



Instant Pot User Manual: Important Safeguards and Instructions

[Home](#) » [Instant](#) » **Instant Pot User Manual: Important Safeguards and Instructions** 

The Instant Pot 8 Qt Multi-Use Pressure Cooker is a versatile kitchen appliance that can help you cook a variety of meals quickly and easily. However, it's important to use it safely to avoid injury or damage to your property. That's why the Instant Pot User Manual provides a comprehensive list of important safeguards and instructions that you should read and follow before using the appliance. The manual includes information on how to use the appliance safely, what not to do, and how to maintain it properly. It also provides tips on how to find your model name and serial number, as well as how to get started with your Instant Pot. By following these instructions, you can ensure that you use your Instant Pot safely and get the most out of this powerful kitchen tool.

Contents

- 1 Instant Pot 8 Qt Multi-Use Pressure Cooker
- 2 IMPORTANT SAFEGUARDS
- 3 IMPORTANT SAFEGUARDS
 - 3.1 Special cord set instructions
 - 3.2 Product specifications
 - 3.3 Find your model name and serial number
- 4 Get started
 - 4.1 Initial set up
 - 4.2 Initial test run (water test)
- 5 Pressure cooking 101
- 6 Releasing pressure
 - 6.1 Venting methods
 - 6.2 Natural Release (NR or NPR)
 - 6.3 Quick Release (QR or QPR)
 - 6.4 Timed natural release
- 7 Control panel
- 8 Status messages
 - 8.1 Steam release handle
 - 8.2 Float valve
 - 8.3 Anti-block shield
- 9 Product, parts and accessories
- 10 Care, cleaning and storage
 - 10.1 Removing and installing parts
- 11 Smart Programs
- 12 Warranty
 - 12.1 Product Registration
 - 12.2 Warranty Service
- 13 Specifications
- 14 FAQ's
- 15 Download
- 16 Related Posts

Instant Pot 8 Qt Multi-Use Pressure Cooker



User Manual

IMPORTANT SAFEGUARDS

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

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

01. READ ALL INSTRUCTIONS, SAFEGUARDS AND WARNINGS BEFORE USE. FAILURE TO FOLLOW THESE SAFEGUARDS AND INSTRUCTIONS MAY RESULT IN INJURY AND/OR PROPERTY DAMAGE.

02. Use only the Instant Pot Duo lid with the Instant Pot Duo multicooker base. Using any other pressure cooker lids may cause injury and/or damage.

03. For household use only. Not for commercial use. DO NOT use the appliance for anything other than its intended use.

04. For countertop use only. Always operate the appliance on a stable, non-combustible, 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.

05. 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 heated oven.
- DO NOT use the appliance near water or flame.
- DO NOT use outdoors. Keep out of direct sunlight.

06. 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 oven mitts when removing accessories, and to handle the inner pot.
- Always place hot accessories on a heat-resistant surface or cooking plate.

07. 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 injury.

- 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.

08. **CAUTION:** Overfilling may cause a risk of clogging the steam release pipe and developing excess pressure, which may result in burns, injury, and/or property damage.

- DO NOT fill over PC MAX — 2/3 as indicated on the inner pot.
- DO NOT fill the inner pot over — 1/2 line when cooking foods that expand during cooking such as rice or dried vegetables.

09. **WARNING:** This appliance cooks under pressure. Any pressure in the appliance can be hazardous. Allow the appliance to depressurize 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 handle and/or float valve with cloth or other objects.
- DO NOT attempt to open the appliance until it has depressurized, and all internal pressure has been released.
Attempting to open the appliance while it is still pressurized may lead to 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 handle or float valve when the appliance is in operation or has residual pressure, and do not lean over the appliance when removing the lid.
- Turn the appliance off if steam escapes from the steam release handle and/or float valve in a steady stream 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; this could result in scalding injury.

11. When pressure cooking food with a doughy or thick texture, or a high fat/oil content, 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 risk of fire and/or personal injury.

13. Proper maintenance is recommended before and after each use:

- Check the steam release handle, 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.
- Let the appliance cool to room temperature before cleaning or storage.

14. DO NOT use this appliance for deep frying or pressure frying with oil.

15. If the power cord is detachable, always attach the plug to the appliance first, then plug the cord into the wall outlet. To turn off, press Cancel, then remove the plug from power source. Always unplug when not in use, as well as before adding or removing parts or accessories, and before cleaning. To unplug, grasp the plug and pull from the outlet.

Never pull from the power cord.

16. Regularly inspect the appliance and power cord. Do not operate the appliance if the power cord or plug is damaged, or after the appliance malfunctions or is dropped or damaged in any manner. For assistance, contact Customer Care by email at support@instanthome.com, by chat at instanthome.com/#chat, or by phone at 1-800-828-7280.

17. Spilled food can cause serious burns. A short power-supply cord is provided to reduce the hazards resulting from grabbing, entanglement and tripping.

- DO NOT let the power cord hang over edges of tables or counters, or touch hot surfaces or open flame, including the stovetop.
- DO NOT use below-counter power outlets, and never use with an extension cord.
- Keep the appliance and cord away from children.

18. DO NOT use any accessories or attachments not authorized 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 authorized stainless-steel Instant Pot inner pot.
- DO NOT use the appliance without the removable inner pot installed.
- To prevent personal injury and damage to the appliance, only replace the sealing ring with an authorized 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 electrical shock:

- DO NOT put liquid of any kind into multicooker base.
- DO NOT immerse power cord, 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 120 V~ 60 Hz for North America. 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, Styrofoam or wood.

27. DO NOT use the included accessories in a microwave, toaster oven, convection or conventional oven, or on a ceramic cooktop, electric coil, gas range or outdoor grill.

SAVE THESE INSTRUCTIONS.

WARNING

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

WARNING

Electrical shock hazard. Use grounded outlet only.

- DO NOT remove ground.
- DO NOT use an adapter.
- DO NOT use an extension cord.

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

WARNING

THE FAILURE TO FOLLOW ANY OF THE IMPORTANT SAFEGUARDS AND/OR THE INSTRUCTIONS FOR SAFE USE IS A MISUSE OF YOUR APPLIANCE THAT CAN VOID YOUR WARRANTY AND CREATE THE RISK OF SERIOUS INJURY.

IMPORTANT SAFEGUARDS







Special cord set instructions

Per safety requirement, a short power supply cord is provided to reduce the hazards resulting from entanglement and tripping.

This appliance has a 3-prong grounding plug. To reduce the risk of electric shock, plug the power cord into a grounded electrical outlet that is easily accessible.

Product specifications

The tables below represent all available models in the 7-in-1 Duo family. To view a full list of sizes, colors and patterns, go to [instanthome.com/duo](https://www.instanthome.com/duo).

					
Instant Pot 80 EPC	1200 W	120 V ~ 60 Hz	7.6 Litres/8 Quarts	6.98 kg/15.39 lbs.	cm: 37.6 x 34.3 x 36.8cm in: 14.8 x 13.6 x 14.0in

Find your model name and serial number

Model name: Find it on the label on the back of the multicooker base, near the power cord. **Serial number:** Turn the multicooker base over — you'll find this info on a sticker on the bottom.

