Instant Pot

DUO EVO[™] PLUS

6 and 8 Quart Multi-Use Pressure Cookers



User Manual

Important Safeguards

Product Specifications Initial Setup Product, Parts and Accessories **Smart Program Settings** Cleaning Before First Use Overview of Pressure Control Features Pressure Cooking with the Duo Evo Plus Initial Test Run (Water Test) Recommended Cooking Times Grain-to-Water Ratios Care and Cleaning Troubleshooting Warranty Contact Information

Welcome to the world of Instant cooking.

Thank you for welcoming us into your kitchen.

Having families ourselves, we developed the Instant Pot® Duo Evo™ Plus pressure cooker to allow busy families and professionals alike to cook healthy, delicious meals more easily and in less time.

We have partnered with chefs, authors and bloggers to compile a collection of recipes that we hope you enjoy!

Happy cooking,

Robert J. Wang

Founder and Chief Innovation Officer



Download the Instant Pot App

- 1000+ Original Recipes
- New User Tips
- Getting Started Videos



Find helpful how-to videos, download the app, or visit our recipe site.

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When using electrical appliances, basic safety precautions should always be followed:

- 1. READ THE *GETTING STARTED GUIDE* AND ALL INSTRUCTIONS, SAFEGUARDS AND WARNINGS BEFORE OPERATING THE APPLIANCE. FAILURE TO FOLLOW THESE SAFEGUARDS AND INSTRUCTIONS MAY RESULT IN INJURY AND/OR PROPERTY DAMAGE.
- 2. Use only the Instant Pot Duo Evo Plus lid with the Instant Pot Duo Evo Plus pressure cooker base. Using any other pressure cooker lids may cause injury and/or damage. The Instant Pot tempered glass lid, which can be purchased separately, may be used for non-pressure cooking.
- 3. 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.
- 4. Always operate the appliance on a stable, non-combustible, level surface.
- 5. Do not use the appliance for anything other than its intended use. Failure to do so may result in injury or property damage.
- 6. For household use only. Do not use outdoors. Not for commercial use.
- 7. **ACAUTION** Do not place the appliance on or in close proximity to a hot gas or electric burner, or a heated oven. Heat from an external source will damage the appliance. Failure to follow these instructions may result in injury or property damage.
- 8. **ACAUTION** Do not use the appliance near water or flame. Keep out of direct sunlight. Failure to follow these instructions may result in injury or property damage.
- 9. **ACAUTION** Do not touch hot surfaces. Only use side handles for carrying or moving. Extreme caution must be used when moving the appliance containing hot liquids. Do not move the appliance when it is under pressure.
- 10. **ACAUTION** The cooker base contains electrical components. To avoid electrical shock, do not put liquid of any kind into cooker base, and do not immerse power cord, plug or the appliance in water or other liquid. Do not rinse the appliance under tap.
- 11. **ACAUTION** Do not fill over **Max PC Fill** as indicated on the inner pot. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the inner pot over **Half Fill** line. Overfilling may cause a risk of clogging the steam release pipe and developing excess pressure.



Read this manual carefully and completely, and retain for future reference. Failure to adhere to safety instructions may result in serious injury.

- 12. **AWARNING** This appliance cooks under pressure. Inappropriate use may result in burns, injury and/or property damage. Make certain the appliance is properly closed before operating.
- 13. 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.
- 14. **ACAUTION** When pressure cooking food with a doughy or thick texture, or a high fat/oil content, contents may splatter when opening the lid. Please follow recipe instructions for pressure release method. Refer to **Depressurizing the Cooker**.
- 15. **ACAUTION** Before each use, check the steam release valve/handle, steam release pipe, anti-block shield and float valve for clogging. Refer to the **Pressure**Cooking Basics. Failure to do so may result in injury or property damage.
- 16. A DANGER Do not open the appliance until it has depressurized and all internal pressure has been released. If the float valve is still up and/or the lid is difficult to open, this indicates that the appliance is still pressurized do not force it open. Any pressure in the appliance can be hazardous. Refer to Depressurizing the Cooker in this manual for information on releasing pressure. Opening appliance while it is still pressurized may lead to sudden release of hot contents and may cause burns or other injuries.
- 17. Do not use this appliance for deep frying or pressure frying with oil.
- 18. Do not lean over or place your hands or face over the steam release valve/ handle or float valve when the appliance is in operation or has residual pressure. Do not touch the metal portion of the lid when the appliance is in operation; this could result in injury.
- 19. Do not cover or obstruct the steam release valve/handle and/or float valve with cloth or other objects. Obstructing the steam release valve/handle and/or float valve can create a safety issue and may cause injury.
- 20. Turn the appliance off if steam escapes from the steam release valve/handle and/or float valve in a steady stream for longer than 3 minutes. There may be residual pressure in the appliance. Allow the appliance to depressurize naturally or release all excess pressure before opening. For more information on how to release pressure, refer to Troubleshooting.
- 21. Turn the appliance off if steam escapes from the sides of the lid and ensure sealing ring is properly installed. Refer to <u>Pressure Cooking Basics</u> for information on checking the sealing ring.



Read this manual carefully and completely, and retain for future reference. Failure to adhere to safety instructions may result in serious injury.

- 22. To disconnect, select **Cancel**, then remove plug from power source.
- 23. Unplug from the outlet 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.
- 24. 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 at support@instantpot.com or 1-800-828-7280.
- 25. **ACAUTION** Do not let the power cord hang over edges of tables or counters, or touch hot surfaces or open flame, including the stovetop.
- 26. **CAUTION** Spilled food can cause serious burns. A short power-supply cord is provided to reduce the hazards resulting from grabbing, entanglement and tripping.
 - Keep the appliance and cord away from children.
 - Never drape the power cord over edges of tables or counters.
 - Never use below-counter power outlets, and never use with an extension cord
- 27. Intended for countertop use only. Keep the appliance on a stable, heat-resistant platform. Do not place on anything that may block the vents on the bottom of the appliance. Do not place on a hot stove.
- 28. **▲ CAUTION** Do not use any accessories or attachments not authorized by Instant Brands[™] Inc. The use of attachments not recommended by the manufacturer, may cause a risk of injury, fire or electric shock.
- 29. **ACAUTION** Before inserting the inner pot into the appliance, clean the outer surface of the inner pot and the heating element located on the inner surface of the outer pot with a clean dry cloth. Ensure they are dry and free of food debris. Refer to **Care and Cleaning**. Failure to do so may result in injury or property damage.
- 30. 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.
- 31. Do not tamper with any of the safety mechanisms, as this may result in injury or property damage.
- 32. 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.



- 33. 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.
- 34. To prevent personal injury and damage to the appliance, only replace the sealing ring with an authorized Instant Pot sealing ring.
- 35. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- 36. Proper maintenance is recommended after each use. Refer to <u>Care and Cleaning</u>. Let the appliance cool to room temperature before cleaning or storage.
- 37. Never connect this appliance to an external timer switch or separate remote-control system.
- 38. **ACAUTION** DO NOT touch accessories during or immediately after cooking. To avoid personal 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.
 - Use extreme caution when disposing of hot grease.

Failure to do so may result in serious injury or property damage.

- 39. **ACAUTION** Do not leave the appliance unattended while in use.
- 40. **ACAUTION** Extreme caution must be used when the inner pot contains hot oil, hot food, or hot liquids. Improper use, including moving the cooker base, may result in personal injury. Do not move the appliance while it is in use.
- 41. 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.
- 42. Do not store any materials in the cooker base or inner pot when not in use.
- 43. Do not place any combustible materials in the cooker base or inner pot, such as paper, cardboard, plastic, Styrofoam or wood.
- 44. 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.



Read this manual carefully and completely, and retain for future reference. Failure to adhere to safety instructions may result in serious injury.

- 45. The removable inner pot can be extremely heavy when full of ingredients. Care should be taken when lifting the inner pot from the cooker base to avoid burn injury.
- 46. Use caution when removing the lid. Heat and steam escapes as soon as the lid is removed. Never place your face, hands or exposed skin over the appliance opening where heat and steam escapes when removing the lid.

SAVE THESE INSTRUCTIONS.



AWARNING

To avoid injury, read and understand instruction manual before using this appliance. Failure to do so may result in injury.

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 instructions can cause electric shock or death.

WARNING

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

Special Cord Set Instructions

As per safety requirements, a short power supply cord (0.6 m to 0.9 m / 24" to 35") is provided to reduce the hazards resulting from grabbing, 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 (earthed) electrical outlet that is easily accessible.

Product Specifications













Duo Evo Plus 6 Duo Evo Plus 60

6 Quarts / 5.7 Litres

120 V~60 Hz

1200 W

13.01 lbs / 5.9 kg

13.03" × 12.68" × 12.8" 33.1 cm × 32.2 cm × 32.5 cm

Duo Evo Plus 80

8 Quarts / 7.6 Litres

120 V~60 Hz

1400 W

15.83 lbs / 7.2 kg

14.37" × 13.9" × 14.2" 36.5 cm × 35.3 cm × 36 cm



Read this manual carefully and completely, and retain for future reference. Failure to adhere to safety instructions may result in serious injury.

