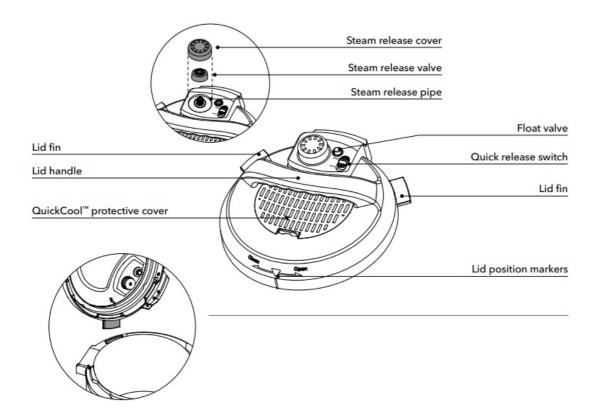
Read this manual carefully and completely and retain for future reference.

Failure to adhere to safety instructions may result in serious injury or damage.

Product, parts and accessories

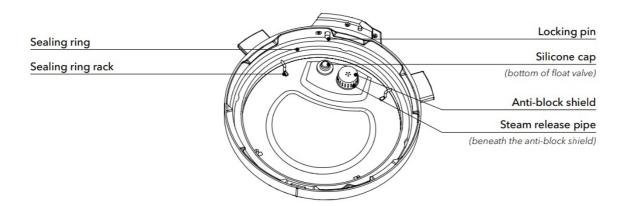
Before using your new Instant Pot Pro, make sure everything is accounted for, then see Care, cleaning and storage: Removing and installing parts to find out how everything fits together.

Top of pressure cooking lid Steam release assembly



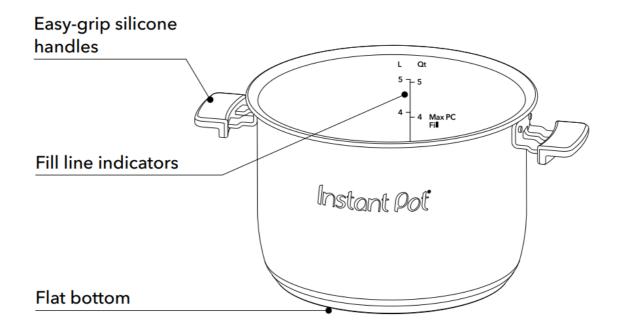
Instant Tip: Stand the pressure cooking lid up to keep it off your countertop. Insert the left or right lid fin into corresponding lid holders on the base to stand it up and save some space!

Bottom of pressure cooking lid



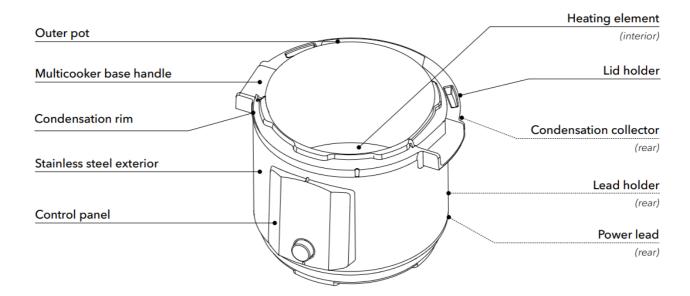
Illustrations in this document are for reference only and may differ from the actual product. Always refer to the actual product.

Inner pot

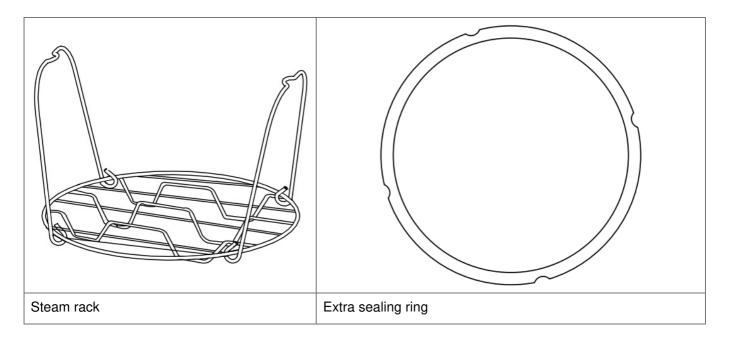


Instant Tip: Hob-friendly and oven-safe to 232°C! The inner pot features a cookware-grade impact-bonded triply bottom, which sounds complicated, but really means you can use it just about anywhere — from the multicooker base to any electric, ceramic, gas or induction hob.

Multicooker base



Accessories



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

Get started

Initial set-up (it won't bite!)

You — yes, you — can do this!

""

"The only real stumbling block is fear of failure.

In cooking you've got to have a what-the-hell attitude."

- Julia Child

- 1. Take that Instant Pot Pro out of the box!
- 2. Remove the packaging material and accessories from in and around the multicooker and make sure all the parts are accounted for. See Product, parts and accessories for a full parts breakdown.
 - Make sure you check under the inner pot!
- 3. 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.
- 4. Wipe the heating element with a soft, dry cloth to make sure there are no stray packaging particles left in the multicooker base.
 - Don't remove the safety warning stickers from the lid (unless specified on the sticker!) or the identification label from the back of the multicooker base.
- 5. You may be tempted to put the Pro 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 through email at support@instantpot.co.uk or by phone on +44 (0) 3331 230051 and we'll happily make some magic happen for you!

Feeling keen?

 While you're doing the Initial test run (water test), take a look at Pressure cooking 101 to find out how the magic happens, and read through Pressure control features for an in-depth look.

A WARNING

Read the Important safeguards befo re using the appliance. Failure to re ad and follow those instructions for safe use may result in damage to th e appliance,

personal injury and/or property dam age.

Do not place the appliance on a ho b or on another appliance. Heat fro m 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 applian ce lid, to avoid risk of injury and/or property damage.

Initial test run (water test)

Do you have to do the water test? No — but getting to know the ins and outs of your new Pro prepares you for success in the kitchen! Take a few minutes to get to know how this tireless kitchen hero works.

Stage 1: Setting up the Pro for pressure cooking

- 1. Remove the inner pot from the multicooker base and fill it to the first line (1) with water.
- 2. Insert the inner pot into the multicooker base.
- 3. Connect the power lead to a 220-240 V power source.

The display shows OFF.

- 4. Place and close the lid as described in Pressure control features: Pressure cooking lid.
 - The lid automatically seals for pressure cooking.

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

- 1. Touch Pressure Cook.
- 2. When Custom flashes, press the dial to select it and go to the next field.
- 3. When the pressure level flashes, press the dial to select High pressure and go to the next field.
- 4. When the time flashes, turn the dial to adjust the cooking time to 5 minutes (00:05).

Press the dial to confirm the change and go to the next field.

- Customisations are saved to the Smart Programme when cooking begins.
- 5. When Reminder flashes, turn the dial to toggle between vent reminder options. Select Off and press the dial to confirm. See Control panel for more information.
- 6. Select Off and press the dial to confirm.
- 7. Touch Start to begin.

The display shows On and the cooking progress bar shows Pre-heating.

Keep Warm turns on automatically after some Smart Programmes finish. Touch Keep Warm to turn the setting off for this test.

Instant Tip: While the multicooker does its thing, read Pressure cooking 101 to find out how the magic happens.

Stage 3: Releasing pressure

- 1. When Cooking has finished, the display shows End.
- 2. If you have set a 5 or 10 minute vent reminder, the reminder timer begins to count down.
- 3. Follow instructions for a Quick Release in Releasing pressure: Venting methods.

- 4. Wait for the float valve to drop, then carefully open and remove the lid as described in Pressure control features: Pressure cooking lid.
- 5. 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



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.



A CAUTION

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

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

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 cooking progress ba r shows Pre-heating . The display shows On .	While the multicooker pre-heats, it eva porates liquid to create steam. Once enough steam has built up, the fl oat valve pops up and locks the lid in p lace.	The time it takes for the multicooker to pres surise depends on things like food and liqui d temperature and volume. Frozen foods have the longest pre- heating time. For the fastest results, thaw your food before cooking it. No need to hang around during this stage — trust that IP magic!

Cooking

What you see	What you don't see	Tips
The cooking progress ba r moves over to Cooking	When the Instant Pot reaches the required pressure level, cooking begins.	A higher pressure means a higher temperature.
The display switches to t he cooking countdown ti mer.	The multicooker automatically maintains High or Low pressure throughout cooking.	Smart Programme settings(e.g. cooking tim e, pressure level, etc.) can be adjusted at a ny time during cooking.