Get started

Initial set up

You — yes, you — can do this!

"This is my invariable advice to people: Learn how to cook — try new recipes, learn from your mistakes, be fearless, and above all have fun!"

— Julia Child

01. Pull that Duo out of the box!

02. Remove the packaging material and accessories from in and around the multicooker.

Note: Make sure to check under the inner pot!

03. Wash the inner pot in a dishwasher or with hot water and dish soap. Rinse it well with warm, clear water and use a soft cloth to thoroughly dry the outside of the inner pot.

04. Wipe the heating element with a soft, dry cloth to make sure there are no stray packaging particles left in the multicooker base.

Note: Don't remove the safety warning stickers from the lid or the rating label from the back of the multicooker base.

05. You may be tempted to put the Duo on your stovetop — but don't do it!

Note: Place the multicooker base on a stable, level surface, away from combustible material and external heat sources.

Is something missing or damaged?

Get in touch with a Customer Care Advisor through our chat widget at [instanthome.com/#chat](https://www.instanthome.com/#chat), by email at support@instanthome.com or by phone at 1-800-828-7280 and we'll happily make some magic happen for you!

Feeling keen?

- Check out Product, parts and accessories to get to know your Instant Pot's components, then read over Pressure control features for an in-depth look.
- While you're doing the Initial test run (water test), read over Pressure cooking 101 to find out how the magic happens!

WARNING

- Read the Important safeguards before using the appliance. Failure to read and follow those instructions for safe use may result in damage to the appliance, property damage or personal injury.

- Do not place the appliance on a stovetop or upon another appliance. Heat from an external source will damage the appliance.
- Do not place anything on top of the appliance, and do not cover or block the steam release handle or anti-block shield, located on the appliance lid.

Initial test run (water test)

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

Stage 1: Setting up the Duo for pressure cooking

01. Remove the inner pot from the multicooker base and add 3 cups (750 mL /~25 oz) of water to the inner pot, then place it back into the multicooker base.

02. 3 and 6 Qt models: Secure the power cord to the base power socket on the back of the multicooker base. Make sure the connection is tight.

All models: Connect the power cord to a 120 V power source.

The display shows OFF.

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

04. Turn the steam release handle to the Sealing position.

Stage 2: “Cooking” (...hot water à la king, anyone?)

01. Select Pressure Cook.

02. Use the – / + buttons to adjust the cooking time to 5 minutes (00:05).

Note: Adjustments are saved when a Smart Program starts, so the next time you use Pressure Cook, it will default to 5 minutes.

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

04. The multicooker beeps after 10 seconds and the display shows On.

Note: While the multicooker does its thing, read Pressure cooking 101 on the next page to find out how the magic happens.

05. When the Smart Program finishes, the display shows End.

Stage 3: Releasing pressure

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

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

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

That's it! You're good to go

CAUTION

Pressurized steam releases through the top of the steam release handle. Keep exposed skin away from the steam release handle.

DANGER

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

CAUTION

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

Pressure cooking 101

Pressure cooking uses steam to raise the boiling point of water above 100°C / 212°F. These high temperatures allow you to cook food way faster than normal.

Behind the magic curtain

When pressure cooking, the Instant Pot goes through 3 stages.


Pre-heating

What you see	What you don't see	Tips
The display shows On .	While the multicooker preheats, it vaporizes liquid to create steam. Once enough steam has built up, the float valve pops up and locks the lid in place.	The time it takes the multicooker to pressurize depends on things like food and liquid temperature and volume. Frozen foods have the longest pre-heating time. For the fastest results, thaw your food before cooking it. No need to hang around during this stage – trust that IP magic!

Cooking

What you see	What you don't see	Tips
The float valve bobs up and down from all the steam, then pops up and stays flush with the lid. The display switches to the cooking countdown timer.	When it reaches the required pressure level, cooking begins. The Instant Pot automatically maintains the cooking pressure at High or Low pressure.	A higher pressure means a higher temperature. Smart Program settings (e.g., cooking time, pressure level, etc.) can be adjusted at any time during cooking.

Releasing pressure

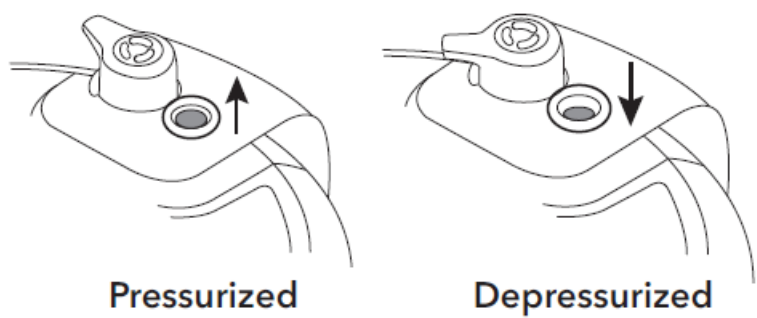
What you see	What you don't see	Tips
If Keep Warm is on after cooking, the timer counts up from 00:00 . If not, the multicooker goes back to standby and the display shows End . The float valve is still popped up.	Although food has finished cooking, the multicooker is still pressurized and hot, which is why the float valve is up. Releasing pressure lowers the temperature inside the multicooker, which allows you to safely remove the lid once the float valve drops.	See Releasing pressure for information on safe venting techniques and what they're used for. Follow your recipe instructions to choose the best venting method for your meal.  The Instant Pot cools faster if Keep Warm is turned off.

For Troubleshooting tips, view the full user manual online at instanthome.com/duo.

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.

Venting methods



- Natural Release (NR or NPR)
- Quick Release (QR or QPR)
- Timed Natural Release

WARNING



- Steam ejected from the steam release handle is hot. DO NOT place hands, face, or any exposed skin over the steam release handle when releasing pressure.
- DO NOT cover the steam release handle.

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.

Natural Release (NR or NPR)

Cooking stops gradually. As the temperature within the multicooker drops, the Instant Pot depressurizes naturally over time.

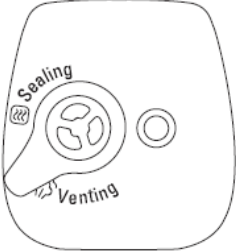
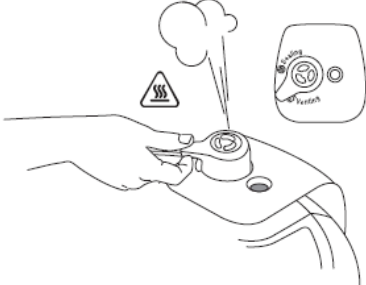
What to do	What to expect
<p>After cooking finishes, leave the steam release handle in the Sealing position until all pressure is released.</p>  <p>Sealing position</p>	<p>Your meal continues to cook even after the Smart Program ends.</p> <hr/> <p> This is called “carryover cooking” or “resting”, and it’s great for large cuts of meat.</p> <p>The depressurization time may vary based upon the volume, type and temperature of food and liquid. It can take up to 40 minutes with some dishes, so plan ahead – it’s well worth the wait!</p> <p>When pressure has been fully released, the float valve drops into the lid.</p>

NOTICE:

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


Quick Release (QR or QPR)

Stops cooking quickly and prevents overcooking. Perfect for quick-cooking vegetables and delicate seafood!