Initial Setup

- Read all of the <u>Important Safeguards</u> in this User Manual before using the appliance. Failure to read and follow Important Safeguards may result in damage to the appliance, property damage or personal injury.
- Use only the Instant Pot Duo Evo Plus lid with the Instant Pot Duo Evo Plus pressure cooker base. Using any other pressure cooker lids may cause injury and/or damage. The Instant Pot tempered glass lid, which can be purchased separately, may be used for non-pressure cooking.
- Remove all packaging material and accessories from within and around the appliance.
- Place the appliance on a stable, level surface, away from combustible material and external heat sources. Leave at least 5" / 13 cm of space around the appliance.
- Follow <u>Cleaning Before First Use</u> instructions in this manual to clean the appliance before cooking.

▲ CAUTION Do not place the appliance on a stovetop.

▲ CAUTION Do not place anything on top of the appliance.

ACAUTION Do not block or cover the steam release assembly located on the lid.

Duo Evo Plus 6 and 8 Quart Pressure Cooker

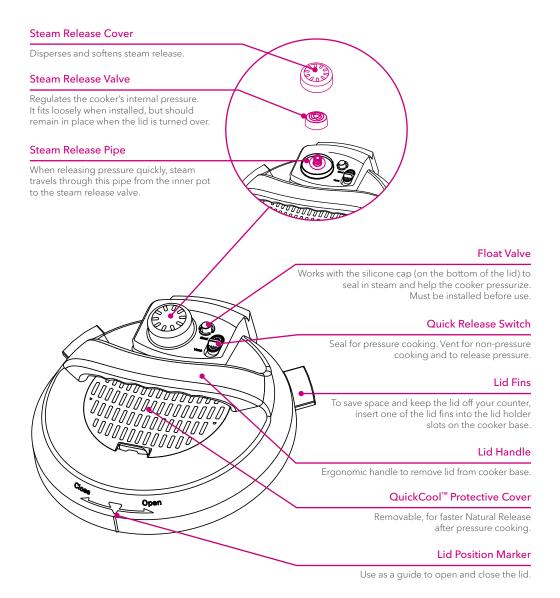
Before using the Instant Pot Duo Evo Plus, verify that all parts are accounted for.



Top of Lid

Steam Release Assembly

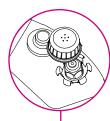
Steam release assembly must be fully installed before use.



Bottom of Lid

Anti-Block Shield

Prevents food particles from coming up through the steam release pipe, which assists with pressure regulation. Must be installed before use.



Locking Pin

Locks the lid in the closed position when the cooker is pressurized to prevent accidental opening of the lid.

Silicone Cap

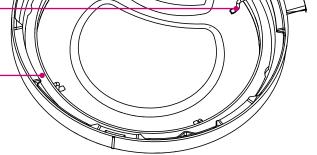
Keeps the float valve in place and assists in pressurization. Must be installed before use.

Sealing Ring Rack

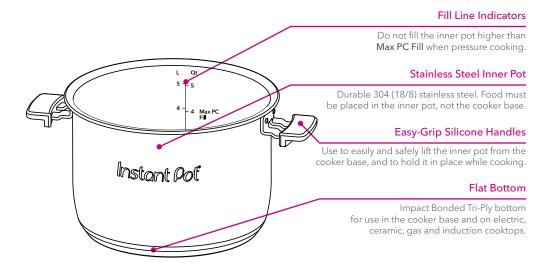
Holds the sealing ring in place. It should be centered in the lid and an even height all the way around.

Sealing Ring

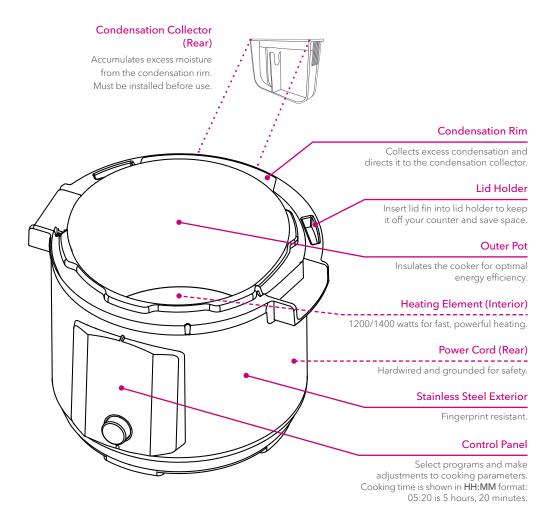
After closing the lid, the sealing ring creates an airtight seal between lid and cooker base. Must be installed before use.



Inner Pot

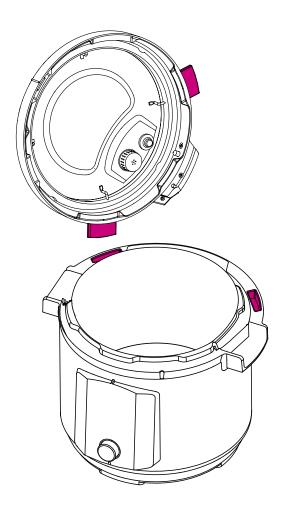


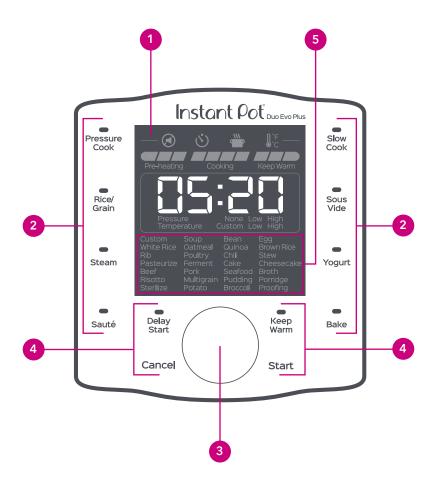
Cooker Base



Lid Standing Position

The Duo Evo Plus is equipped with slots on both the left and right side of the cooker base in which to rest the lid when not in use. The inner pot can easily be removed when the lid is in the standing position.





1 Display - The LCD display includes the following:

- Status Icons show cooker status as described in <u>Progress Indicator and Status Icons</u> below
- Progress Indicator Pre-heating/Cooking/Keep Warm
- Timer displays Cooking time, time before Delay Start and time in Keep Warm
- Pressure Level None/Low/High
- Temperature Level Custom/Low/High

Control Panel

2 Smart Programs - The 8 Smart Programs provide 48 preset cooking times, temperatures, and pressure levels to choose from.

Pressure Cooking

Pressure Cook

Rice/Grain

Bake

Non-Pressure Cooking

Steam

Sauté

Slow Cook

Sous Vide

Yogurt

Bake (Custom/Proofing)

Manual Keep Warm

3 Control Dial

Turn the dial to scroll through Smart Programs, modify status icons, adjust time, temperature and pressure levels.

The dial is also a button. Press the dial to confirm your selection.

4 System settings

- Delay Start Enables the delayed start of a Smart Program up to 24 hours. Can also be used as a kitchen timer.
- Keep Warm Press to enable or disable manual or automatic Keep Warm function
- Cancel Press at any time to stop a Smart Program and return the cooker to Standby mode (display indicates OFF).
- Start Press to start a Smart Program or begin Delay Start timer.

5 Preset Cooking Options

Once you select a Smart Program you can choose from a variety of preset options using the dial to scroll to the preset of your choice.

Control Panel

Progress Indicator and Status Icons

Status Icons



Sound On/Off icon



(Delay Start icon



Keep Warm icon



♣°F / °C indicator

Progress Indicator



When the cooker begins to heat, the progress bar indicates that **Pre-heating** is in progress. The display indicates **On** while pre-heating.



When cooker reaches the pressure or temperature required by the Smart Program the progress bar indicates that **Cooking** is in process. The display indicates the cooking time remaining and current pressure/temperature level.



When the cooking process is complete and Keep Warm is on, the progress bar displays Keep Warm and the timer counts up the elapsed time to a maximum of 10 hours.

When Keep Warm completes, the display indicates End.

Control Panel

Status Messages



Indicates that the cooker is plugged in and is in Standby mode.



Indicates that the pressure cooker lid is not properly secured, or missing.



Indicates that the cooker is in **Pre-heat** mode.



Displays one of the following:

- When Delay Start is running, the display indicates a countdown until the Smart Program begins.
- When a Smart Program is running, the display indicates the cooking time remaining in the Smart Program
- When Keep Warm is selected, the display indicates the length of time that food has been warming.



Indicates the temperature level as **Custom**, **High** or **Low**. May be adjusted depending on the Smart Program.



After the target temperature has been reached in the **Sauté** and **Sous Vide** programs, the display will indicate **Hot**. The cooker will beep to remind you to add food to the inner pot.

After the cooker beeps, the time indicator will start counting down.



When cooking is complete, the cooker will display **End** and return to Standby mode.

If automatic Keep Warm is on, the cooker will warm food contents for up to 10 hours after cooking completes, then display End and return to Standby mode. Refer to Keep Warm for information on automatic and manual warming options.

Smart Program Settings

Turn Sound On or Off

With the cooker in Standby mode (display indicates **OFF**), press and hold the dial until the Sound icon blinks in the upper left corner of the display. Turn the dial to toggle between on and off. Press and hold the dial for 5 seconds to save the change.

All sounds except error alerts can be turned on or off.