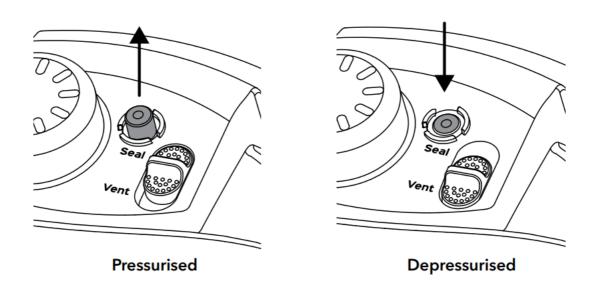
Depressurisation

What you see	What you don't see	Tips
If Keep Warm is on after cooking, the cooking progress bar moves over to Keep Warm and the ti mer counts up from 00:00 . If not, the multicooker ret urns to standby and displays End .	Although food has finished cooking, the pressure cooker is still pressurised and hot. Venting the pressure lowers the temperature and allows you to safely remove the lid.	Follow your recipe instructions when choosing a venting method. See Releasing pressure: Venting methods on the next page for information on safe venting techniques. 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.





WARNING

Steam ejected from the steam release valve is hot. DO NOT place hands, face or any exposed skin over the steam release assembly when releasing pressure to avoid injury.

Do not cover or obstruct the steam release valve or cover to avoid injury and/or property damage.



DANGER

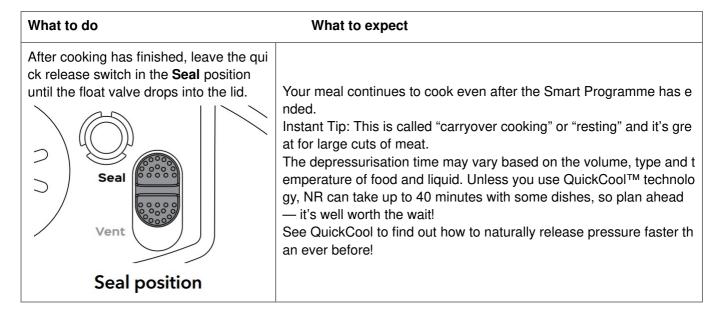
DO NOT attempt to remove the lid while the float valve is up and NEVER attempt to force the lid open. Contents are under extreme pressure. Float valve must be down before attempting to remove the lid. Failure to follow these instructions may result in serious personal injury and/or property damage.

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 Pro depressurises naturally over time.



NOTICE

Use NR to depressurise the multicooker after cooking high-starch foods (like soups, stews, chillis, pasta, oatmeal and congee) or after cooking foods that expand when cooked (like beans and grains).

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
Move the quick release switch from Seal to Vent and wait until the float valve drops into the lid. Vent Vent Vent position	When the steam release cover is installed properly, yo u'll hear a muffled hiss as steam hits the cover and dis perses. If the cover is not installed properly, a loud jet of steam will be ejected through the top of the steam release val ve.

NOTICE

Do not use QR when cooking fatty, oily, thick or high-starch foods (e.g., stews, chillis, pasta and congee) or when cooking foods that expand when cooked (e.g., beans and grains).

Timed Natural Release

The carryover cooking continues for a specific amount of time, then stops quickly when you release the remaining pressure. Perfect for cooking rice and grains.

What to do	What to expect	
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.	When the steam release cover is installed properly, you'll hear a muffle d hiss as steam hits the cover and disperses. If the cover is not installed properly, a loud jet of steam will be ejected t hrough the top of the steam release valve. The temperature within the multicooker drops, so the steam release may not be as powerful as a normal QR.	

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.

Vent reminder

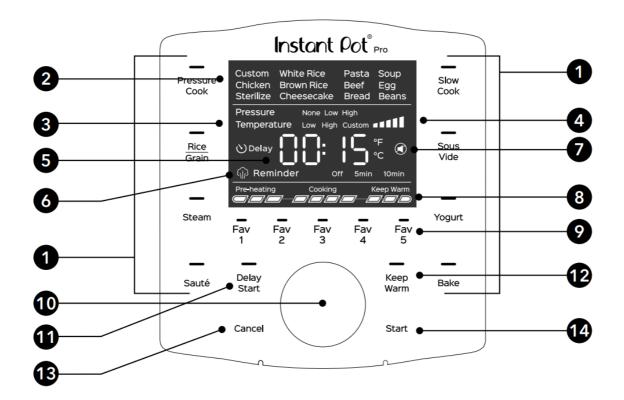
Set a reminder for your Timed Natural Release so you can step away and own your day.

Recipe calls for	Use this reminder!
Quick Release	Off
5 minute Timed Natural Release	5 min
10 minute Timed Natural Release	10 min



Steam ejected from the steam release valve is hot. DO NOT place hands, face or any exposed skin over the steam release assembly when releasing pressure to avoid injury.

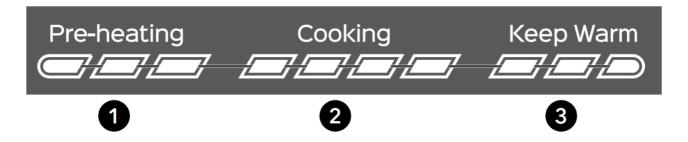
Control panel



1	Smart Programmes	Pressure Cook Rice/Grain Steam Sauté	Slow Cook Sous Vide Yogurt Bake	
		See Cooking for deta	ills.	
2	Pre-set cooking options	After selecting a Smart Programme, choose from a variety of popular presets. All pre-set cooking options can be customised.		
3	Pressure	Choose between None, Low and High.		
4	Temperature	Choose between Low, High and Custom.		
5	Time display	In standby, shows OFF . For Smart Programmes the display counts down and for Keep Warm, the display counts up. Some Smart Programmes display the temperature in ^o C (Celsius) or or of the first temperature in of the first temperature in or of the first temperature in of the first temperature in or of the fi		
6	Vent reminder	Only used when pressure cooking.		
		4	Sounds are on.	
7	Sounds	③	Sounds are off.	
		Audible safety ar See Control panel: S	nd error message alerts cannot be turned off. Settings for more information.	

8	Cooking progress bar	Shows when the multicooker is in Pre-heating , Cooking and Keep Warm . See Control panel: Cooking progress bar for more information.		
9	Fav 1 to 5	One-touch access to 5 of your favourite recipes. See Cooking: Fav 5 for more information.		
10	Control dial	Turn the dial to scroll through Smart Programmes, modify status icons and adjust the time, temperature and pressure levels. The dial is also a button. Press the dial to confirm your selections.		
		Delay the start of cooking. Doubles as a kitchen timer!		
11	Delay Start	Ś	Icon appears when Delay Start timer is counting down.	
Turns Keep Warm on or off.				
12	12 Keep Warm Can only be used with Pressure Cook, Rice and Slow Co andalone programme when in standby.		e used with Pressure Cook, Rice and Slow Cook, or as a st amme when in standby.	
13	Cancel	Stops a Smart Programme at any time and returns the multicooker to stand by.		
14	Start	Begins the selected Smart Programme.		

Cooking progress bar



1	Pre-heating	Pre-heating is in progress. The display shows On during the pre-heating stage to let you know that it's working on getting up to temperature.
2	Cooking	Cooking starts after the Pro reaches the target pressure or temperature require d by the Smart Programme. The display counts down the remaining cooking tim e.
3	Keep Warm	Keep Warm comes on automatically after cooking finishes to keep your meal at serving temperature. The timer counts up the elapsed time to a maximum of 10 hours (10:00). When Keep Warm is complete, the display shows End .

Status messages

OFF	The Pro is in standby mode, ready to make your next favourite meal.
0-	The multicooker is Pre-heating .
Hob	The inner pot has reached the perfect cooking temperature and food can be add ed. Only applies to Sauté and Sous Vide.
00: 15	The display shows one of the following: • The remaining Cooking time when a Smart Programme is running, • The Delay Start countdown, • How long food has been in Keep Warm.
bo iL	The Yogurt Smart Programme is set to pasteurisation mode. See Cooking: Yog urt for more information.
55∘	Displays when you're setting up Sous Vide cooking to show the default temperat ure setting. To set a custom cooking temperature, turn the dial when the temperature flashes . Then press the dial to make your selection.
SEE2	Displays when you press a Fav key to save a Favourite recipe.
3668	Displays when you press a Fav key that hasn't been saved as a Favourite. Numb er will change between 1-5 depending on the missing Fav setting selected.
End	When cooking has finished, the display shows End until you remove the lid or to uch Cancel .