What to do	What to expect
<p>Carefully, quickly and confidently, turn the steam release handle to Venting and wait for all pressure inside the multicooker to release.</p>  <p>Venting position</p>	<p>A jet of steam ejects through the top of the steam release handle.</p> <p>This is normal!</p> <p>When pressure has been fully released, the float valve drops into the lid.</p> 

Timed natural release

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

What to do	What to expect
<p>Leave the steam release handle in the Sealing position for a while (according to your recipe) then turn it to Venting and wait for all pressure inside the multicooker to release.</p>	<p>A jet of steam ejects through the top of the steam release handle.</p> <p> The temperature within the multicooker drops, so the steam release may not be as powerful as a normal QR.</p> <p>When pressure has been fully released, the float valve drops into the lid.</p>

If there is substantial spatter while venting, turn the steam release handle back to Sealing. Wait a few minutes before trying to release pressure again. If spatter continues, use NR to safely release the remaining pressure.

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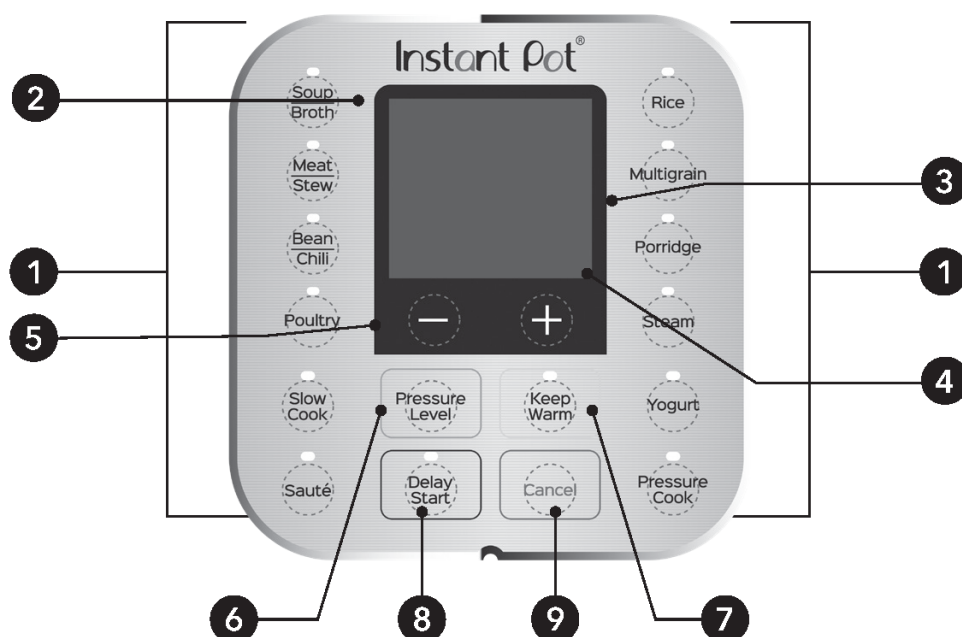
CAUTION

Steam ejected from the steam release handle is hot. DO NOT place hands, face, or any exposed skin over the steam release handle when releasing pressure.

NOTICE


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

Control panel



		Pressure cooking	Non-pressure cooking
1	Smart Programs	<ul style="list-style-type: none"> • Soup/Broth • Meat/Stew • Bean/Chili • Poultry • Rice • Multigrain • Porridge • Steam • Pressure Cook 	<ul style="list-style-type: none"> • Slow Cook • Sauté • Yogurt • Keep Warm
2	Time display	Shows the time in HH:MM format. Counts up or down, depending on the Smart Program.	
3	Pressure fields	LEDs show if the multicooker is using Low or High pressure during pressure cooking.	
4	Less / Normal / More	Preset cooking time or temperature levels, depending on the Smart Program.	
5	- / + buttons	Adjust time for cooking, Delay Start and Keep Warm.	
6	Pressure level	Toggle between Low Pressure and High Pressure.	
7	Keep Warm	Turns the Keep Warm setting on or off.	
8	Delay Start	Delay the start of cooking.	
9	Cancel	Stop a Smart Program at any time.	

Status messages

OFF	The Instant Pot is in standby mode, ready for action!
Lid	May indicate that the lid is missing or is not properly secured.
On	The multicooker is pre-heating.
Auto	The Rice Smart Program is running.
boil	The Yogurt Smart Program is in the process of pasteurizing milk (i.e., the Yogurt Smart Program is set to More).
Hot	<p>The inner pot has reached the perfect temperature and is ready to start cooking your food.</p> <p> Only applies to Sauté.</p>
00:00	<p>Display shows one of the following:</p> <ul style="list-style-type: none"> • When Delay Start is running, the multicooker counts down until the Smart Program begins; • When a Smart Program is running, the multicooker counts down the remaining cooking time; • When Keep Warm is running, the multicooker counts the length of time that food has been warming.
End	The Smart Program has finished and Keep Warm is off.
Food burn	The multicooker is overheating due to insufficient liquid. See Troubleshooting for more information.

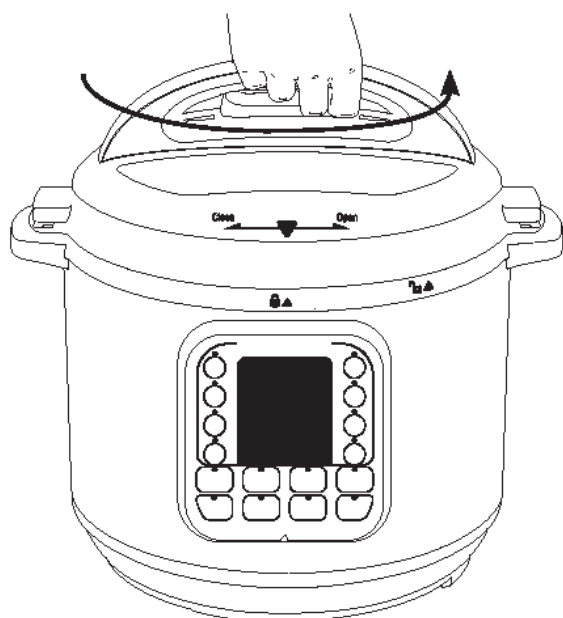
See Care, cleaning and storage for installation and removal of parts.