Change Temperature Scale (°F or °C)

With the cooker in Standby mode (display indicates **OFF**), press and hold the dial until the sound icon blinks as indicated above. Press the dial to toggle to the temperature scale setting $\{ C \}$. Turn the dial to toggle between Fahrenheit (°F) and Celsius (°C). Press and hold the dial for 5 seconds to save the change.

Manual Keep Warm

Manual Keep Warm may be set from a minimum of 10 minutes to a maximum of 24 hours, and is perfect for reheating meals or keeping food warm for a long period of time.

Offering a customizable setting, manual **Keep Warm** allows you to choose a warming temperature from a range of 25°C-90°C / 77°F-194°F.

- 1. When in Standby mode, press Keep Warm to select the Keep Warm program.
- 2. When the warming time flashes, you may press the dial to select the default time, or turn the dial to adjust the cooking time. Press the dial to confirm the change and go to the next field.
- 3. When the temperature level flashes, you may press the dial to select the default temperature, or turn the dial to toggle between **Custom**, **Low** and **High** settings. Press the dial to confirm the change
- **4.** If you select **Custom**, you may press the dial to select the default temperature, or turn the dial to adjust the temperature in Fahrenheit (°F) or Celsius (°C). Press the dial to confirm your selection.
- 5. Press Start to begin warming.
- 6. When Keep Warm completes, the display indicates End.

Smart Program Settings

To Adjust the Time During Cooking

Press the dial. When the cook time flashes, turn the dial to adjust the cooking time up or down. Press **Start** to resume the Smart Program.

Note: Cooking will resume after 10 seconds if Start is not pressed.

To Adjust the Pressure or Temperature Level During Cooking

Press the dial. When the cook time flashes, press the dial again to toggle to **Pressure** or **Temperature**, depending on the Smart Program.

Pressure: Turn the dial to toggle between **None**, **Low** and **High** pressure. Press **Start** to resume the Smart Program.

Temperature: Turn the dial to toggle between **Custom**, **Low** and **High** temperature. Press Start to resume the Smart Program.

Note: Cooking will resume after 10 seconds if Start is not pressed.

Reset to Factory Default Settings

Reset Individual Smart Programs

Turn Sound on. With the cooker in Standby mode (display indicates **OFF**), press and hold the Smart Program button you wish to reset.

The cooker will beep and restore the Smart Program's pressure level, cooking time and/or temperature to factory default settings.

Reset All Smart Programs

With the cooker in Standby mode (display indicates **OFF**), press and hold **Cancel** until the cooker beeps.

All Smart Program pressure levels, cooking times and/or temperatures are restored to factory default settings.

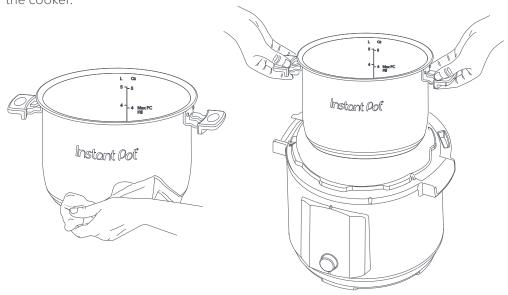
Cleaning Before First Use

Remove & Clean Inner Pot

Remove the inner pot from the cooker base and wash it with hot water and dish soap. Rinse with warm, clear water and use a soft cloth to dry the outside of the inner pot.

Note: The inner pot is dishwasher safe.

Wipe the heating element to ensure it is dry and free of stray packing material before returning the inner pot to the cooker base. Failure to do so may damage the cooker



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

ACAUTION

To avoid risk of personal injury and/or property damage, food **must** be placed in the inner pot, and never directly in the cooker base. Always use an authorized Instant Pot inner pot **made for the Duo Evo Plus** when cooking.

ACAUTION

The inner pot is an integral part of product safety. To avoid personal injury or damage to the appliance, replace a dented, deformed or damaged inner pot with an authorized Instant Pot inner pot made for the Duo Evo Plus. Do not use an inner pot made for a different model in the Duo Evo Plus cooker base. Failure to do so may cause personal injury or property damage.

WARNING

Do not fill the inner pot higher than the **Max PC Fill** (Pressure Cooking Maximum), as indicated on the inner pot.

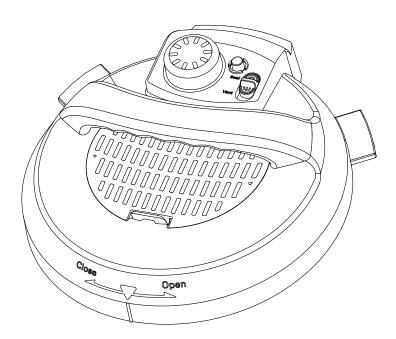
Exercise extreme caution when cooking and venting food such as applesauce, cranberries, pearl barley, oatmeal, split peas, noodles, etc., as these foods may foam, froth, or spatter, and may clog the steam release pipe and/or steam release valve. Do not fill the inner pot higher than the **Half Fill** line when cooking these foods.

Get familiar with your Duo Evo Plus control features.

Pressure Cooking Lid

The Instant Pot Duo Evo Plus pressure cooking lid is one of a kind. Improving upon previous designs, the ergonomic handle is comfortable to use whether you are left or right handed, and best of all, the lid is designed to close easily over the handles on the newly designed inner pot.

Ensure that you are using the Duo Evo Plus lid included in the package. Do not use any other Instant Pot pressure cooking lid, or any other non-Instant Pot lid.



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

ACAUTION

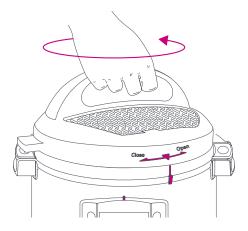
Use only the Instant Pot Duo Evo Plus lid with the Instant Pot Duo Evo Plus pressure cooker. Using any other pressure cooker lid may cause injury and/or damage.

Open and Remove the Lid

When the cooker is plugged in, it will play a jingle when the lid is opened and closed.

Grip the handle and turn the lid counter-clockwise until ▼on the lid is aligned with ■ indicator on the rim of the cooker base. Lift the lid up and off of cooker base.

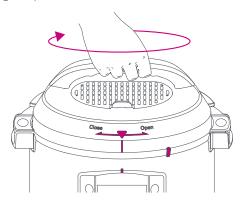
Note: Always check the lid for damage prior to cooking.



Close the Lid

Grip the handle and align the ▼ on the lid with ■ indicator on the rim of the cooker base. Lower the lid into the track then turn clockwise until the end of the turn. The quick release switch automatically sets to Seal when the lid is closed.

Note: The cooker will not operate without the lid properly in place. Ensure the lid is fully closed before attempting to operate the cooker.



Sealing Ring

When the pressure cooking lid is closed, the sealing ring installed on the underside of the lid creates an air-tight seal between the lid and the cooker base.

The sealing ring must be installed before using the cooker and should be cleaned after each use. Only 1 sealing ring should be installed in the lid when using the cooker

Sealing rings stretch over time with normal use. As an integral part of product safety, the sealing ring should be replaced every 12-18 months or sooner if stretching, deformation, or damage is noticed.

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.

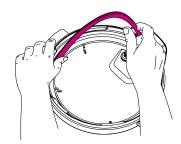
With the sealing ring removed, inspect the rack to ensure it is secured, centered and an even height all the way around the lid. Do not attempt to repair a deformed sealing ring rack.

Install the Sealing Ring

Place the sealing ring over the sealing ring rack and press it into place. Press down firmly to ensure there is no 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

Remove



Install



Incorrect



Instant Tip: Silicone is porous, so it may absorb strong aromas and certain flavors. Keep extra sealing rings on hand to limit the transfer of those aromas and flavors between dishes. Visit our store to color code your cooking.

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

Always check for cuts, deformation, and correct installation of the sealing ring prior to cooking. Do not use a stretched or damaged sealing ring. Only use authorized Instant Pot sealing rings. Failure to follow these instructions may cause food to discharge, which may lead to personal injury or property damage.

The Float Valve

Pressurized

When the float valve is **popped up**, it indicates the cooker is **pressurized**.



Depressurized

When it is **lowered into the lid**, it indicates the cooker is **depressurized**.



Remove the Float Valve from the Lid

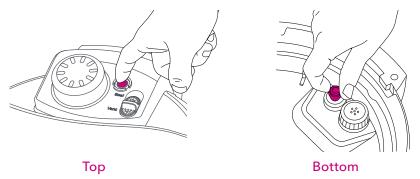
Place one finger on the top of the float valve, then turn the lid over. Detach the silicone cap from the bottom side of the float valve. Remove the float valve from the top of the lid.

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 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.



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

ADANGER

While the float valve is up, contents of cooker are under extreme pressure. **Do not attempt to remove the lid.** All pressure must be released, and float valve **must** be down before opening the lid. Refer to <u>Depressurizing the Cooker</u> for information on releasing pressure. Failure to follow these instructions may result in property damage and/or personal injury.

Pressure Cooking With The Duo Evo Plus

Introduction to Pressure Cooking

Pressure cooking uses steam pressure to raise the boiling point of water above 100°C / 212°F. This energy-efficient cooking method is the *fastest* way to thoroughly cook a variety of your favorite meals.