Do you see something else? See Troubleshooting for more information.

Settings

Setting	Description		
Change displayed temperature (° C and °F).	In standby, press and hold the dial for 5 seconds. When the temperature unit flashes, turn the dial to toggle between °C and °F, then press Start to save the change.		
Turn sound on or off.	In standby, press and hold the dial for 5 seconds. When the temperature unit flashes, press the dial to go to the sound field. When the sound icon flashes, turn the dial to toggle the sound on and off, then press Start to save the change. Audible safety and error message alerts cannot be turned off.		
Adjust and save custom cooking times and temperatures.	Changes to the cooking time, temperature and pressure level are saved o nce the Smart Programme begins. See Cooking for more information.		
On-the-fly changes to cooking s ettings.	Once a Smart Programme has started, press the dial to enter the cooking settings. Turn the dial to adjust settings, then press the dial to confirm your change s and go to the next field. When you're happy with the settings, touch Start to confirm your changes and resume cooking. Changes made during cooking are not saved to memory.		
	Default time 6 hours	Time range 10 minutes to 24 hours	
Delay the start of cooking.	(06:00) Select and set up an applicable Smart Programme. After programming the Smart Programme, touch Delay Start. When the time flashes, turn the dial to adjust the delay time as needed. Touch Start to begin the delay countdown. Delay Start cannot be used with Sauté, Yogurt, Sous Vide or Steam.		

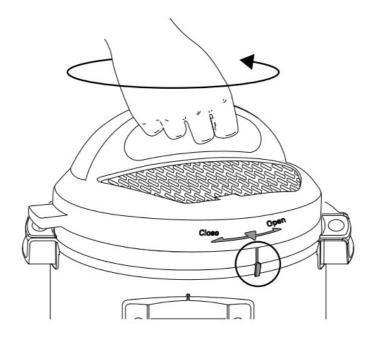
Setting	Description
Reset an individual Smart Programme.	When in standby, touch and hold the Smart Programme button you want t o reset for 5 seconds. The Smart Programme's cooking time, pressure level and/ or temperature are restored to the factory default setting. The Fav 5 programmes cannot be reset individually.
Reset all Smart Programmes.	When in standby, touch and hold Cancel until the multicooker beeps. All Smart Programme cooking times, pressure levels and/ or temperature s are restored to factory default settings.

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
When you close the lid (over the handles on the new in nner pot!), it automatically sets to Seal for seriously easy pressure cooking. The lid handle is comfortable to use whether you're lef tor right-handed, and it stands up in the multicooker base! When it's plugged in, the Pro plays a little jingle when you open and close the lid.	The lid is removable during non-pressure cooking so y ou can taste-test as you go. When pressure cooking, the lid only locks into place once the multicooker is pressurised. Try not to remove the lid unnecessarily!

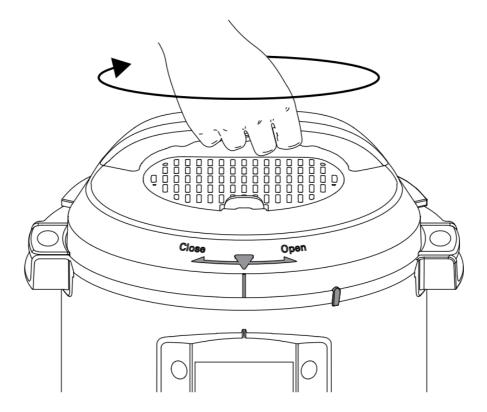
Removing the lid

- Grip the lid handle and turn it anticlockwise to align the symbol on the lid ▼ with the symbol on the rim of the multicooker base.
- 2. Lift the lid up and off the multicooker base towards your body.



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

- 1. Align the symbol on the lid ▼ with the symbol on the multicooker base , then lower the lid onto the track.
- 2. Turn the lid clockwise until the symbol on the lid ▼ aligns with the middle of the control panel.



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

Pressure control features QuickCool™

For the fastest Natural Release after pressure cooking, use the QuickCool tray*.

What we love about it	What you should know about it
It's a huge timer saver — you can release pressure na turally up to 50% faster!	The metal portion of the lid gets extremely hot, so don't remove the protective cover unless you're using Quick Cool.

To use the QuickCool tray, fill it with ice or water and freeze it. Once frozen, remove the protective cover from the pressure cooking lid and position the QuickCool tray on the exposed metal of the lid.

When the float valve drops into the lid, remove the QuickCool tray, discard the water and open the lid. Use caution when removing the tray as some or all of the ice may have melted.

*QuickCool tray sold separately at instantpot.co.uk/accessories.

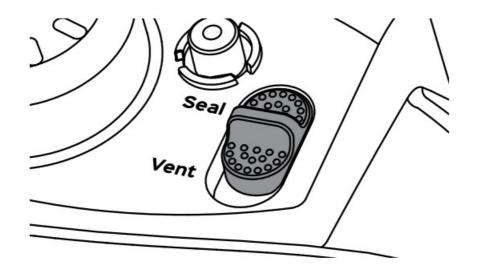


CAUTION

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

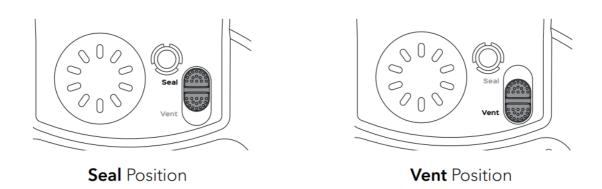
Quick release switch

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



What we love about it	What you should know about it
It's super easy to use, and keeps our hands far away fr om 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.

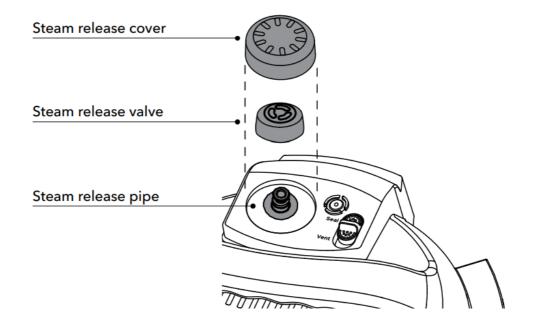
Pressure control features



See Releasing pressure: Venting methods for safe depressurisation techniques.

Steam release assembly

The steam release assembly must be fully installed before use.



What we love about it	What you should know about it
When the valve is venting, the steam release cover dis perses the steam, so the quick release of pressure is dsoft and gentle.	When releasing pressure, steam travels up from the in ner pot, through the steam release pipe and out from the top of the steam release valve — so it's important to keep the area clean and clear. The steam release valve sits loosely on the steam release pipe.



MARNING

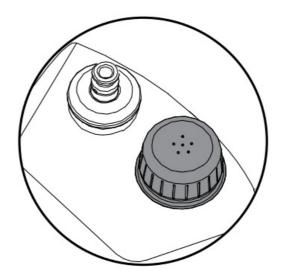
Do not cover or block the steam release assembly in any way to avoid injury and/or property damage.

Pressure control features

Anti-block shield

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

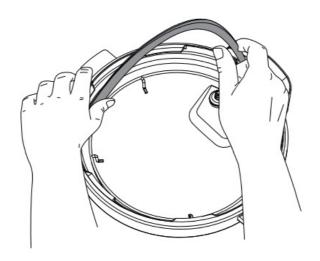
The anti-block shield is integral to product safety and necessary for pressure cooking, so it must be installed before use.



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 use.

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 those aromas and flavours between dishes. Visit our store to start colour-coding your cooking!