Pressure cooking lid

What we love about it	What you should know about it
<p>The lid was designed with lid fins that fit perfectly inside the handles on the left and right sides of the multicooker base to help keep your countertop dry!</p> <p>When the Instant Pot is plugged in it plays a little jingle when you open and close the lid.</p>	<p>The lid is removable during non-pressure cooking so you can taste-test as you go.</p> <p>When you're pressure cooking, the lid only locks into place once the multicooker has pressurized. Try not to remove the lid unnecessarily!</p>

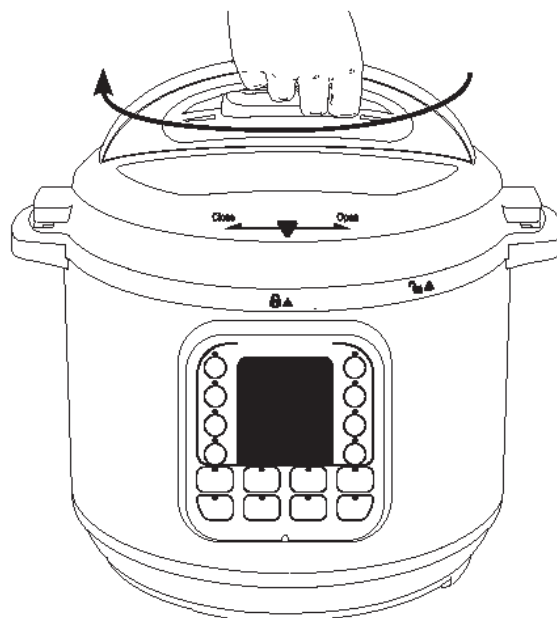
Removing the lid

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



Closing the lid

- 01** Align the symbol on the lid ▼ with the symbol on the multicooker base ⚙️▲, then lower the lid onto the track.
- 02** Turn the lid clockwise until the symbol on the lid ▼ aligns with the symbol on the multicooker base ⚙️▲.



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

WARNING



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

CAUTION

Always check the lid for damage and excessive wear prior to cooking.

Steam release handle

The steam release handle controls the steam, venting it from the top of the steam release handle, or sealing it inside the Instant Pot.

What we love about it	What you should know about it
<p>It's easy to tell when the handle is in the Sealing or Venting position.</p> <div data-bbox="248 232 437 421">  </div> <p>Sealing position</p> <div data-bbox="584 232 772 421">  </div> <p>Venting position</p>	<p>The steam release handle sits loosely on the steam release pipe to pivot easily while under pressure, so it may feel a bit wobbly. This is normal!</p>

The steam release handle is integral to product safety and necessary for pressure cooking. It should be installed before use and cleaned regularly.

See **Releasing pressure** for safe venting methods and information on pressurization and depressurization.

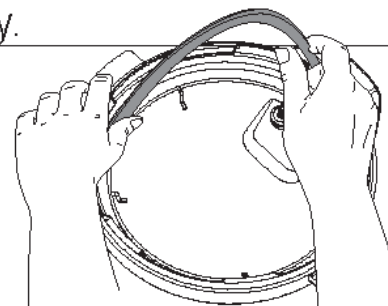
⚠ WARNING

Do not cover or block the steam release handle in any way.

Sealing ring

When the pressure cooking lid is closed, the sealing ring creates an air-tight seal between the lid and the inner pot.

The sealing ring must be installed before using the multicooker. Only one sealing ring should be installed in the lid at a time.



CAUTION

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

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

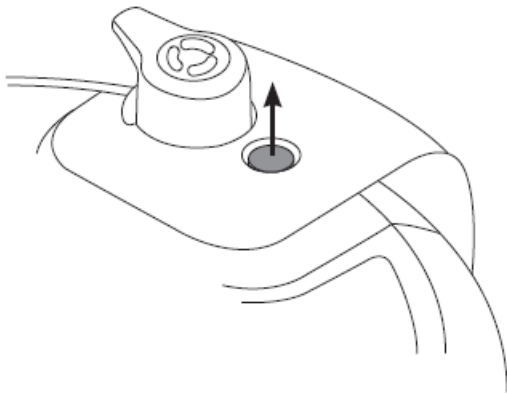
Failure to follow these instructions may cause food to discharge, which may lead to personal injury or property damage.

Float valve

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

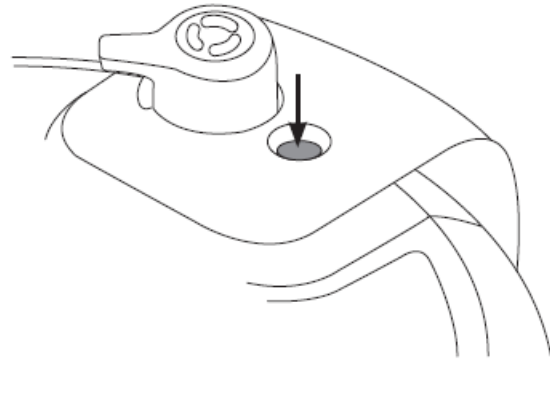
Pressurized

The float valve has visibly popped up and is flush with the lid.



Depressurized

The float valve has descended into the lid.



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

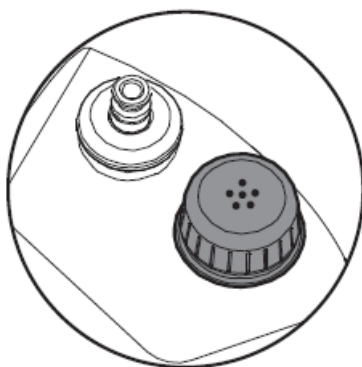
DANGER

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.