Pressure cookers go through 3 stages when pressure cooking:

1. Pre-Heating and Pressurization

The display indicates **On** while the cooker pre-heats, vaporizing liquid in the inner pot to create steam. Once enough steam has built up inside the inner pot, the float valve pops up and locks the lid of the cooker in place for safe pressure cooking.

When the float valve pops up, the silicone cap attached to the bottom of the float valve (on the underside of the lid) seals the steam inside the cooking chamber (the inner pot) and allows the pressure to rise even higher. A higher pressure means a higher cooking temperature.

While it is normal to see some steam escaping through the float valve during **Pre-Heating**, if you see steam escaping from around the sides of the lid, press **Cancel** and refer to **Troubleshooting**.

Note: The time it takes your cooker to pressurize is determined by a variety of factors, including food and liquid volume.

2. Cooking

After the float valve pops up, the cooker needs a few minutes to finish building pressure. When the required pressure level is reached, cooking begins. The display switches from **On** to the cooking countdown timer, displayed in **HH:MM** (hours and minutes).

Smart Program settings (e.g., cooking time, temperature and/or pressure level, and whether Keep Warm will come on automatically or not) can be adjusted at any time during cooking. Refer to <u>Smart Program Settings</u> for details.

Pressure Cooking With The Duo Evo Plus

3. Depressurizing

After pressure cooking completes, follow your recipe instructions to select a venting method for depressurizing the cooker.

If automatic Keep Warm is on after cooking completes, the timer counts up from **00:00** to indicate the elapsed time up to **10** hours. If not, the cooker returns to Standby and displays **End**.

Note: The cooker cools and depressurizes faster if automatic Keep Warm is off.

See <u>Depressurizing the Cooker</u> for information on releasing pressure after cooking.



While the float valve is up, contents of cooker are under extreme pressure. **Do not attempt to remove the lid while the float valve is still up.** All pressure **must** be released, and float valve must be **down** before attempting to remove the lid. **Never attempt to force the lid open.** Failure to follow the instructions may result in property damage and/or personal injury.

Depressurizing the Cooker

Always follow recipe instructions for depressurizing the cooker.

Venting Methods

Once cooking completes, there are several methods to release pressure:

Natural Release (NR)

Leave the quick release switch in the **Seal** position. The cooker dissipates heat so pressure releases naturally over time.





NOTICE

Use NR to depressurize the cooker 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)

Move the quick release switch from **Seal** to **Vent**. Steam releases continuously through the top of the steam release valve.





Note: It will be loud!

If spatter occurs, move the quick release switch back to **Seal**, and try again after a few minutes. If spatter continues, use NR to vent remaining pressure.

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

NOTICE

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

Depressurizing the Cooker

10-Minute NR

Typically used when cooking rice.

Leave the quick release switch in the **Seal** position for **10** minutes after cooking has completed, then move the quick release switch into the **Vent** position. Steam releases continuously through the top of the steam release valve.

If continuous spatter occurs while venting, set the quick release switch back to **Seal** and wait an additional 5 minutes before trying to QR again. If spatter continues, use NR to safely release remaining pressure.

▲ DANGER

While the float valve is up, contents of cooker are under extreme pressure. **Do not attempt to remove the lid while the float valve is still up**. All pressure **must** be released, and float valve must be **down** before attempting to remove the lid. **Never attempt to force the lid open**. Failure to follow the instructions may result in property damage and/or personal injury.

▲ WARNING			
Do not lean over or touch the steam release assembly.	Do not place unprotected skin over the steam release assembly.	Do not cover or obstruct the steam release valve or cover.	

QuickCool

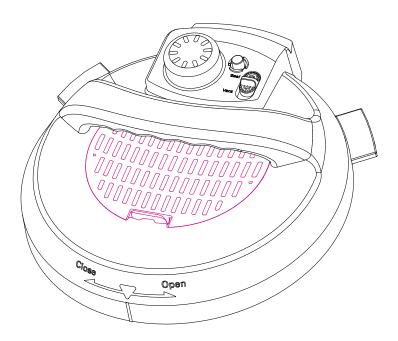
The Duo Evo Plus lid is equipped with QuickCool technology, which, when paired with the QuickCool Tray*, allows you to release pressure naturally up to 50% faster.

To remove the QuickCool protective cover

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

Add ice to the QuickCool Tray, or add water and freeze the tray, then position the tray on the exposed metal of the lid. Wait for the float valve to drop into the lid, then remove the QuickCool Tray and open the lid.

*QuickCool tray sold separately at **store.instantpot.com**. Available in January 2020.



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

▲ CAUTION

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

Initial Test Run

Follow these steps to familiarize yourself with your Instant Pot Duo Evo Plus.

Total test time: Approximately 20 minutes.

- 1. Remove the inner pot from the cooker base.
- 2. Add 3 cups (24 oz / 750 mL) of water to the inner pot.
- 3. Insert the inner pot into the cooker base.
- 4. Connect the power cord to a 120 V power source. The display will indicate OFF.
- 5. Close the lid as described in <u>Pressure Cooking Basics 2. Open & Close Lid</u>.

 Note: The quick release switch will automatically set to <u>Seal</u> when the lid is closed.
- 6. Press Pressure Cook to select the Pressure Cook Smart Program.
- 7. Turn the dial to scroll through the preset options. Press the dial to select Custom.
- **8.** When the cook time flashes, turn the dial counter-clockwise to adjust the cook time to **5** minutes.
- **9.** Press **Start** to begin cooking. The display indicates **On**. The cooking progress bar indicates **Pre-heating**.

Note: Customization of the cook time, temperature and pressure level are saved to the Smart Program when cooking begins.

- **10.** Once pressurized, **Cooking** begins. The display changes from **On** to the cooking time countdown.
- **11.** When the Smart Program is complete the cooker goes to **Keep Warm** mode.
- **12.** Press **Cancel** to end **Keep Warm** and go back to **Standby** mode.
- **13.** Move the quick release switch to **Vent**. The steam release valve will release a continuous stream of steam. Steam is hot.
- **14.** The float valve will drop when the pressure has been fully released.
- 15. Open the lid as described in Pressure Cooking Basics 2. Open & Close Lid.
- **16.** Discard the water and dry the inner pot.

You're ready to start cooking!



While the float valve is up, contents of cooker are under **extreme pressure**. **Do not attempt to remove the lid while the float valve is still up**. All pressure must be released, and float valve must be **down** before attempting to remove the lid. **Never attempt to force the lid open**. Failure to follow the instructions may result in property damage and/or personal injury.

Using Pressure Cooking Smart Programs

Smart Program - Pressure Cook, Rice/Grain, Bake

Whether you are a novice cook or a culinary expert, the Duo Evo Plus provides 3 pressure cooking Smart Programs with 27 preset cooking options to get you cooking – fast!

Follow the steps below when using the Pressure Cook, Rice/Grain, or Bake pressure cooking Smart Programs.

Always inspect your Instant Pot pressure cooking lid, inner pot and cooker base carefully to ensure they are clean and in good working condition before use.

Instant Pot Size	Minimum Liquid for Pressure Cooking*
6 Quarts / 5.7 Litres	1 ½ cups (12 oz / 375 mL)
8 Quarts / 7.6 Litres	2 cups (16 oz / 500 mL)

^{*}Unless otherwise specified in recipe.

Pressure cooking liquids should be water-based, such as broth, stock, soup or juice. If using canned, condensed, or cream-based soup, add water as directed above.



To avoid scorching or scalding injury, be cautious when cooking with more than 1/4 cup (2 oz / 60 mL) oil, oil-based sauces, condensed cream-based soups, and thick sauces. Add suitable liquid to thin sauces. Avoid recipes that call for more than 1/4 cup (2 oz / 60 mL) of oil or fat content.

For best results when pressure baking, pour batter into an oven-safe baking dish, not directly into the inner pot (unless specified in your recipe), and cover with aluminum foil or an oven-safe lid. Place the baking dish on the steam rack in the inner pot, and leave approximately 1" (2.5 cm) of space around the baking dish to allow heat to circulate evenly.

- Add water and food to the inner pot as indicated in your recipe.
 Note: When cooking beans or grains, refer to the <u>Grain-to-Water Ratios</u> for best results.
- 2. Insert the inner pot into the cooker base.
- **3.** Connect the power cord to a 120 V power source. The cooker goes to Standby mode and the display indicates **OFF**.
- **4.** Close the lid as described in <u>Pressure Cooking Basics 2. Open & Close Lid</u>. Note: The quick release switch will automatically set to Seal when the lid is closed.

Using Pressure Cooking Smart Programs

- **5.** Press the button to select the pressure cooking Smart Program of your choice:
 - Press Pressure Cook. Turn the dial to scroll, then press to select from one
 of the 15 Preset options (Custom, Soup, Bean, Egg, Rib, Poultry, Chili, Stew,
 Beef, Pork, Seafood, Broth, Sterilize, Potato, or Broccoli).
 - Press Rice/Grain. Turn the dial to scroll, then press to select from one of the 8 Preset options (Custom, White Rice, Oatmeal, Quinoa, Brown Rice, Risotto, Multigrain, or Porridge).
 - Press Bake. Turn the dial to scroll, then press to select from one of the 4 Preset options (Custom, Pudding, Cake, or Cheesecake).
- **6.** When the cooking time flashes, you may press the dial to select the default time, or turn the dial to adjust the cooking time. Press the dial to confirm the change and go to the next field.