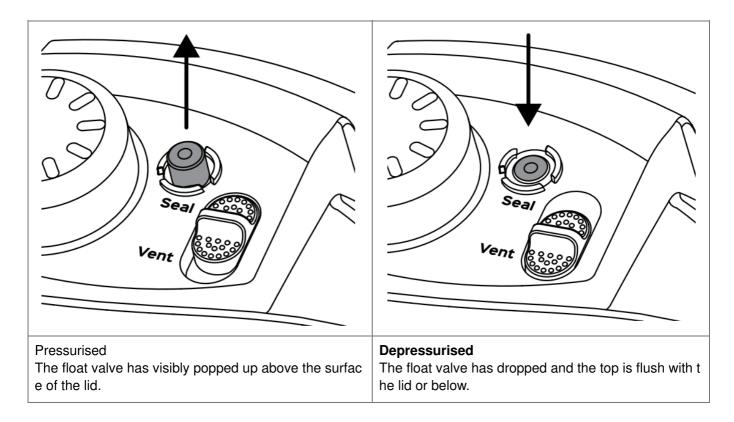
CAUTION

Always check for cuts, deformation and correct installation before cooking, as sealing rings stretch over time with normal use. If you notice stretching, deformation or damage to your sealing ring, DO NOT use it. Replace the sealing ring every 12 to 18 months or sooner, and only use authorised Instant Pot sealing rings. Failure to follow these instructions may cause food to discharge, which may lead to personal injury or property damage.

Pressure control features

Float valve

The float valve lets you know when there is pressure in the multicooker (pressurised) or not (depressurised). It appears in 2 positions:



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.



AA 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.

Cooking

The Instant Pot Pro is amazingly versatile in the kitchen. No matter what kind of cooking you want to do, the Pro has you covered.

CAUTION

Always inspect the lid and inner pot carefully to make sure they are clean and in good working condition 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 heating element is 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.



WARNING

DO NOT fill inner pot higher than the Max PC Fill line as indicated on the inner pot to avoid personal injury and/or property damage.

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

Always cook with the inner pot in place.

DO NOT pour food or liquid into the 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.



A CAUTION

When cooking meat, always use a meat thermometer to ensure the internal temperature reaches a safe minimum temperature. Refer to the WHO (World Health Organization) and/or review your local government's food safety recommendations for more information.

Smart programme overview

Smart Progra mme	Cooking pre-sets	Pressure levels	Tips
Pressure Co ok	Custom, Chicken, Sterilise, Pasta, Be ef, Soup, Egg, Beans	Low High	It is recommended that you use timed Nat ural Release or follow recipes for the best outcome.
Rice/Grain	Custom, White Rice, Brown Rice	Low High	
Steam	Custom	_	This is a non-pressure steam programme which is great for cooking delicate foods s uch as courgettes and broccoli.
Sauté	Custom	_	Level 1 to 5 works like your hob sauté pan where 5 is the highest heat for browning, a nd 1 is the lowest heat for simmer.
Slow Cook	Custom, Chicken, Beef, Beans, Soup		Works just like a traditional slow cooker. E nsure cooking time is set to 4 hours or mor e for optimal results. Caution: Cooking for less than 3 hours will result in uncooked fo od.
Sous Vide	Custom, Chicken, Beef, Eggs	_	
Yogurt	Custom	_	
Bake	Custom, Cheesecake, Bread	None Low High	
Keep Warm	_	Custom, Low High	

Pressure Cook and Rice

Jump start magic! These programmes use pressurised steam to cook food quickly, evenly and thoroughly, for delicious results every time!

For the best pressure cooking results, always follow an authorised Instant Pot recipe or our tried, tested and true pressure cooking timetables which feature grain-to-water ratios for preparing a variety of rice and grains. Choose from 2 pressure levels, depending on the Smart Programme.

Pressure level	Suggested use	Notes
Low 30 – 50 kPa (5.8 – 7.2 psi)	Fish and seafood, soft vegetables and rice. Also for canning of high-acid foods.	When pressure cooking, the pressure level controls the cooking temperature, so a high
High 70 – 90 kPa (10.2 – 11.6 psi)	Eggs, meat, poultry, root vegetables, oats, bea ns, grains, bone broth, stew, chilli.	her pressure results in a higher cooking temperature.

Pressure cooking liquids should be water-based, such as broth, stock, soup or juice. If using tinned, condensed or

cream-based soup, add liquid as directed below.

Instant pot size	Minimum liquid for pressure cooking*	
5.7 Litres	375 mL (1½ cups)	
7.6 Litres	500 mL (2 cups)	

Instant Tip: Use the steam rack to heat food evenly, prevent nutrients from leeching into the cooking liquid, allow oil and grease to drip off the food, and prevent food from scorching the bottom of the inner pot.

CAUTION

To avoid scorching or scalding injury, be careful when pressure cooking with more than \sim 60 mL (1/4 cup) of oil, oil-based sauces, condensed cream-based soups and thick sauces. Add suitable liquid to thin down sauces. Avoid recipes that call for more than \sim 60 mL (1/4 cup) of oil or fat content.

Pressure Cook and Rice

Smart Progra mme	Cooking pre-sets	Default pr essure	Default cooking times	Time range	
	Custom	High	10 minutes (00: 10)	1 minute to 8 hours (00:01 to 08:0 0)	
	Pasta	High	1 minute (00:01)	1 minute to 1 hour (00:01 to 01:00)	
	Soup	High	30 minutes (00: 30)		
Pressure Co	Chicken	High	10 minutes (00: 10)	1 minute to 4 hours (00:01 to	
ok	Beef	High	30 minutes (00: 30)	04:00)	
	Beans	High	20 minutes (00: 20)		
	Egg	High	5 minutes (00:0 5)	1 minute to 10 minutes (00:01 to 00:10)	
	Sterilise	High	10 minutes (00: 10)	1 minute to 30 minutes (00:01 to 00:30)	
Rice/Grain	Custom	Low	12 minutes (00: 12)	1 minute to 1 hour	
	Brown Rice	High	30 minutes (00: 30)	(00:01 to 01:00)	
	White Rice	Low	12 minutes (00 : 12)	1 minute to 30 minutes (00:01 to 00:30)	

Stage 1: Setting up the Pro for pressure cooking

1. Add food and liquid to the inner pot as indicated in your recipe.

Insert the inner pot into the multicooker base.

2. Place and close the pressure cooking lid as described in Pressure control features: Pressure cooking lid.

Stage 2: Pressure cooking

- 1. Touch the Smart Programme you want to use: Pressure Cook or Rice.
- 2. When Custom flashes, turn the dial to toggle through the pre-set cooking options.

Press the dial to make your selection and go to the next field.

3. When the pressure level flashes, turn the dial to toggle through the options.

Press the dial to confirm your choice and go to the next field.

4. When the time flashes, turn the dial to adjust the cooking time as directed by your recipe.

Press the dial to confirm the change and go to the next field.

Customisations are saved to the Smart Programme when cooking begins.

5. When Reminder flashes, turn the dial to toggle between vent reminder options. See Control panel for more information.

Press the dial to confirm your choice.

6. Touch Start to begin.

The display shows On and the cooking progress bar shows Pre-heating.

Stage 3: Releasing pressure

1. When Cooking finishes, the display shows End if Keep Warm is turned off.

If Keep Warm is on, the timer begins counting from 00:00 up to 10 hours (10:00).

Food should not be kept warm for more than 10 hours. If cooking thick or starchy foods, heat may not dissipate evenly. To ensure food safety, stir the contents of thicker dishes every 40 to 60 minutes. If you have set a 5 or 10 minute vent reminder, the reminder timer begins to count down.

2. When you're ready, follow your recipe's instructions to choose a venting method.

See Releasing Pressure for information on safe venting techniques

- 3. Wait for the float valve to drop, then carefully open and remove the lid as described in Pressure control features: Pressure cooking lid.
- 4. Using proper hand protection, remove the inner pot from the multicooker base, discard the water and thoroughly dry the inner pot.

A delay start timer can be set to automatically start pressure cooking while you're in bed, working, running errands or busy with other dishes. To set a delay start timer, see Control panel: Settings.

Steam (non-pressurised)

The Steam programme works in 2 ways: like a standard hob steamer, boiling liquid to cook food with hot steam, and, as a sanitisation chamber for glass and plastics. Note: please refer to manufacturer's instructions on the time and temperature for sanitisation.



Instant Tip: When steaming, use the multi-functional rack to keep food out of the boiling liquid.

Smart Progra mme	Cooking pr e-sets	Default temper ature	Default cookin g times	Temperature range	Time range
	High			Low 83°C / 181°F	
Steam	Custom	Low	30 minutes (0 0:30)	High 100°C / 212°F (Not adjustable)	1 minute to 1 hour (00:01 to 01:00)



The inner pot and accessories will be hot during and after cooking. Always use appropriate hand protection when handling a hot inner pot to avoid injury and/or property damage.