Anti-block shield

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

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

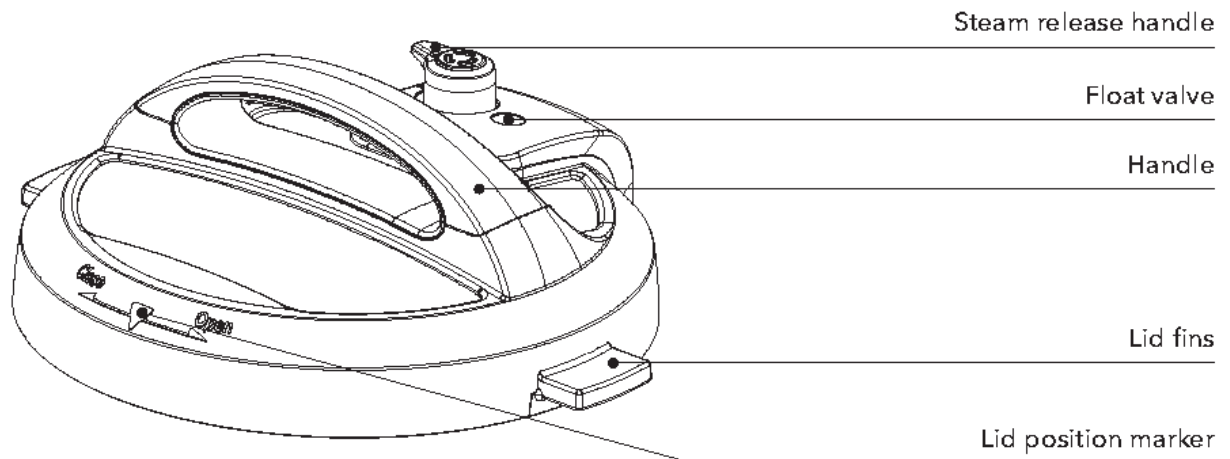


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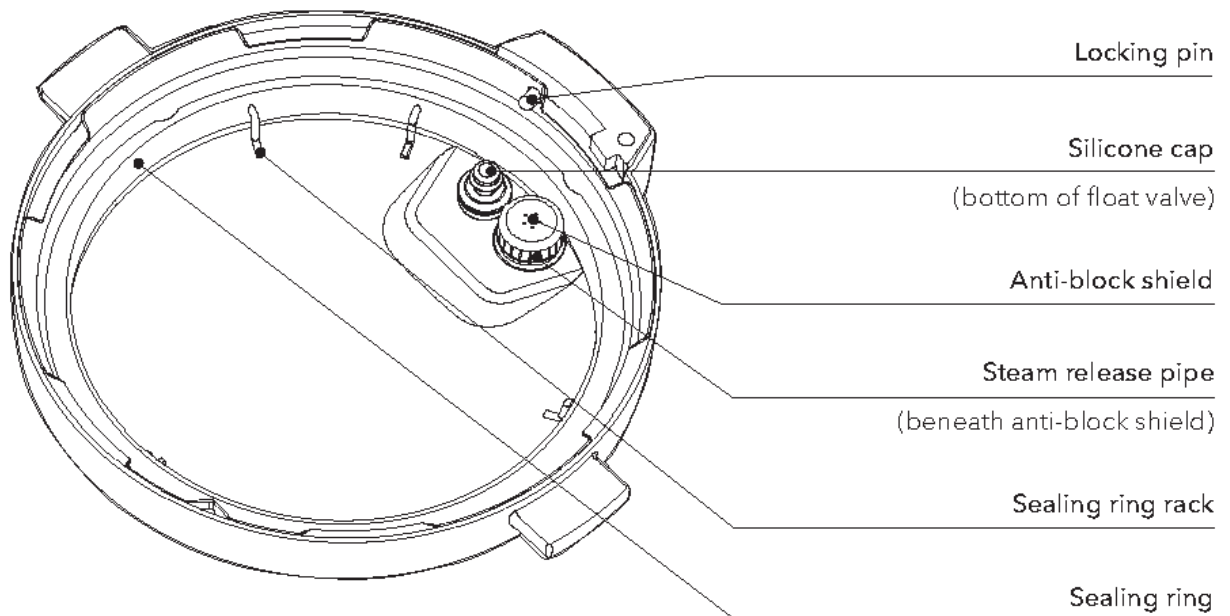
Product, parts and accessories

Represents all Duo Mini, 6 and 8 Quart models. See Care, cleaning and storage: Removing and installing parts to find out how everything fits together.

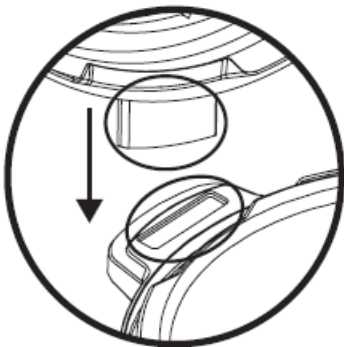
Top of lid



Bottom of lid

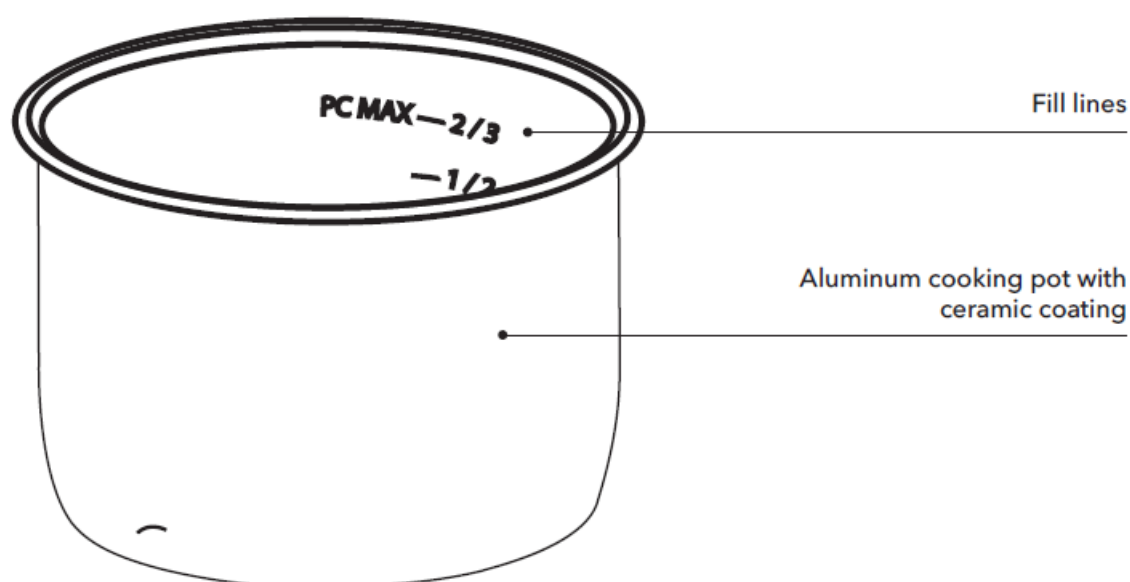


Stand the lid up in the multicooker base to keep it off your countertop! Insert the left or right lid fin into corresponding slot in the multicooker base handles to stand it up and save some space.