Note: Cooking time adjustments are saved to the Smart Program when cooking begins. Subsequent selection of the Preset will activate the last saved time setting.

7. When the pressure level flashes, you may press the dial to select the default pressure level, or turn the dial to toggle between **High** and **Low** pressure. Press the dial to confirm the change.

Note: Bake Smart Program offers the option to cook with no pressure (**None**). Refer to <u>Using Non-Pressure Cooking Smart Programs</u> for information on adjusting temperature.

- **8.** Keep Warm is automatically activated on Pressure Cook and Rice/Grain Smart Programs. Press **Keep Warm** to turn the setting off if desired.
 - Note: Keep Warm is not available on Bake Smart Program.
- 9. Delay Start can be activated at any time prior to pressing **Start**. The default setting is **6** hours. This can be adjusted from 10 minutes to 24 hours.
- **10.** Press **Start** to begin. The display indicates **On** and the progress bar displays **Pre-heating**.

Note: Cold or frozen food items take longer to generate steam and slow down pressurization. For the fastest results, thaw frozen ingredients before cooking. Depending on the amount of food and the temperature, the preheat cycle may take up to 40 minutes. As the cooker heats up and pressure builds, the float valve will rise on its own.

- 11. When the target pressure is reached, the progress indicator will move to **Cooking** and the display will count down the remaining cooking time.
- **12.** If Keep Warm mode is on when the Smart Program is complete, the cooker counts up to indicate the elapsed time. If not, the cooker goes to Standby mode and the display indicates **End**.

13. When cooking completes, follow recipe directions to select the appropriate venting method. Refer to **Depressurizing the Cooker**.

Instant Tip: Use the steam rack to lift foods out of the cooking liquid. This ensures even heat distribution, prevent nutrients from leeching into the cooking liquid, and stop food items from scorching on the bottom of the inner pot.

ADANGER

While the float valve is up, contents of cooker are under extreme pressure. **Do not attempt to remove the lid while the float valve is still up**. All pressure **must** be released, and float valve must be **down** before attempting to remove the lid. **Never attempt to force the lid open**. Failure to follow the instructions may result in property damage and/or personal injury.

WARNING

Do not fill inner pot higher than the **Max PC Fill** line as indicated on the inner pot.

Always cook with the inner pot in place. Do not pour food or liquid into the cooker base.

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.

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 cooker base.

The Duo Evo Plus provides 6 non-pressure cooking Smart Programs to get you cooking with the touch of a button: Bake, Steam, Slow Cook, Sauté, Sous Vide and Yogurt.

Smart Program: Bake

The no-pressure Bake Smart Program can be used to create decadent brownies, moist banana bread, and much more.

The Bake Smart Program offers 2 customizable Preset options: Custom and Proofing. These settings allow you to choose a cooking temperature from a range of 120°C-175°C / 250°F-347°F, ideal for most baking.

For best results, pour loose batter into a **metallic** baking dish, not directly into the inner pot (unless specified in your recipe), and cover with aluminum foil or an oven-safe lid.

- 1. Place the steam rack on the bottom of the inner pot.
- 2. Place your metallic baking dish on the steam rack in the inner pot.

 Note: Leave approximately 1" (2.5 cm) of space around all sides of the baking dish to allow heat to circulate evenly.
- 3. Insert the inner pot into the cooker base.
- **4.** Connect the power cord to a 120 V power source. The cooker goes to Standby mode and the display indicates **OFF**.
- 5. Close the lid as described in <u>Pressure Cooking Basics 2. Open & Close Lid</u>.

 Note: The quick release switch will automatically set to Seal when the lid is closed.
- 6. Move the quick release switch to the Vent position.
- 7. Press Bake to select the Bake Smart Program.
- 8. Press the dial to select the Preset option: Custom.
- 9. When the cooking time flashes, you may press the dial to select the default time, or turn the dial to adjust the cooking time. Press the dial to confirm the change and go to the next field.

Note: Cooking time adjustments are saved to the Smart Program when cooking begins. Subsequent selection of the Preset will activate the last saved time setting.

- 10. When the pressure level flashes, turn the dial to toggle to None. Press the dial to confirm the change and go to the next field. Pressure field will change to temperature field.
- 11. When the custom temperature flashes, turn the dial to adjust the temperature in Fahrenheit (°F) or Celsius (°C).

- 12. Press Start to begin. The progress bar displays Pre-heating.
- **13.** When the target temperature is reached, the progress indicator goes to **Cooking** and the display counts down the remaining cooking time.
- **14.** When the Smart Program is complete, the cooker goes to Standby mode and the display indicates **End**.

Delay Start and **Keep Warm** settings are not available on the Custom Bake Smart Program.

Smart Program: Steam and Slow Cook

The Steam Smart Program functions as a traditional steamer, boiling liquid in the inner pot to cook food with hot steam.

When using the Steam Smart Program, place the steam rack on the bottom of the inner pot to ensure your food items are steamed and not boiled.

The Slow Cook Smart Program is comparable to the cooking process of traditional slow cookers. The cooker maintains a temperature just below boiling until cooking has completed.

Low - All-day cooking. Set for a minimum of **6** hours for best results.

High - Faster slow cooking.

Follow the steps below when using the Steam and Slow Cook non-pressure cooking Smart Programs.

- 1. Add food and liquid ingredients to the inner pot as indicated in your recipe.
- 2. Insert the inner pot into the cooker base.
- **3.** Connect the power cord to a 120 V power source. The cooker goes to Standby mode and the display indicates **OFF**.
- **4.** Close the lid as described in <u>Pressure Cooking Basics 2. Open & Close Lid</u>. Note: The quick release switch will automatically set to Seal when the lid is closed.
- 5. Move the quick release switch to the Vent position.
- **6.** Press the button to select the non-pressure cooking Smart Program of your choice:
 - Press **Steam**. Turn the dial to scroll, then press to select from one of the 4 Preset options (Custom, Sterilize, Potato, and Broccoli).
 - Press **Slow Cook**. Turn the dial to scroll, then press to select from one of the 7 Preset options (Custom, Rib, Poultry, Chili, Stew, Beef, or Pork).
- 7. When the cooking time flashes, you may press the dial to select the default time, or turn the dial to adjust the cooking time. Press the dial to confirm the change and go to the next field.

Note: Cooking time adjustments are saved to the Smart Program when cooking begins. Subsequent selection of the Preset will activate the last saved time setting.

8. When the temperature level flashes, you may press the dial to select the default temperature, or turn the dial to toggle between **Low** and **High** settings. Press the dial to confirm the change and go to the next field.

Note: Steam Smart Program temperature is not adjustable.

9. Keep Warm is automatically activated on the Slow Cook Smart Program. Press Keep Warm to turn the setting off if you desire.

Note: Keep Warm is not available on Steam Smart Program.

- **10.** Delay Start can be activated at any time prior to pressing **Start**. The default setting is **6** hours. This can be adjusted from 10 minutes to 24 hours.
- 11. Press Start to begin. The progress bar displays Pre-heating.

 Note: Slow Cook Smart Program displays the cooking countdown timer immediately.

 Steam Smart Program displays On to indicate Pre-heating.
- **12.** When the target temperature is reached, the progress indicator goes to **Cooking** and the display counts down the remaining cooking time.
- **13.** If Keep Warm mode is on when the Smart Program is complete, the cooker counts up to indicate the elapsed time. If not, the cooker goes to Standby mode and the display indicates **End**.

Instant Tip: If you prefer, use an authorized Instant Pot tempered glass lid with the Steam or Slow Cook Smart Programs. Visit **our store** for purchasing details.

Smart Program: Sauté

The Sauté Smart Program is similar to using a frying pan, griddle or flat-top grill. Use Sauté to simmer, reduce and thicken liquids, stir-fry meals, and to caramelize vegetables and sear meat before or after cooking.

- 1. Ensure the inner pot is in position in the cooker base. Do not use a lid.
- 2. Connect the power cord to a 120 V power source. The cooker goes to Standby mode and the display indicates **OFF**.
- 3. Press Sauté to select the Sauté Smart Program.

Note: The Preset for the Sauté Smart Program is Custom. No selection is required.

4. When the cooking time flashes, you may press the dial to select the default time, or turn the dial to adjust the cooking time between 1 minute and 1 hour. Press the dial to confirm the change and go to the next field.

Note: Cooking time adjustments are saved to the Smart Program when cooking begins. Subsequent selection will activate the last saved time setting.

5. When the temperature level flashes, you may press the dial to select the default temperature, or turn the dial to toggle between **Custom**, **Low** and **High** settings. Press the dial to confirm the change and go to the next field.

Note: When **Custom** is selected the default temperature level **LE 1** will flash. Press the dial to select the default temperature level, or turn the dial to scroll from LE 1 to LE 6. The level scale is similar to an electric stovetop and can be used to reduce, simmer, sauté, stir-fry, sear & brown. Press the dial to select the desired temperature level.

- **6.** Press **Start** to begin. The display indicates **On** and the progress bar displays **Pre-heating**.
- 7. When the target temperature is reached, the progress indicator goes to **Cooking** and the display will momentarily indicate **Hot** before the cooking timer begins counting down.
- **8.** Add recipe ingredients to the inner pot and sauté according to recipe instructions.