NOTICE

The float valve should not rise during Steam. If the float valve rises, make sure the quick release switch is set to Vent.

NOTICE

If there is steam in the inner pot, you may notice some resistance when replacing the lid. Allow the lid to settle into the track completely before closing it.

Steam

Stage 1: Setting up the Pro for steaming

- 1. Add water to the inner pot.
 - Insert the inner pot into the multicooker base.
- 2. Place steam rack in inner pot and add food on top.
- 3. Place and close the pressure cooking lid as described in Pressure control features: Pressure cooking lid.



For easy access, or, if you want to watch your food while it cooks, any glass lid with a venting hole will do.

Stage 2: Steam cooking

- 1. Touch Steam.
- 2. When Custom flashes, turn the dial to toggle through the pre-set cooking options.
 - Press the dial to make your selection and go to the next field.
- 3. When the temperature flashes, turn the dial to toggle between High and Low temperature.
 - Press the dial to make your selection and go to the next field.
- 4. When the time flashes, turn the dial to adjust the cooking time.
- 5. Touch Start to begin.
 - The display shows On and the cooking progress bar shows Pre-heating.
- 6. When the Pro reaches the target emperature, the progress bar moves over to Cooking and the timer counts down.
- 7. When the Smart Programme is complete, the display shows End.tomatic Keep Warm cannot be used with Steam.



The use of a trivet or other Instant Pot authorised accessories is recommended for steaming.

Sauté

Like using a frying pan, griddle or flat-top grill, use Sauté to simmer, reduce and thicken liquids, stir-fry meals, and

to caramelise vegetables and sear meat before or after using other cooking methods.

Instant Tip: If you prefer, you can use the inner pot on any electric, ceramic, gas or induction hob. The silicone-grip handles make it easy to hold onto and stir without slipping!

Smart Progra mme	Cooking preset	Default temper ature	Default cooking time	Temperature range	Time range
Sauté	Custom	High	30 minutes (00: 30)	Custom Low High	1 minute to 1 hour (00:01 to 01:00)

Stage 1: Setting up the Pro for Sauté

- 1. Insert the inner pot into the multicooker base. Do not use a lid.
- 2. Touch Sauté.
- 3. When Custom flashes, press the dial to select it and go to the next field.
- 4. When the temperature flashes, turn the dial to toggle between High, Low and Custom temperature.

To set a custom temperature, select Custom, then turn the dial to toggle through 5 temperature levels. The display shows LE 1 (the lowest temperature) to LE 5 (the highest temperature). These levels are similar to the temperature levels on your hob.

Press the dial to make your selection and go to the next field.

- 5. When the time flashes, turn the dial to adjust the cooking time.
- 6. Touch Start to begin.

The display shows On and the cooking progress bar shows Pre-heating.

Stage 2: Sautéing

- 1. When the Pro reaches the target temperature, the progress bar moves over to Cooking and the display shows Hot for a few moments before switching over to the countdown timer.
- 2. Add ingredients to the inner pot.

If your food ingredients are added before the inner pot has reached the target temperature, the Hot message may not appear. This is normal.

3. If the ingredients are fully cooked before the time runs out, touch Cancel to end the Smart Programme; otherwise, when the Smart Programme finishes, the display shows End.

Automatic Keep Warm is not available on Sauté.

Delay Start and automatic Keep Warm cannot be used with Sauté.

Deglazing

Sautéing meat and vegetables before pressure cooking is the perfect way to boost flavours, as sugars caramelise from the high heat of the Sauté Smart Programme. Deglazing the inner pot lets you unlock those flavours in amazing sauces, gravies and more.

To deglaze, remove food items from the inner pot and add a thin liquid, like water, broth or wine to the hot surface. Use a wooden or silicone scraper to lift up any food stuck to the bottom of the inner pot and stir it into the liquid.

WARNING

The Sauté Smart Programme reaches high temperatures. If left unmonitored, food may burn on this setting. DO NOT use a lid and DO NOT leave the multicooker unattended while using Sauté.

Slow Cook

The Slow Cook programme is comparable to a traditional slow cooker, so you can keep using all your old family favourites!

Smart Progr amme	Cooking pr e-sets	Default tem perature	Default cook ing times	Time range	Tips	
	Custom	High	4 hours (04:00)	4 hours		
Slow Cook	Chicken	High		30 minutes to 99 hours and	Dishes should cook for at I east 3 hours (03:00) unless	
	Beef	High	6 hours (06:00)			
	Soup	High		30 minutes (00:30 to 99:30)	otherwise stated in your re cipe.	
	Beans	High	8 hours (08:00)			

Stage 1: Setting up the Pro for slow cooking

- 1. Add food and liquid ingredients to the inner pot according to your recipe. Insert the inner pot into the multicooker base.
- 2. Place and close the pressure cooking lid as described in Pressure control features: Pressure cooking lid.

The pressure cooking lid is removable throughout the cooking process for easy access, or, if you want to watch your food while it cooks, any glass lid with a venting hole will do.

Stage 2: Slow cooking

- 1. Touch Slow Cook.
- 2. When Custom flashes, turn the dial to toggle through the pre-set cooking options.

Press the dial to make your selection and go to the next field.

3. When the temperature flashes, turn the dial to toggle between High and Low temperature.

Press the dial to make your selection and go to the next field.

- 4. When the time flashes, turn the dial to adjust the cooking time.
- 5. Touch Start to begin.

The progress bar shows Pre-heating and the timer starts counting down immediately.

- 6. When the Pro reaches the target temperature, the progress bar moves over to Cooking.
- 7. When Cooking finishes, the display shows End if Keep Warm is turned off.

If Keep Warm is on, the timer begins counting from 00:00 up to 10 hours (10:00).

A delay start timer can be set to automatically start slow cooking while you're in bed, working, running errands or busy with other dishes. To set a delay start timer, see Control panel: Settings.

NOTICE

The float valve should not rise during Slow Cook. If the float valve rises, move the quick release switch to Vent.

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.



Do not overfill the inner pot to avoid damage to the multicooker. 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.

Smart Program me	Cooking presets	Default temperature	Default cooking times	Time range	
Sous Vide	Custom	60°C 140°F	3 hours (03:00)	30 minutes to 99 hours and 30 minutes 00:30 to 99:30)	
	Chicken	60°C 140°F	2 hours (02:00)	10 minutes to 99 hours and 30 minutes (00:10 to 99:30)	
	Beef	54°C 130°F	2 hours (02:00)		
	Egg	70°C 145°F	30 minutes (00:30)	10 minutes to 24 hours (00:10 to 24:00)	

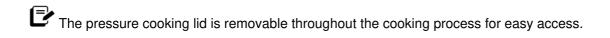
You'll need:

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

Sous Vide

Step 1: Set up the sous vide water bath

- 1. Fill the inner pot to the Half Fill mark as indicated on the pot, then insert it into the multicooker base.
- 2. Place and close the pressure cooking lid as described in Pressure control features: Pressure cooking lid.



Step 2: Setting up the Pro for sous vide cooking

- 1. Touch Sous Vide.
- 2. When Custom flashes, turn the dial to toggle through the pre-set cooking options.

Press the dial to make your selection and go to the next field.

- 3. When the temperature flashes, turn the dial to set a custom temperature.
 - Press the dial to make your selection and go to the next field.
- 4. When the time flashes, turn the dial toadjust the cooking time.
- 5. Touch Start to begin.

The display shows On and the progress bar shows Pre-heating.

Step 3: Get food ready

- 1. While the water heats, start by seasoning your food as desired. See Ingredients and Seasonings on next page for tips!
- 2. When you're ready, separate each serving of food into individual pouches.

3. Remove all air from the pouches and seal them tightly.

Step 4: Cook 'em up!

- 1. Once the water bath is ready, the display shows Hot for a few moments before switching over to the countdown timer.
- 2. Remove the lid and carefully immerse the sealed pouches.

The food in the pouches should be immersed, so add heated water to the inner pot any time it's needed, but, if you're using a re-sealable bag, make sure the seal stays above the water.

- 3. Place and close the pressure cooking lid as described in Pressure control features: Pressure cooking lid.
- 4. When the Smart Programme is complete, the display shows End.
 Open the multicooker and use your tongs to carefully remove the pouches from the hot water.
- 5. Open the pouches and use a thermometer to check for "doneness".