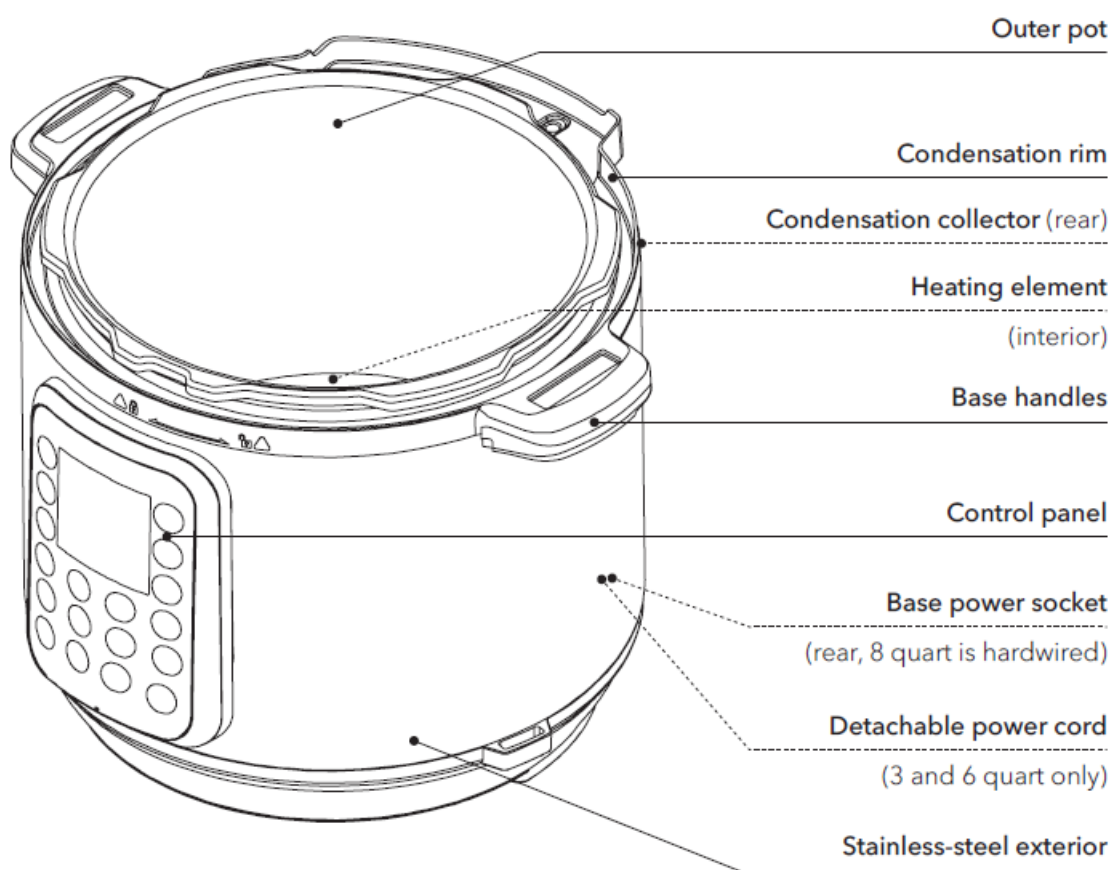


Illustrations in this document are for reference only and may differ from the actual product. Always refer to the actual product.

Inner pot



Multicooker base




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Care, cleaning and storage

Clean your Duo Plus and its parts after each use. Failure to follow these cleaning instructions may result in catastrophic failure, which may lead to property damage and/or severe personal injury.

Always unplug your multicooker and let it 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.

Let all surfaces dry thoroughly before use, and before storage.

Parts	Cleaning methods and instruction
Accessories <ul style="list-style-type: none"> • Steam rack 	Dishwasher safe.
Lid and parts <ul style="list-style-type: none"> • Anti-block shield • Sealing rings • Steam release valve • Float valve • Silicone cap • Condensation collector 	<p>Dishwasher safe if placed on the top rack.</p> <p>Remove all the parts from the lid before cleaning. See Care, cleaning and storage: Removing and installing parts.</p> <ul style="list-style-type: none"> • With steam release valve and anti-block shield removed, clean the interior of the steam release pipe to prevent clogging. • To drain water from the lid after dishwashing, grasp the lid handle and hold the lid vertically over a sink, then turn it 360° – like turning a steering wheel. • After cleaning, store the lid upside down on the multicooker base. • Store sealing rings in a well-ventilated area to decrease residual odor of flavorful meals. To eliminate odors, add 1 cup (250 mL / ~8 oz) water and 1 cup (250 mL / ~8 oz) white vinegar to the inner pot, and run Pressure Cook for 5-10 minutes, then QR pressure. • Check the condensation collector after each use and empty as needed. Do not allow food or moisture to stagnate in the condensation collector.
Inner pot	<p>Dishwasher safe.</p> <ul style="list-style-type: none"> • More acute hard water staining may require a vinegar-dampened sponge and some scrubbing to remove. • If there is tough or burned food residue at the bottom, soak in hot water for a few hours for easy cleaning. • Make sure all exterior surfaces are dry before placing in the multicooker base.
Power cord	<p>Hand wash only. Do not machine wash.</p> <ul style="list-style-type: none"> • Use a barely damp cloth to wipe any particles off the cord. <p> 3 & 6 Quart power cords are detachable for storage.</p>
Multicooker base	<p>Hand wash only. Do not machine wash.</p> <ul style="list-style-type: none"> • Clean the multicooker base and control panel with a soft, barely damp cloth or sponge. • Wipe the inside of the cooker base, the heating element, and the condensation rim with a barely damp cloth. Allow them to dry completely before inserting the inner pot.

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

WARNING

The Instant Pot multicooker base contains electrical components. To avoid fire, electric leakage or personal injury, make sure the multicooker base stays dry.

- DO NOT immerse the multicooker base in water or other liquid, or attempt to cycle it through the dishwasher.
- DO NOT rinse the heating element.
- DO NOT submerge or rinse the power cord or the plug.

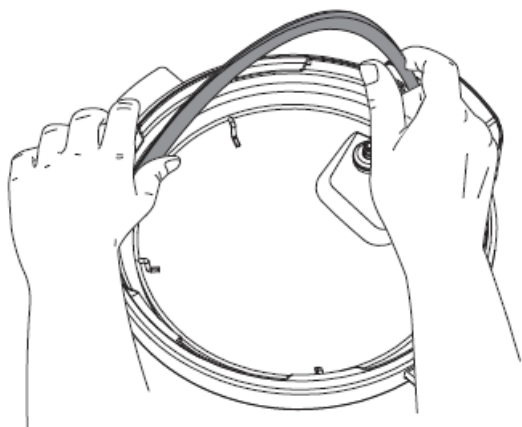
Removing and installing parts

Silicone sealing ring

Remove the sealing ring

Grip the edge of the silicone and pull the sealing ring out from behind the circular stainless-steel sealing ring rack.

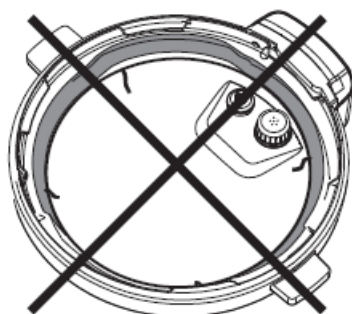
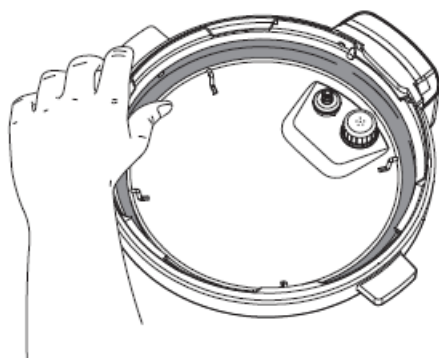
With the sealing ring removed, inspect the steel rack to make sure it is secured, centered, and at an even height all the way around the lid. Do not attempt to repair a deformed sealing ring rack.



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Install the sealing ring

Place the sealing ring over the sealing ring rack and press it into place. Press down firmly to prevent puckering. When installed properly, the sealing ring is snug behind the sealing ring rack and should not fall out when the lid is turned over.