Note: If your food ingredients are added before the inner pot has reached the target temperature, your display may never read Hot. This is normal.

9. If the ingredients have been sautéed to the desired doneness before the time expires, press Cancel to end the Smart Program. If the Smart Program is allowed to complete, the cooker goes to Standby mode and the display indicates End.

Delay Start and **Keep Warm** settings are not available on the Sauté Smart Program.

Deglazing the Inner Pot (Pressure Cooking After Sauté)

Sautéing meat and vegetables before pressure cooking is the perfect way to boost flavors, as sugars caramelize from the high heat of the Sauté Smart Program.

To pressure cook after using Sauté, deglaze the inner pot to ensure food items do not scorch.

To deglaze, remove food items from the inner pot and add a thin liquid (e.g.; water, broth, wine) to the hot surface. Use a wooden or silicone scraper to loosen anything that may be stuck to the bottom of the inner pot.



The Sauté Smart Program reaches high temperatures. If unmonitored, food may burn on this setting. Do not use the lid and do not leave your cooker unattended while using Sauté.

Smart Program: Sous Vide

The term Sous Vide is French for 'under vacuum' and refers to the process of vacuum sealing food, bringing it to a specific temperature, and maintaining that temperature for a period of time to achieve high quality, consistently delicious results.

The Sous Vide Smart Program offers a customizable setting which allows you to choose a cooking temperature from a range of 25°C-90°C / 77°F-194°F, ideal for Sous Vide cooking.

What You'll Need:

- Tongs
- Thermometer
- Airtight or Vacuum Sealed Food Pouches
- Optional: Vacuum sealer
- 1. Fill the inner pot to the Half Fill mark as indicated on your inner pot.
- 2. Insert the inner pot into the cooker base.
- 3. Connect the power cord to a 120 V power source. The cooker goes to Standby mode and the display indicates **OFF**.
- **4.** Close the lid as described in <u>Pressure Cooking Basics 2. Open & Close Lid.</u>

 Note: The quick release switch will automatically set to <u>Seal</u> when the lid is closed. For Sous Vide it does not matter if the quick release switch is set to <u>Seal</u> or <u>Vent.</u>
- 5. Press Sous Vide to select the Sous Vide Smart Program.
- **6.** Turn the dial to scroll through the 6 Preset options: Custom, Egg, Poultry, Beef, Pork or Seafood. Press the dial to confirm your selection and go to the next field.
- 7. When the custom temperature flashes, you may press the dial to select the default temperature, or turn the dial to adjust the temperature in Fahrenheit (°F) or Celsius (°C). Press the dial to confirm your selection and go to the next field.
- **8.** When the cooking time flashes, you may press the dial to select the default time, or turn the dial to adjust the cooking time. Press the dial to confirm the change.
- Press Start to begin heating the water in the inner pot. The display indicates On and the progress bar displays Pre-heating.
- **10.** While the water heats, season your food as desired, then separate single servings of food into individual airtight pouches. Remove air from the pouches and seal them tightly.

- 11. Once the set water temperature has been reached the cooker will display Hot. Open the lid and immerse the sealed pouches into the inner pot. Add heated water if needed. The contents of the pouches should be submerged but the seal should remain above the water line.
- 12. Close the lid as described in Pressure Cooking Basics 2. Open & Close Lid.

 Note: For cooking times over 4 hours, check the water level periodically to ensure pouch contents remain submerged. If required, add heated water to the inner pot.
- **13.** Once complete, the display indicates **End**. Open the cooker and use tongs to carefully remove the pouches from the hot water.
- **14.** Remove the contents from the pouches and use a thermometer to check for doneness. Follow a recipe or refer to the **Sous Vide Cooking Guidelines**.
- 15. For the tastiest results, reverse sear meat as described below.

Reverse Searing

Searing your meat **after cooking**, rather than before, is a great way to boost flavors through caramelization.

After Sous Vide cooking, remove the meat from the cooking pouch and gently pat it dry. Then, sear it lightly in the inner pot with the Sauté Smart Program, or use a pan, browning torch, or grill.

Delay Start and **Keep Warm** settings are not available on the Sous Vide Smart Program.



Do not overfill the inner pot. Ensure that total contents (water and food pouches) leave at least 2 inches of space between the brim of the inner pot and the water line.

Ingredients and Seasonings

- Use high quality, fresh ingredients when cooking Sous Vide to ensure the best possible flavor.
- When seasoning with salt, it is better to use less than you might add normally, especially with meats, poultry, and fish. Instead, salt to taste after cooking.
- Use garlic powder rather than raw garlic. Raw garlic can become bitter and overpowering when cooked Sous Vide. Pure and high-quality garlic powder provides the best results.

Note: Do not use garlic salt in place of garlic powder!

Storing Cooked Food

If your dish is not going to be consumed immediately, plunge pouches into ice water to reduce temperature quickly, then keep refrigerated.

Sous Vide Cooking Guidelines

Food	Recommended Thickness	Expected Doneness	Cooking Temperature*	Minimum Cooking Time*	Maximum Cooking Time*
Beef & Lamb			· ·	<u> </u>	, J
Tender Cuts:		Rare	122°F / 50°C	1 hour	4 hours
Tenderloin, cutlets, sirloin, rib-eye, rump, T-bone, chops	2-5 cm / ½"-2"	Medium-rare	129°F / 54°C	1.5 hours	4 hours
Tougher Cuts:		Medium	140°F / 60°C	1.5 hours	4 hours
Blade, chuck, shoulder, shanks, game meats	4-6 cm / 1½"-2½"	Medium-well	145°F / 63°C	1.5 hours	4 hours
Poultry					
		Soft and Juicy	145°F / 63°C	1.5 hours	4 hours
Chicken Breast	3-5 cm / 1"-2"	Traditionally firm	155°F / 69°C	1 hour	4 hours
	2.5 /4// 2//	Juicy and tender	165°F / 74°C	1 hour	4 hours
Chicken Thigh	3-5 cm / 1"-2"	Off-the-bone tender	165°F / 74°C	4 hours	8 hours
Chicken Leg	5-7 cm / 2"-3"	Juicy and Tender	165°F / 74°C	2 hours	7 hours
Duck Breast	3-5 cm / 1"-2"	Soft and Juicy	146°F / 64°C	2 hours	4 hours
Pork					
Belly	3-6 cm / 1"-2½"	Traditionally firm	180°F / 82°C	10 hours	22 hours
Ribs	2-3 cm / ½"-1½"	Off-the-bone tender	138°F / 59°C	10 hours	22 hours
		Pink and juicy	135°F / 57°C	1 hour	4 hours
Chops	2-4 cm / ½"-2"	White throughout and juicy	147°F / 64°C	1 hour	4 hours

Food	Recommended Thickness	Expected Doneness	Cooking Temperature*	Minimum Cooking Time*	Maximum Cooking Time*
Fish and Seafood	d				
		Soft and buttery	110°F / 43°C	10 minutes	30 minutes
	2-3 cm /	Translucent / starts to flake	115°F / 46°C	20 minutes	45 minutes
Fish	1/2"-11/2"	Medium-rare	125°F / 52°C	20 minutes	45 minutes
		Medium, dry	130°F / 54°C	20 minutes	45 minutes
		Well-done, crumbly	135°F / 57°C	20 minutes	45 minutes
Shrimp	-	Traditionally firm	140°F / 60°C	30 minutes	45 minutes
Lobster Tail	-	Soft and buttery	140°F / 60°C	1 hour	1 hour
Scallops	-	Soft and buttery	140°F / 60°C	30 minutes	30 minutes
Eggs					
		Runny	140°F / 60°C	-	45 minutes
Easa	Large / Extra	Soft boiled	145°F / 62°C	-	45 minutes
Eggs	Large	Medium boiled	150°F / 65°C	-	1 hour
		Hard boiled	165°F / 73.9°C	-	1 hour
Fruits & Vegetab	oles				
Fruits	-	-	183°F / 83.9°C	15 minutes	2 hours
Vegetables	-	-	183°F / 83.9°C	45 minutes	2.5 hours

Cooking times and temperatures are recommendations only. Always follow a trusted recipe.

ACAUTION

Use a meat thermometer to ensure meat reaches a safe minimum internal temperature. Refer to the USDA's Safe Minimum Internal Temperature Chart for more information.

Smart Program: Yogurt

The Yogurt Smart Program is a non-pressure cooking function with 3 preset options to allow you to make different types of fermented dairy and non-dairy recipes.

For best results, follow a recipe when making yogurt.

If you are starting with **unpasteurized** or **pasteurized** milk, follow all the steps in "To Make Yogurt" below.

If your milk is **ultra-pasteurized**, you may skip ahead to "Step 2 - Add Starter Culture". This method of yogurt making is called "cold start".

What You'll Need:

- Food Thermometer
- Milk or a non-dairy alternative
- Active yogurt culture

To Make Yogurt

Instant Pot Size	Minimum Milk Volume	Maximum Milk Volume
6 Quarts / 5.7 Litres	4 cups (32 oz / 1000 mL)	4 quarts (128 oz / 3.8 L)
8 Quarts / 7.6 Litres	6 cups (48 oz / 1500 mL)	6 quarts (192 oz / 5.7 L)

Step 1 - Pasteurization

- 1. Add recipe ingredients to the inner pot. (Starter culture is added in Step 2.)