Reverse searing

Searing your meat after slow and precise cooking is the easiest way to boost those already delicious flavours through the roof without overcooking. Try reverse searing for tender, juicy meat with a beautiful, burnished crust.

- 1. After sous vide cooking, remove the meat from the cooking pouch and gently pat it dry to remove as much moisture from the exterior of the meat as possible.
- Use the Sauté programme set to High to give it a good sear, or use a hot cast iron pan, browning torch or a grill

 — anything hot to lock in that moisture!

In general, after sautéing, steaks need to rest to allow the internal temperature to even out. However, with sous vide cooking, the internal temperature is already consistent. So there's no need to rest—you can serve your steak immediately.

Ingredients and Seasonings

- Salt goes a long way when it has nowhere to go, so it's better to use a little less than you normally would, especially with meats, poultry and fish. If you find your food needs more after cooking, it's easy to salt to taste.
- Use high quality, fresh ingredients when cooking sous vide to ensure the best possible flavour.
- Use fresh garlic instead of garlic powder. Garlic powder can become bitter when cooked sous vide. Fresh garlic
 will give you the best results.

Sous Vide Cooking Chart

Food	Recommended T hickness	Expected "Doneness"	Cooking Tempera ture*	Minimum Co oking Time*	Maximum Cooking Ti me*	
Beef and Lamb						
Tender Cuts: Ten		Rare	50°C / 122°F	1 hour	4 hours	
derloin, cutlets, si rloin, rib-eye, rum p, T-bone, chops	2–5 cm	Medium-rare	54°C / 129°F	1.5 hours	4 hours	
Tougher Cuts: Bla		Medium	60°C / 140°F	1.5 hours	4 hours	
de, chuck, should er, shanks, game meats	4–6 cm	Medium-well 63°C / 145°F		1.5 hours	4 hours	
Poultry						
Chicken Breast	3–5 cm	Soft and juicy	63°C / 145°F	1.5 hours	4 hours	
Chicken Breast	3–3 (111	Traditionally firm	69°C / 155°F	1 hour	4 hours	
Chicken Thigh	3–5 cm	Juicy and tender	74°C / 165°F	1 hour	4 hours	
		Off-the-bone tender	74°C / 165°F	4 hours	8 hours	
Chicken Leg	5–7 cm	Juicy and tender	74°C / 165°F	2 hours	7 hours	
Duck Breast	3–5 cm	Soft and juicy	64°C / 146°F	2 hours	4 hours	
Pork						
Belly	3–6 cm	Traditionally firm	82°C / 180°F	10 hours	22 hours	
Ribs	2–3 cm	Off-the-bone tender	59°C / 138°F	10 hours	22 hours	
		Pink and juicy	57°C / 135°F	1 hour	4 hours	
Chops	2–4 cm	White throughout and juicy	64°C / 147°F	1 hour	4 hours	

Sous Vide Cooking Chart

Food	Recommended T hickness	Expected "Doneness"	Cooking Temperatu re*	Minimum Co oking Time*	Maximum Coo king Time*			
Fish and Seafood	Fish and Seafood							
		Soft and buttery	43°C / 110°F	10 minutes	30 minutes			
		Translucent / st arts to flake	46°C / 115°F	20 minutes	45 minutes			
Fish	2–3 cm	Medium-rare	52°C / 125°F	20 minutes	45 minutes			
		Medium, dry	54°C / 130°F	20 minutes	45 minutes			
		Well-done, cru mbly	57°C / 135°F	PC / 135°F 20 minutes				
Shrimp	_	Traditionally fir m	60°C / 140°F	30 minutes	45 minutes			
Lobster Tail	_	Soft and buttery	60°C / 140°F	1 hour	1 hour			
Scallops	_	Soft and buttery	60°C / 140°F	30 minutes	30 minutes			
Eggs								
		Runny	60°C / 140°F	_	45 minutes			
Eggs	Large / Extra Larg	Soft-boiled	63°C / 145°F	_	45 minutes			
Lygs	е	Medium- boiled	66°C / 151°F	_	1 hour			
		Hard-boiled	73.9°C / 165°F	_	1 hour			
Fruit and Vegetables								
Fruit	_	_	83.9°C / 183°F	15 minutes	2 hours			
Vegetables	_	_	83.9°C / 183°F	45 minutes	2.5 hours			

^{*} Cooking times and temperatures are recommendations only. Always refer to a trusted recipe.

Yogurt

Made for easy fermented dairy and non-dairy yogurt recipes that you can make again and again.

Instant pot size	Minimum milk volume	Maximum milk volume	
5.7 Litres	1000 mL (4 cups)	3.8 L	
7.6 Litres	1500 mL (6 cups)	5.7 L	

Smart Progra mme	Cooking pre- sets	Default temperature	Default cooking time	Time range
Yogurt Custom	Low (Ferment)	8 hours (08:00)	30 minutes to 99 hours and 30 minutes (00:30 to 99:30)	
	Custom	High (Pasteuris e)	(boiL)	Will take 30 minutes to 1 hour depending on the amount of milk (00:30 to 01:00)
		Custom 56°C / 133°F	8 hours (08:00)	30 minutes to 99 hours and 30 minutes (00:30 to 99:30)

Starting with	Do this!		
Pasteurised or unpasteurised milk	Follow all the steps below		
Long Life Milk	Skip to Step 2: Add starter culture. This is the "cold start" method of yogurt making.		

You'll need:

- · Food thermometer
- Milk or a non-dairy alternative
- · Active yogurt culture.

Yogurt

Step 1: Pasteurise milk

- 1. Add milk or milk alternative to the inner pot, and any other ingredients that your recipe calls for.
- 2. Place and close the pressure cooking lid as described in Pressure control features: Pressure cooking lid.
 - The pressure cooking lid is removable throughout yogurt making for easy access.
- 3. Touch Yogurt.
- 4. When the temperature flashes, turn the dial to toggle to High.
 - The pasteurisation time and temperature are pre-set and cannot be adjusted.
- 5. Touch Start to begin.

The display shows boiL and the progress bar shows Pre-heating.

6. The display shows End when pasteurisation is complete.

Milk must reach a minimum of 72°C/ 161°F to pasteurise properly. Use a thermometer to check the temperature.

Step 2: Add starter culture

- 1. Using a thermometer, allow the milk to cool to just below 43°C / 110°F .
- 2. Add your starter culture to the milk according to the instructions included with the starter culture product.

Plain yogurt with active cultures can be used as a starter. Follow a trusted Instant Pot yogurt recipe when using yogurt as a starter culture.

3. Place and close the pressure cooking lid as described in Pressure control features: Pressure cooking lid.

Step 3: Ferment milk

- 1. Touch Yogurt.
- 2. When the temperature flashes, turn the dial to toggle to Low or Custom.

To set a custom temperature, select Custom, then turn the dial to set the temperature.

Press the dial to make your selection and go to the next field.

3. When the time flashes, turn the dial to adjust the cooking time.

An 8-hour fermentation period is standard, but may vary based on your recipe and flavour preferences.

4. Touch Start to begin.

The display shows On and the progress bar shows Pre-heating.

5. When fermentation is complete, the display shows End.

Yogurt

Tips for yogurt making

- The thicker the milk, the thicker the yogurt!
- For even thicker yogurt, pasteurise your milk twice before fermenting.
- For the thickest yogurt, use a cheesecloth to strain out the liquid whey, and get rich Greek-style yogurt.
- The longer you ferment your milk, the tangier the yogurt will be.
- Cool your fresh yogurt, then put it in the fridge (covered) for 12 to 24 hours to allow the flavours to develop.
- Honey, nuts, seeds and fresh fruit are perfect toppers for your homemade yogurt!

Tips for yogurt making

Yogurt pots are a convenient way to portion out yogurt servings.

- 1. After Step 2: Add starter culture, carefully pour the milk into your yogurt pots and seal them tightly.
- 2. Place the steam rack on the bottom of the inner pot.
- 3. Position the yogurt pots on the rack and add water to the inner pot until the yogurt pots are half immersed.
- 4. Follow the steps in Step 3: Ferment yogurt normally.

Bake

Use Bake with or without pressure to proof dough and create decadent brownies, moist banana bread and other tasty treats.