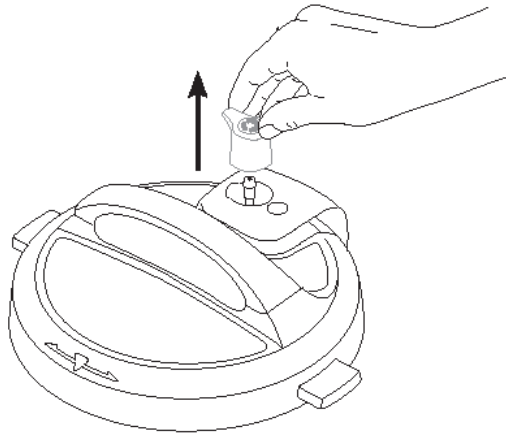
Incorrect

Steam release valve

Remove the steam release valve

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

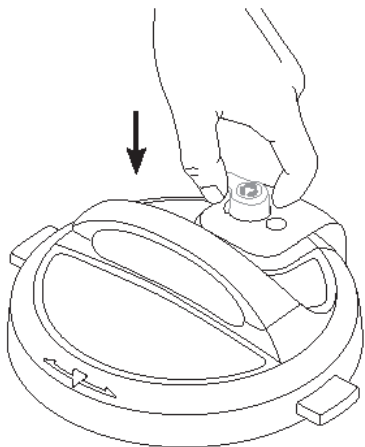
The steam release valve must be installed before using the cooker.



Install the steam release valve

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

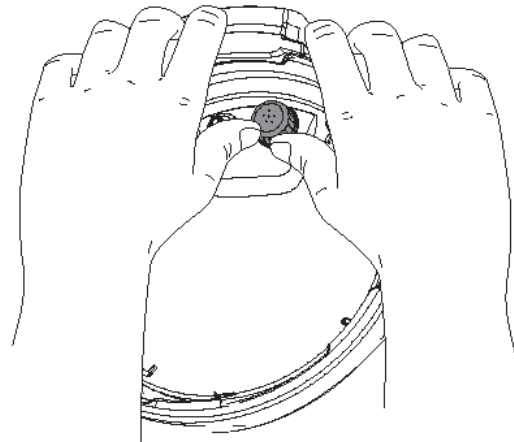
The steam release valve sits loosely on the steam release pipe when installed properly but should remain in place when the lid is turned over.



Anti-block shield

Remove the anti-block shield

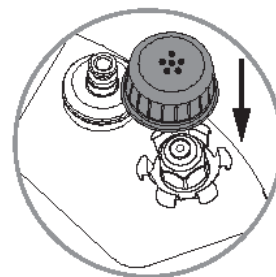
Grip the lid like a steering wheel and use your thumbs to press firmly against the side of the anti-block shield (pressing towards the side of the lid and up) until it pops off the prongs underneath.



Install the anti-block shield

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

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




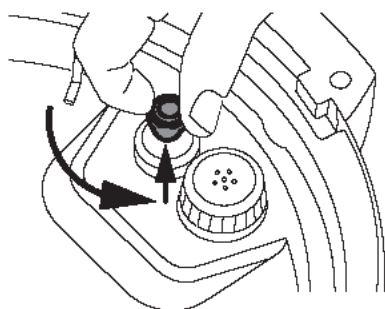
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Float valve and silicone cap

Remove the float valve

Place one finger on the flat top of float valve, then turn the lid over. Detach the silicone cap from the bottom side of the float valve. Remove the float valve from the top of the lid.

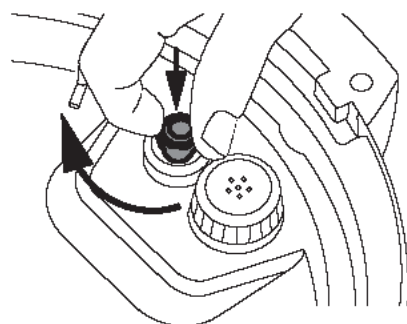
 Do not discard the float valve or silicone cap.



Install the float valve

Drop the narrow end of the float valve into the float valve hole on the top of the lid. Place one finger on the flat top of the float valve, then turn the lid over. Firmly attach the silicone cap to the bottom of the float valve.

Do not attempt to operate the pressure cooker without the float valve and/or silicone cap properly installed in the pressure cooking lid.



Condensation collector

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

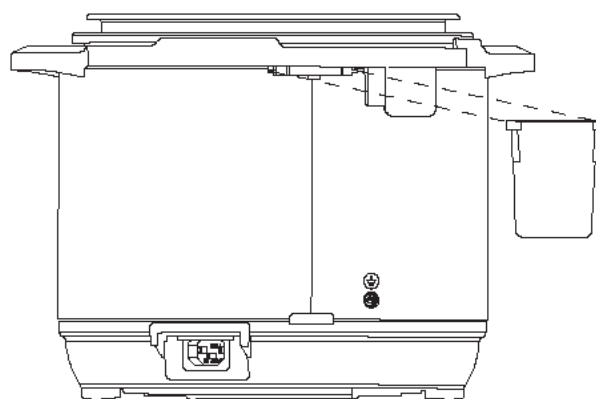
It should be installed before cooking, then emptied and rinsed out after each use.

Remove the condensation collector

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

Install the condensation collector

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



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Smart Programs

Smart Program	Setting	Suggested Use	Note
Soup/Broth	Less	Soup without meat	Liquid remains clear due to lack of boiling motion. Always use NR to release pressure when cooking soup with a high starch content.
	Normal	Soup with meat	
	More	Rich bone broth	
Meat/Stew	Less	Soft texture	Choose setting based on meat texture desired, or adjust cook time manually. Allow meat to "rest" for 5-30 minutes (depending on size), either in the cooker or covered.
	Normal	Very soft texture	
	More	Fall-off-the-bone texture	
Bean/Chili	Less	Firmer texture	Choose setting based on bean texture desired, or adjust cook time manually. When cooking beans or legumes, always use NR to release pressure. Ensure dry beans are completely submerged in water.
	Normal	Soft texture	
	More	Very soft texture	
Poultry *	Less	Soft texture	Choose setting based on meat texture desired, or adjust cook time manually. Allow poultry to "rest" for 5-10 minutes (depending on size), either in the cooker or covered.
	Normal	Very soft texture	
	More	Fall-off-the-bone texture	
Rice	Less	Tender but firm to bite	Depending on the volume of rice, cook time may range from 8-15 minutes. After cooking, wait 10 minutes then use QR to vent.
	Normal	Normal texture white rice	
	More	Softer texture white rice	
Multigrain *	Less	Brown rice, wild rice, black beans, chickpeas, etc	Select " Less " or " Normal " based on type of grain and desired texture. " More " begins with 45 minutes of warm water soaking time prior to 60 minutes of pressure cooking.
	Normal	Brown rice, wild rice, mung beans, etc.	
	More	Tough grains or a mixture of grains and beans	