 Note: Whole milk is recommended to achieve a thicker texture.
- 2. Insert the inner pot into the cooker base.
- **3.** Connect the power cord to a 120 V power source. The cooker goes to Standby mode and the display indicates **OFF**.
- **4.** Close the lid as described in <u>Pressure Cooking Basics 2. Open & Close Lid.</u>

 Note: The quick release switch will automatically set to <u>Seal</u> when the lid is closed. For Yogurt it does not matter if the quick release switch is set to Seal or Vent.
- 5. Press Yogurt to select the Yogurt Smart Program.
- **6.** Turn the dial to scroll to the Preset option: **Pasteurize**. Press the dial to confirm your selection. The default time for pasteurization is indicated on the display. **Note:** Pasteurization cooking time and temperature cannot be adjusted.
- 7. Press **Start** to begin pasteurization. The display indicates **On** and the progress bar displays **Pre-heating**.

- 8. When the cooker has reached the target temperature, the display indicates Hot and the progress bar goes to Cooking.
- 9. The display indicates **End** when pasteurization is complete.

Note: Use a thermometer to ensure that the milk has reached the pasteurization temperature of 161°F / 72°C.

Instant Tip: For extra thick yogurt, run the Pasteurization cycle twice.

Step 2 - Add Starter Culture

- 1. Allow the milk to cool to just below 110°F / 43°C.
- 2. Add the starter culture to the milk in accordance with the instructions included with the starter culture product.

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

3. Close the lid as described in <u>Overview of Pressure Control Features - Close</u> the Lid.

Step 3 - Fermentation

- 1. Press Yogurt to select the Yogurt Smart Program.
- 2. Turn the dial to scroll to the Preset option: **Ferment**. Press the dial to confirm your selection and go to the next field.
- 3. When the time display flashes, you may press the dial to select the default fermentation time of 8 hours, or turn the dial to adjust the timer. Press the dial to confirm your selection and go to the next field.

Note: The longer the fermentation, the tangier the yogurt will taste.

- **4.** When the temperature level flashes, you may press the dial to select the default temperature, or turn the dial to toggle between **Low** and **High** settings. Press the dial to confirm your selection.
 - **Note:** The default temperature (High) is recommended for most recipes. If the recipe does not mention a fermentation temperature, use High.
- 5. Press **Start** to begin. The display will indicate **On** and the progress indicator will display **Pre-heating**.
- **6.** When the Smart Program is complete the display will indicate **End**.

Instant Tip: For easy Greek-style yogurt, use a cheesecloth to strain the liquid whey from your yogurt.

Using the Custom Preset

Some recipes may require a higher or lower temperature for pasteurization and fermentation. Always follow a recipe when using the Custom preset.

The Custom Preset in the Yogurt Smart Program offers a temperature range of 25°C-90°C / 77°F-194°F.

- 1. Press Yogurt to select the Yogurt Smart Program.
- 2. Turn the dial to scroll to the Preset option: **Custom**. Press the dial to confirm your selection and go to the next field.
- 3. When the time display flashes, you may press the dial to select the default fermentation time of 24 hours, or turn the dial to adjust the timer. Press the dial to confirm your selection and go to the next field.
- **4.** When the temperature flashes, you may press the dial to select the default temperature, or turn the dial to adjust the temperature in Fahrenheit (°F) or Celsius (°C). Press the dial to confirm your selection.
- 5. Press **Start** to begin. The display will indicate **On** and the progress indicator will display **Pre-heating**.
- 6. When the Smart Program is complete the display will indicate End.

Yogurt Cups

Yogurt cups are a convenient way to portion out your yogurt for serving.

- 1. After adding the starter culture to the pasteurized milk, carefully pour the milk into your yogurt cups and seal them tightly.
- 2. Clean the inner pot thoroughly and place the steam rack on the bottom of the inner pot.
- 3. Place the sealed yogurt cups on the steam rack and add water to the inner pot until the cups are submerged halfway.
- 4. Follow steps in "Step 3 Fermentation" above.

Smart Program Overview

Smart Program	Preset	Pressure Level	Temperature Range	Notes for Use
Pressure Cook	Custom, Soup, Bean, Egg, Rib, Poultry, Chili, Stew, Beef, Pork, Seafood, Broth, Sterilize, Potato, Broccoli	Low/High	-	Higher pressure means higher temperature. Use the steam rack for best results.
Rice/Grain	Custom, White Rice, Oatmeal, Quinoa, Brown Rice, Risotto, Multigrain, Porridge	Low/High	-	cooking beans and grains, do not use Quick Release after cooking. Food particles may block the anti-block shield and clog the steam release pipe. Use Natural Release for best results.
Steam	Custom, Sterilize, Potato, Broccoli	None	~212°F / ~100°C	Non-pressure steaming for fish & vegetables. Use a glass lid when steaming, or move the Quick Release Switch in the Vent position. Use the steam rack for best results.
Sauté	Custom	None	Low/High Custom - LE 1-6	High heat setting. Do not use a lid with Sauté. Reduce, simmer, sauté, stir-fry, sear & brown.
Slow Cook	Custom, Rib, Poultry, Chili, Stew, Beef, Pork	None	Low/High	Corresponds to common slow cookers. Ensure quick release switch is set to Vent .
Sous Vide	Custom, Egg, Poultry, Beef, Pork, Seafood	None	Custom	Tender, succulent, restaurant quality results.
Yogurt	Custom, Pasteurize, Ferment	None	Low/High/ Custom	Pasteurize & ferment dairy/non-dairy yogurt.
Bake	Custom, Cake, Cheesecake, Pudding, Proofing	None/ High/Low	Custom	Pressure & non-pressure baking. Use covered oven-safe pans for best results.

Smart Program Overview

Smart Program	Preset	Pressure Level	Temperature Range	Notes for Use
Keep Warm	NA	None	Low/High/ Custom	Reheat & keep food warm up to 24 hours.

Pressure cooking Smart Programs operate at **High** (9.3 - 11.6psi) or **Low** (4.35 - 7.25psi) pressure. Higher pressure results in higher temperature.

Recommended Cooking Times

The following cooking times are recommendations only. Always follow a trusted recipe.

Pressure Cooking Timetable

	Food	Time*
	Asparagus, Beans (Yellow and Green), Broccoli	1-2 minutes
	Brussels Sprouts, Cabbage (Whole or Wedges), Cauliflower (Florets)	2-3 minutes
	Butternut Squash	4-6 minutes
	Carrots (Whole or Chunks)	6-8 minutes
Vegetables	Corn (On The Cob)	3-5 minutes
	Potatoes (Large, Whole)	12-15 minutes
	Potatoes (Small, Whole)	8-10 minutes
	Potatoes (Cubed)	3-4 minutes
	Sweet Potatoes (Whole)	12-15 minutes
	Sweet Potatoes (Cubed)	2-4 minutes
	Beef (Stew)	20 minutes (per 450 g / 1 lb)
	Beef (Large Pieces), Beef (Ribs)	20-25 minutes (per 450 g / 1 lb)
	Chicken (Breasts)	6-8 minutes (per 450 g / 1 lb)
Maat 8 Fara	Chicken (Whole)	8 minutes (per 450 g / 1 lb)
Meat & Eggs	Chicken (Bone Stock)	40-50 minutes
	Lamb (Leg), Pork (Butt Roast)	15 minutes (per 450 g / 1 lb)
	Pork (Baby Back Ribs)	15-20 minutes (per 450 g / 1 lb)
	Eggs	Hard: 5 mins
	Black Beans	D: 20-25 mins / S: 6-8 mins
	Black-eyed Peas	D: 14-18 mins / S: 4-5 mins
	Chickpeas	D: 35-40 mins / S: 10-15 mins
	Kidney Beans (Red), Navy Beans	D: 20-25 mins / S: 7-8 mins
Beans & Lentils (Dry & Soaked)	Kidney Beans (White), Pinto Beans	D: 25-30 mins / S: 6-9 mins
(5.) a counca,	Lentils (Green)	D: 8-10 mins / S: N/A
	Lentils (Yellow)	D: 1-2 mins / S: N/A
	Lima Beans	D: 12-14 mins / S: 6-10 mins
	Soybeans	D: 35-45 mins / S: 18-20 mins

Recommended Cooking Times

	Food	Time*
	Fish (Whole)	4-5 minutes
	Fish (Fillet), Lobster	2-3 minutes
Seafood	Mussels	1-2 minutes
	Shrimp (Or Prawn)	1-3 minutes
	Seafood Stock	7-8 minutes

▲CAUTION

Use a meat thermometer to ensure meat reaches a safe minimum internal temperature. Refer to the USDA's Safe Minimum Internal Temperature Chart for more information.

Grain-to-Water Ratios

Rice or Grain Type	Grain : Water Ratio
White or Brown Rice	1:1 cup
Quinoa	1:3/4 cup
Oatmeal	1:3 cups
Risotto	1:2 cups - add additional wine to taste
Porridge	1:10 cups

Visit <u>our website</u> for a complete list of cooking timetables.

Care and Cleaning

Clean your Instant Pot after each use. Always unplug the Duo Evo Plus and let it cool to room temperature before cleaning. Let all surfaces dry thoroughly before use and before storage.