Smart Progra mme	Cooking pre-s ets	Default tempera ture or pressure	Default cooking time	Time range
	Custom	None, 176°C 350°F	30 minutes (00: 30)	1 minute to 4 hours (00:01 to 04:00)
Bake	Cheesecake	High	45 minutes (00: 45)	1 minute to 1 hour
	Bread	High	40 minutes (00: 40)	(00:01 to 01:00)

Stage 1: Setting up the Pro for baking

- 1. Place the steam rack on the bottom of the inner pot, then place your baking dish on top of the steam rack.
 - Leave approximately 2.5 cm of space around all sides of the baking dish to allow heat to circulate evenly.
- 2. Insert the inner pot into the cooker base.
- 3. Place and close the pressure cooking lid as described in Pressure control features: Pressure cooking lid.

Stage 2: Baking

- 1. Touch Bake.
- 2. When Custom flashes, turn the dial to toggle through the pre-set cooking options.
 - Press the dial to make your selection and go to the next field.
- 3. When the pressure level flashes, turn the dial to toggle between None, Low and High.
 - If you choose None, turn the dial to set a custom temperature.
 - Press the dial to confirm your choice and go to the next field.
- 4. When the time flashes, turn the dial to adjust the cooking time as directed by your recipe.
 - Press the dial to confirm the change and go to the next field.
- 5. Reminder flashes if you're cooking with pressure.
 - Turn the dial to toggle between vent reminder options. See Control panel for more information.
- 6. Touch Start to begin.
 - The display shows On and the cooking progress bar shows Pre-heating.

Stage 3: Releasing pressure

- 1. When Cooking has finished, the display shows End.
- 2. If you have set a 5 or 10 minute vent reminder, the reminder timer begins to count down.
- 3. When you're ready, follow your recipe's instructions to choose a venting method.
 - See Releasing Pressure for information on safe venting techniques.
- 4. If baking with pressure, wait for the float valve to drop, then carefully open and remove the lid as described in Pressure control features: Pressure cooking lid.
- 5. Using proper hand protection, remove the inner pot from the multicooker base and carefully lift out your baking dish.

Keep Warm

Perfect for reheating meals or warming food for long periods of time.

Smart Progra mme	Default temper ature	Temperature range	Time range
Keep Warm	High	Custom 62 to 90°C 144 to 194°F	30 minutes to 10 hours (00:30 to 10:00)
		Low 62°C / 144°F	
		High 77°C / 171°F	

- 1. Touch Keep Warm.
- 2. When the temperature flashes, turn the dial to toggle to Low, High or Custom.

To set a custom temperature, select Custom, then turn the dial to set the temperature.

Press the dial to make your selection and go to the next field.

- 3. When the time flashes, turn the dial to adjust the cooking time.
 - To set a custom temperature, touch the Temperature field to toggle to Custom, then turn the dial to choose a temperature.
- 4. Touch Start to begin. The display shows On and the progress bar shows Pre-heating.
- 5. When Keep Warm is complete, the display shows End.



Thicker foods may prevent even heating, which can lead to spoiled food if left unattended. When keeping warm food like stew and chilli, stir the contents of the inner pot every 40 to 60 minutes to make sure the heat is evenly distributed.

Using Favourite Programmes

Set and save 5 custom programmes as Favourites for one-touch access to recipes.



Saving recipes as Favourites

- 1. Select any Smart Programme and set it up according to your recipe.
- 2. When you're happy with the settings, touch and hold any Fav key for 3 seconds to save the programme. That's it! Your customised programme is ready to use any time you want.
 - You can replace a saved Favourite with a new recipe by repeating these steps.

Using Favourite recipes

Depending on your recipe, you can add your ingredients to the inner pot before or after Pre-heating.

- 1. Touch the Fav key you want to use.
- 2. Touch Start to begin.

The display shows On and the progress bar shows Pre-heating.

It's really that easy!

If you press a Fav key that hasn't been saved as a Favourite, the display flashes [tbd] times and returns to the previous screen.

Care, cleaning and storage

Clean your Instant Pot Pro and its parts after each use. Failure to follow these cleaning instructions may result in catastrophic failure, which may lead to property damage 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 instructions	Cleaning methods and		
Accessories - Steam rack	Dishwasher safe if placed on the top rack.		
Lid and parts • Steam release valve • Steam release cover • Anti-block shield • Sealing ring • Float valve • Silicone cap • QuickCool cover • 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. • With the steam release valve and anti-block shield removed, clean the interior of the steam release pipe with a pipe cleaner 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 and draining, store the lid upside down on the multicooker base to allow it to air dry completely. • Store sealing rings in a well-ventilated area to decrease residual odour from high ly flavoured meals. To eliminate odours, add 1 cup (250 mL) of water and 250 mL (1 cup) of white vinegar to the inner pot, then run Pressure Cook for 5 to 10 minut es and QR pressure. • Check the condensation collector after each use and empty and clean it as need ed. Do not allow food or moisture to sit in the condensation collector, as harmful b acteria may result.		
Inner pot	Dishwasher safe. • Acute hard water staining (rainbow, bluish or white discolouration) may require so crubbing with a sponge dampened with vinegar or a non-abrasive cleanser like B ar Keeper's Friend. • For tough or burned-on food residue, add boiling water and washing up liquid to the inner pot and leave to stand for a few hours for easy cleaning. • Make sure all exterior surfaces are dry before placing the inner pot in the multicooker base.		
Power lead	Wipe only. • Use a barely-damp cloth to remove particles from the lead. • Wrap it around the multicooker base and tuck the end into the lead holder.		
Multicooker base	 Wipe only. Wipe the inside of the outer pot as well as the condensation rim with a barely- da mp cloth. Allow them to dry completely before inserting the inner pot. Clean the multicooker base and control panel with a soft, barely-damp cloth or s ponge. 		

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

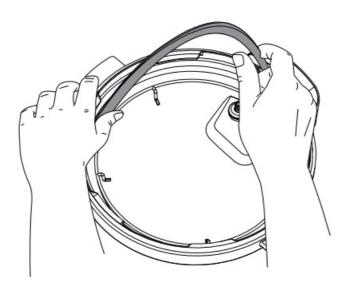
WARNING

The multicooker base contains electrical components. To avoid fire, electrical leakage and/or personal injury, make sure the multicooker base always 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.

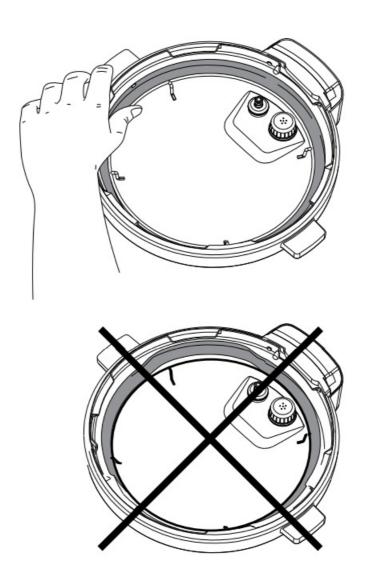


With the sealing ring removed, check the ring rack to make sure it is secured, centred and an even height all the way around the lid. Do not attempt to repair a deformed ring rack.

Instant Tip: The sealing ring is easier to remove and install when it's wet and soapy.

Install the sealing ring

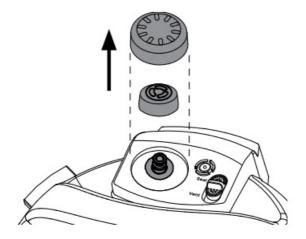
Place the sealing ring over the sealing ring rack and firmly press it into place. Make sure there's no puckering. It should be snug behind the sealing ring rack. It may wiggle a bit but shouldn't fall out when you turn the lid over.



Steam release assembly

Remove the steam release assembly

Remove the steam release cover, then pull the steam release valve up and off the steam release pipe.



Install the steam release assembly

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 but should remain in place when the lid is turned over.

Place the steam release cover over the steam release valve and press down.

The cover pressure-fits in place.

QuickCool protective cover

Remove the protective cover

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

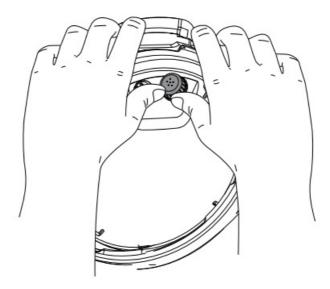
Install the protective cover

Grip the tab and slide the cover towards the back of the metal portion of the lid, then press down until it clicks.