***Not available on 3 Quart size. Use Pressure Cook instead.**

Smart Program	Setting	Suggested Use	Note
Porridge	Less	Oatmeal—steel cut or rolled	Adjust time as directed in recipe. Always use NR to release pressure when cooking foods that expand.
	Normal	White rice, porridge/congee	
	More	Rice porridge/congee with a mixture of various grains	
Steam	Less	Vegetables	Use steam rack provided to elevate food from cooking liquid. Use QR to prevent food from overcooking.
	Normal	Fish and Seafood	
	More	Meat	
Pressure Cook	Less	Manual Programming	Press Pressure Level to toggle between High and Low pressure. Use + / - keys to adjust cook time. Adjust according to recipe for desired results.
	Normal		
	More		
Slow Cook	Less	Corresponds to Low on common slow cookers	Ensure quick release button is set to “ Vent ” position. Optionally, use a glass lid for slow cooking.
	Normal	Corresponds to Medium on common slow cookers	
	More	Corresponds to High on common slow cookers	
Saute	Less	Simmering & reducing	Do not use the lid on Sauté. Maximum 30 minutes to prevent overheating. When display switches from “ On ” to “ Hot ”, add recipe ingredients. If ingredients are added before “ Hot ” message appears, it may not appear at all.
	Normal	Pan searing or sautéing	
	More	Stir-frying or browning meat	
Yogurt	Less	Low-temperature fermentation (Jiu Niang)	Milk must reach a minimum of 72°C (161°F) for pasteurization to occur. Allow pasteurized milk to cool to below 43°C (110°F). 8 hours is standard for fermentation, but a longer period will result in tangier yogurt.
	Normal	Fermenting yogurt	
	More	Pasteurizing milk	

Warranty

One (1) Year Limited Warranty

This One (1) Year Limited Warranty applies to purchases made from authorized retailers of Instant Brands Inc.

("Instant Brands") by the original appliance owner and is not transferable. Proof of original purchase date and, if requested by Instant Brands, return of your appliance, is required to obtain service under this Limited Warranty. Provided the appliance was used in accordance with the use & care instructions, Instant Brands will, in its sole and exclusive discretion, either: (i) repair defects in materials or workmanship; or (ii) replace the appliance. In the event that your appliance is replaced, the Limited Warranty on the replacement appliance will expire twelve (12) months from the date of receipt. Failure to register your product will not reduce your warranty rights. The liability of Instant Brands, if any, for any allegedly defective appliance or part will not exceed the purchase price of a comparable replacement appliance.

What is not covered by this warranty?

1. Products purchased, used, or operated outside of the United States and Canada.
2. Products that have been modified or attempted to be modified.
3. Damage resulting from accident, alteration, misuse, abuse, neglect, unreasonable use, use contrary to the operating instructions, normal wear and tear, commercial use, improper assembly, disassembly, failure to provide reasonable and necessary maintenance, fire, flood, acts of God, or repair by anyone unless directed by an Instant Brands representative.
4. Use of unauthorized parts and accessories.
5. Incidental and consequential damages.
6. The cost of repair or replacement under these excluded circumstances.

EXCEPT AS EXPRESSLY PROVIDED HEREIN AND TO THE EXTENT PERMITTED BY APPLICABLE LAW, INSTANT BRANDS MAKES NO WARRANTIES, CONDITIONS OR REPRESENTATIONS, EXPRESS OR IMPLIED, BY STATUTE, USAGE, CUSTOM OF TRADE OR OTHERWISE WITH RESPECT TO THE APPLIANCES OR PARTS COVERED BY THIS WARRANTY, INCLUDING BUT NOT LIMITED TO, WARRANTIES, CONDITIONS, OR REPRESENTATIONS OF WORKMANSHIP, MERCHANTABILITY, MERCHANTABLE QUALITY, FITNESS FOR A PARTICULAR PURPOSE OR DURABILITY.

Some states or provinces do not allow for: (1) the exclusion of implied warranties of merchantability or fitness; (2) limitations on how long an implied warranty lasts; and/or (3) the exclusion or limitation of incidental or consequential damages; so these limitations may not apply to you. In these states and provinces, you have only the implied warranties that are expressly required to be provided in accordance with applicable law. The limitations of warranties, liability, and remedies apply to the maximum extent permitted by law. This limited warranty gives you specific legal rights, and you may also have other rights which vary from state to state or province to province.

Product Registration

Please visit www.instantpot.com/support/register to register your new Instant Brands™ appliance. Failure to register your product will not diminish your warranty rights. You will be asked to provide the store name, date of purchase, model number (found on the back of your appliance) and serial number (found on the bottom of your appliance) along with your name and email address. The registration will enable us to keep you up to date with product developments, recipes and contact you in the unlikely event of a product safety notification. By registering, you acknowledge that you have read and understand the instructions for use, and warnings set forth in the accompanying instructions.

Warranty Service

To obtain warranty service, please contact our Customer Care Department by phone at 1-800-828-7280 or by email to support@instantpot.com. You can also create a support ticket online at www.instantpot.com/support. If we are unable to resolve the problem, you may be asked to send your appliance to the Service Department for quality inspection. Instant Brands is not responsible for shipping costs related to warranty service. When returning your appliance, please include your name, mailing address, email address,

phone number, and proof of the original purchase date as well as a description of the problem you are encountering with the appliance.

Specifications

Product Name	Instant Pot 8 Qt Multi-Use Pressure Cooker
Brand	Instant Brands
Model Name	Instant Pot Duo
Intended Use	Household use only
Capacity	8 quarts
Power Supply	120 V~ 60 Hz for North America
Authorized Accessories	Stainless-steel Instant Pot inner pot, Instant Pot sealing ring

FAQ's

What should I do before using my Instant Pot for the first time?

Before using your Instant Pot for the first time, you should read the entire user manual and follow all instructions and safety precautions.

Can I use any pressure cooker lid with my Instant Pot?

No, you should only use the Instant Pot Duo lid with the Instant Pot Duo multicooker base. Using any other pressure cooker lids may cause injury and/or damage.

Can I use my Instant Pot for commercial use?

No, the Instant Pot 8 Qt Multi-Use Pressure Cooker is for household use only and not for commercial use.

Can I place my Instant Pot on a hot stove or oven?

No, you should always operate the appliance on a stable, non-combustible, level surface. DO NOT place on a hot stove or close to a heated oven.

How should I handle hot accessories and the inner pot?

You should always use oven mitts when removing accessories and to handle the inner pot. Always place hot accessories on a heat-resistant surface or cooking plate.

What should I do if steam escapes from the steam release handle and/or float valve in a steady stream for longer than 3 minutes?

Turn the appliance off if steam escapes from the steam release handle and/or float valve in a steady stream for longer than 3 minutes.

Can I use oversized foods and/or metal utensils in my Instant Pot?

No, oversized foods and/or metal utensils must not be inserted into the inner pot as they may cause risk of fire and/or personal injury.

How should I maintain my Instant Pot?

Proper maintenance is recommended before and after each use. Check the steam release handle, 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. Let the appliance cool to room temperature before cleaning or storage.

Can I use my Instant Pot for deep frying or pressure frying with oil?

No, you should not use this appliance for deep frying or pressure frying with oil.

Can I use any accessories or attachments not authorized by Instant Brands Inc.?

No, you should not use any accessories or attachments not authorized 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.

Can I repair, replace, or modify components of my Instant Pot?

No, you should 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.

Can I store materials in the multicooker base or inner pot when not in use?

No, you should not store any materials in the multicooker base or inner pot when not in use.

Can I use the included accessories in a microwave or oven?

No, you should not use the included accessories in a microwave, toaster oven, convection or conventional oven, or on a ceramic cooktop, electric coil, gas range, or outdoor grill.

Instant Brands Inc.

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

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113-0070-01-0301

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