Part	Instruction	Cleaning Method
	Wash after each use	
Accessories • Condensation	Never use harsh chemical detergents, powders or scouring pads on accessories	
Collector	For dishwasher, place on top rack	
	Empty and rinse condensation collector after each use	
Lid & Parts	Wash after each use with hot water and mild dish soap and allow to air dry, or place in top rack of dishwasher	
Steam Release	Remove all parts from lid before dishwashing	
ValveSteam Release	With steam release valve and anti-block shield removed, clean interior of steam release pipe to prevent clogging	
Cover • Quick-Cool Cover	To drain water from the lid after dishwashing, grasp the lid handle and hold the lid vertically over a sink, then turn it 360°– such as turning a steering wheel	Dishwasher Safe* and Hand
• Anti-Block Shield	After cleaning, store the lid upside down on the cooker base	Washable
Sealing RingsFloat ValveSilicone Cap	Store sealing rings in a well-ventilated area to decrease residual odor of flavorful meals. To eliminate odors, add 1 cup (8 oz / 250 mL) water and 1 cup (8 oz / 250 mL) white vinegar to inner pot, and run Pressure Cook for 5-10 minutes, then Quick Release pressure	
Inner Pot	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	
	Wash after each use	
	Ensure all exterior surfaces are dry before placing in cooker base	
Power Cord	Use a barely-damp cloth to wipe any particles off power cord	
Cooker Page	Wipe the inside of the outer pot as well as the condensation rim with a barely-damp cloth, and allow to air dry	Damp Cloth Only
Cooker Base	Clean cooker base and control panel with a soft, barely-damp cloth or sponge	

^{*}Some discoloration of parts may occur after machine washing. This will not affect the safety nor the performance of the cooker.

▲ WARNING				
Ensure heating element remains dry at all times.		Do not submerge power cord at any time.	Do not wet prongs of power cord.	

Troubleshooting

Register your product today.

Contact Customer Care:

1-800-828-7280 support@instantpot.com instantpot.com/#Chat

Problem	Possible Reason	Solution		
	Sealing ring not properly installed	Reposition sealing ring, ensure it is snug behind sealing ring rack.		
Difficulty closing lid	Float valve in the popped-up position	Gently press the float valve downward with a long utensil.		
closing na	Contents in cooker are still hot	Move quick release switch into Vent position, then lower lid onto cooker base slowly, allowing heat to dissipate.		
	Pressure inside the cooker	Release pressure according to recipe; only open lid after float valve has dropped down.		
Difficulty	Float valve stuck at the popped-up	Ensure steam is completely released by quick releasing pressure, then press float valve gently with a long utensil.		
opening lid	position due to food debris or residue	Open lid cautiously and thoroughly clean float valve, surrounding area, and lid before next use.		
	Contents may be under pressure; to avoid scalding injury, do not attempt to force lid open.			
Inner pot is stuck to lid when cooker is opened	Cooling of inner pot may create suction, causing inner pot to adhere to the lid	To release the vacuum, move quick release switch into Vent position.		
	No sealing ring in lid	Install sealing ring.		
	Sealing ring damaged or not properly installed	Replace sealing ring.		
Steam leaks	Food debris attached to sealing ring	Remove sealing ring and clean thoroughly.		
from side	Lid not closed properly	Open, then close lid.		
of lid	Sealing ring rack is warped or off-centre	Remove sealing ring from lid, check sealing ring rack for bends or warps. Contact Customer Care.		
	Inner pot rim may be misshapen	Check for deformation and contact Customer Care.		

Troubleshooting

Problem	Possible Reason	Solution
	Food debris on float valve or float valve silicone cap	Remove float valve from lid and clean thoroughly. Perform the <u>Initial Test Run</u> to check for function. Record findings and contact <u>Customer Care</u> .
	Too little liquid in the inner pot	Check for scorching on bottom of inner pot; remove if necessary. Add thin, waterbased liquid to inner pot based on size:
		6 Qt: 1 1/2 cups (12 oz / 375 mL) 8 Qt: 2 cups (16 oz / 500 mL)
Float valve does not rise	Float valve silicone cap damaged or missing	Install or replace float valve.
	Float valve obstructed by lid-locking mechanism	Tap float valve with a long utensil. If the float valve does not drop, turn the cooker off. Contact <u>Customer Care</u> .
	No heat in the inner pot	Perform the <u>Initial Test Run</u> to check for function. Record findings and contact <u>Customer Care</u> .
	Inner pot base may be damaged	Perform the <u>Initial Test Run</u> to check for function. Record findings and contact <u>Customer Care</u> .
Minor steam leaking/ hissing from steam	Quick release switch not in Seal position	Move quick release switch to the Seal position.
release valve during cook cycle	Cooker is regulating excess pressure	This is normal; no action required.
Steam		Add thin, water-based liquid to inner pot based on size:
gushes from steam release valve	Not enough liquid in the inner pot	6 Qt: 1 1/2 cups (12 oz / 375 mL) 8 Qt: 2 cups (16 oz / 500 mL)
when quick release	Pressure sensor control failure	Contact <u>Customer Care</u> .
switch is in Seal position	Steam release valve not seated properly	Move quick release switch to the Seal position.
Display remains	Bad power connection or no power	Inspect power cord for damage. If damage is noticed, contact <u>Customer Care</u> .
blank after connecting		Check outlet to ensure it is powered.
the power	Cooker's electrical fuse has blown	Contact <u>Customer Care</u> .

Troubleshooting

Problem	F	Possible Reason	Solution
Error code appears on display and cooker beeps continuously	C1 C2 C6 C6H	Faulty sensor	Contact <u>Customer Care</u> .
		Heat element has failed	Contact <u>Customer Care</u>
	C7 or NoPr	Not enough liquid	Add thin, water-based liquid to inner pot based on size: 6 Qt: 1 1/2 cups (12 oz / 375 mL) 8 Qt: 2 cups (16 oz / 500 mL)
		Quick release switch is in the Vent position	Move quick release switch to the Seal position.
	C8	Wrong inner pot in cooker base.	Insert the correctly sized inner pot with easy-grip handles into the cooker base.
	Lid	Lid is not in the correct position for the selected program	Open and close the lid. Do not use a lid when using Sauté .
	OvHt / Burn / Food burn	High temperature detected at bottom of inner pot; cooker automatically reduces temperature to avoid overheating	Starch deposits at the bottom of the inner pot may have blocked heat dissipation. Turn the cooker off, release pressure according to the recipe and inspect the bottom of the inner pot.
	PrSE	Pressure has accumulated during a non-pressure cooking program	Move quick release switch to the Vent position.
Occasional clicking or light cracking sound	The sound of power switching and expanding pressure board when changing temperatures		This is normal; no action needed.
	Bottom of the inner pot is wet		Wipe exterior surfaces of inner pot. Ensure heating element is dry before inserting inner pot into cooker base.

Any other servicing should be performed by an authorized service representative.

Warranty

Limited Warranty

This Limited Warranty is effective for one year from the date of original consumer purchase. Proof of original purchase date and, if requested by an authorized representative of Instant Brands Inc. ("Instant Brands"), return of your appliance, is required to obtain service under this Limited Warranty. Provided that this appliance is operated and maintained in accordance with written instructions attached to or furnished with the appliance, 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 12 months from the date of original consumer purchase.

This Limited Warranty extends only to the original purchaser and use of the appliance in the United States of America and Canada. This warranty does not cover units that are used outside of the United States of America and Canada.

Any modification or attempted modification to your appliance may interfere with the safe operation of the appliance and will void this Limited Warranty. This Limited Warranty does not apply in respect of any appliance or any part thereof that has been altered or modified unless such alterations or modifications were expressly authorized by an Instant Brands representative.

Limitation and Exclusions

The liability of Instant Brands, if any, for any allegedly defective appliance or part shall in no circumstances exceed the purchase price of a comparable replacement appliance.

This Limited Warranty does not cover:

- 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;
- Repairs where your appliance is used for other than normal, personal use or when it is used in a manner that is contrary to published user or operator instructions; or
- 3. Use of unauthorized parts and accessories, or repairs to parts and systems resulting from unauthorized repairs or modifications made to this appliance.

The cost of repair or replacement under these excluded circumstances shall be paid by you.

Warranty

Disclaimer of Implied Warranties

EXCEPT AS EXPRESSLY PROVIDED HEREIN AND TO THE EXTENT PERMITTED BY 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 the exclusion of implied warranties of merchantability or fitness, so this limitation 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.

Limitation of Remedies; Exclusion of Incidental and Consequential Damage

YOUR SOLE AND EXCLUSIVE REMEDY UNDER THIS LIMITED WARRANTY SHALL BE APPLIANCE REPAIR OR REPLACEMENT AS PROVIDED HEREIN. INSTANT BRANDS SHALL NOT BE 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, PERSONAL INJURY, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER INDIRECT, INCIDENTAL OR CONSEQUENTIAL DAMAGES OF ANY NATURE OR KIND.

Warranty Registration

Please visit www.instantpot.com/support/register to register your new Instant Brands™ appliance and validate your warranty within thirty (30) days of purchase. 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 service under this warranty, please contact our Customer Service 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, save and except for shipping costs associated with the return of your appliance from Canada or within the 48 contiguous states and the District of Columbia of the United States of America, as provided herein. 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.



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