Anti-block shield

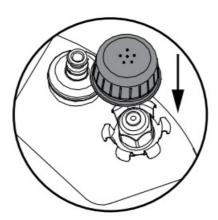
Remove the anti-block shield

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.



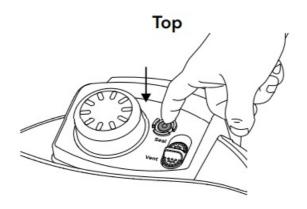
Float valve and silicone cap

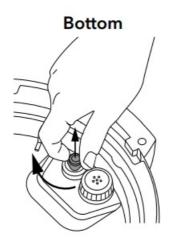
Remove the float valve from the lid

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, and 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.

Condensation collector

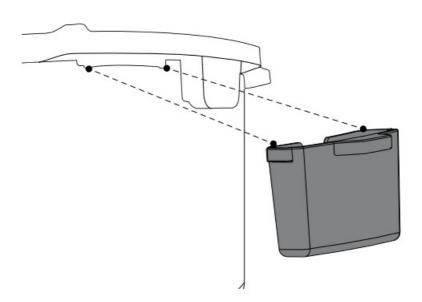
The condensation collector sits at the back of the multicooker base and catches any overflow from the condensation rim.

Remove the condensation collector

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

Install the condensation collector

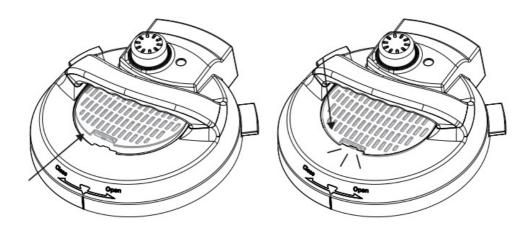
Align the grooves on the condensation collector over the tabs on the back of the multicooker base and slide the condensation collector into place like closing a drawer.



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

Install the protective cover

Grip the tab and slide the cover towards the back of the metal portion of the lid, then press down until it clicks.



Troubleshooting

Register your Instant Pot today!

If your problem persists or if you have questions, get in touch with a Customer Care Advisor through email at support@instantpot.co.uk or by phone on +44 (0) 3331 230051.

Problem	Possible reason	Try this	
Occasional clickin	The sound of power switching and expanding pressure board when changing temperatures.	This is normal; no action needed.	
g or light cracking sound.	Bottom of the inner pot is wet.	Wipe exterior surfaces of the inner pot. Mak e sure the heating element is dry before ins erting the inner pot back into the multicooker base.	
	Sealing ring is not properly installed.	Reposition the sealing ring. Make sure it is s nug behind the sealing ring rack.	
Difficulty closing t he lid.	Float valve is in the popped-up position.	Gently press the float valve downward with a long utensil.	
	Contents in multicooker are still hot.	Hold the quick release switch in the Vent po sition as you lower the lid onto the multicook er base slowly, allowing heat to dissipate.	
	Contents may be under pressure. To avoid scalding injuries, DO NOT attempt to force t he lid open .		
	Pressure inside the multicooker.	Release pressure according to recipe. Only open the lid after the float valve has dropped down.	
Difficulty opening the lid.	Float valve stuck in the popped-up position due to food debris or residue.	Release pressure completely, then tap the float valve gently with a long utensil. You may need to allow the multicooker to cool slight ly so all pressure can be released.	
	due to lood debits of residue.	Open the lid cautiously, then thoroughly clean the float valve, surrounding area and I id before next use.	
The inner pot is st uck to the lid when the multicooker is opened.	Cooling of the inner pot may create suction, causing the inner pot to adhere to the lid.	To release the vacuum, move the quick rele ase switch to the Vent position.	

Problem	Possible reason	Try this
	No sealing ring in the lid.	Install a sealing ring.
	The sealing ring is damaged or not properly fitted.	Replace the sealing ring.
Steam leaks from	Food debris attached to the sealing ring.	Remove the sealing ring and clean it thoroughly.
side of lid.	The lid is not closed properly.	Open, then close the lid.
	The sealing ring rack is warped or off-centre .	Remove the sealing ring from the lid, then c heck the sealing ring rack for bends or warp s. Contact Customer Care .
	The inner pot rim may be misshapen.	Check for deformation and contact Custom er Care.
	Food debris on the float valve or float valve silicone cap.	Remove the float valve from the lid and clea n it thoroughly. Perform the Initial test run t o check operation and record your findings. Contact Customer Care .
	Too little liquid in the inner pot.	Check for scorching on the bottom of the in ner pot. Add thin, water-based liquid to the inner pot according to its size. 5.7 Litres: 375 mL (1½ cups) 7.6 Litres: 500 mL (2 cups)
The float valve d oes not rise.	Float valve's silicone cap is damaged or mis sing.	Install or replace the float valve and/or silico ne cap.
	Float valve obstructed by lid-locking mechanism.	Tap the float valve with a long utensil. If the float valve does not drop, turn the multicook er off. Contact Customer Care .
	No heat in the inner pot.	Perform the Initial test run to check operati on and record your findings. Contact Custo mer Care.
	Inner pot base may be damaged.	Perform the Initial test run to check operati on and record your findings. Contact Custo mer Care.
Small amount of steam leaking or hissing from the	Quick release switch is not in the Seal position.	Move the quick release switch to the Seal p osition. Add additional liquid to the inner pot .
steam release val	Multicooker is regulating excess pressure.	This is normal; no action required.
g.	Too little liquid in the inner pot.	Ensure there is at least minimum liquid in the inner pot.
The display rema ins blank after co nnecting the pow er lead.	Bad power connection or no power.	Check socket to make sure it is powered. Inspect power lead for damage. If damage i s noticed, contact Customer Care .
	Multicooker's electrical fuse has blown.	Contact Customer Care.

Problem	Possible reason		Try this
Steam gushes fro m the steam relea se valve when the	Not enough liquid in the inner pot.		Add thin, water-based liquid to the inner pot acc ording to its size. 5.7 Litres: 375 mL (1½ cups) 7.6 Litres: 500 mL (2 cups)
quick release swit	Pressure sensor control failure.		Contact Customer Care.
osition.	Steam release valve is not seated properly.		Move the steam release switch to Vent then ba ck to the Seal position.
	C1 C3 C 4 C6	Faulty sensor.	Contact Customer Care.
	C7	Heating element has failed.	Contact Customer Care.
		Not enough liquid. Pressure cooker lid is not used for pre ssure cooking functions.	Add thin, water-based liquid to the inner pot acc ording to its size. 5.7 Litres: 375 mL (1½ cups) 7.6 Litres: 500 mL (2 cups) Put on the lid and re start.
Error code appear s on the display a nd the multicooke	C8	Incorrect inner pot is used.	Only use a stainless steel Pro Series inner pot with easy grip handles with the Pro.
r beeps continuou sly.	Lid	The lid is not in the correct p osition for the selected prog ramme.	Open and close the lid. Do not use a lid when using Sauté.
	Food bu	High temperature detected at bottom of inner pot; the m ulticooker automatically red uces the temperature to avo id overheating.	Starch deposits at the bottom of the inner pot m ay have blocked heat dissipation. Turn the multicooker off, release pressure and i nspect the bottom of the inner pot.
	PrSE	Pressure has accumulated during a non-pressure cooking programme.	Touch Cancel and Quick Release pressure.

Any other servicing must be performed by an authorised representative.

Warranty

Warranty Registration

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

Warranty Service

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

Contact Information

Instant Pot / Earlyview Ltd
Unit 5 Hersham Farm Business Park
Kitsmead Lane

Chertsey, Surrey KT16 0DN, UK Email: support@lnstantPot.co.uk

Telephone: 03331 230051

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

Recycling

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

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

Limited Warranty

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

Proof of original purchase date and, if requested, return of your appliance is required to obtain service under this Limited Warranty. Provided that this appliance is operated and maintained in accordance with the written instructions included with the appliance (which are also available at instantpot.co.uk), 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.

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814-0104-91

Documents / Resources



Instant Pot PRO Multi Use Pressure Cooker [pdf] User Manual

PRO, PRO Multi Use Pressure Cooker, Multi Use Pressure Cooker, Pressure Cooker, Cooker

References

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Manuals+,