

Instant Pot®

DUO GOURMET™

Multi-Use Pressure Cooker

5.7 Litre

User Manual



IMPORTANT, RETAIN FOR FUTURE REFERENCE:
READ CAREFULLY

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**IMPORTANT, RETAIN FOR FUTURE REFERENCE:
READ CAREFULLY**

IMPORTANT SAFEGUARDS

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 Gourmet™ lid with the Instant Pot Duo Gourmet pressure cooker base. Using any other pressure cooker lids may cause injury and/or damage.
3. Do not allow children near the pressure cooker when in use. Children should not play with the appliance.
4. Do not put the pressure cooker into a hot oven or on any heated surface.
5. Do not move the pressure cooker while under pressure.
6. Do not use the pressure cooker for any purpose other than that for which it is intended.
7. This appliance cooks under pressure. Scalds may result from inappropriate use of the pressure cooker. Make sure the multicooker is properly closed before applying heat. Refer to the Getting Started Guide.
8. Never force open the pressure cooker. Do not open before making sure that its internal pressure has completely dropped. Refer to the Getting Started Guide.
9. Never use your pressure cooker without adding water as this would seriously damage it.
10. Do not fill the multicooker beyond 2/3 of its capacity. When cooking foodstuffs which expand during cooking, such as rice or dehydrated vegetables, do not fill the multicooker to more than 1/2 of its capacity.
11. Use the appropriate heat source(s) according to the Getting Started Guide.



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IMPORTANT SAFEGUARDS

12. After cooking meat with a skin (such as ox tongue), which may swell under the effect of pressure, do not prick the meat while the skin is swollen as you may be scalded.
13. The heating element surface inside the Instant Pot base is subject to residual heat after use; do not touch.
14. Before each use, check that the valves are not obstructed. Refer to the Getting Started Guide.
15. Never use the pressure cooker in its pressurised mode for deep or shallow frying of food.
16. Do not tamper with any of the safety systems beyond the maintenance instructions specified in the instructions for use.
17. Only use Instant Pot spare parts and accessories in accordance with the relevant model. In particular, use a body and a lid from the same manufacturer indicated as being compatible.
18. Do not operate any appliance with a damaged lead or plug, or after the appliance malfunctions or has been damaged in any way. If the power supply lead is damaged, users should contact Contact Customer Care, support@instantpot.co.uk or **+44 (0) 3331 230051**, for further assistance.
Hours of Operation: Monday – Friday 9:00 am – 5:00 pm GMT
Supported Languages: English, French and Spanish
19. When cooking doughy food, use caution when removing the lid to avoid food being ejected.
20. For domestic use only. Not intended for commercial or outdoor use.
21. Be aware that certain foods such as stewed apples, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb or spaghetti can foam, froth and clog the steam release. These foods should not be cooked under pressure unless as directed in Instant Pot recipes.
22. Do not allow children near the pressure cooker while in use.



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IMPORTANT SAFEGUARDS

23. Spilled food can cause serious burns. A short power-supply lead is provided to reduce the hazards resulting from grabbing, entanglement and tripping.
- Keep the appliance and lead away from children.
 - Never drape the power lead over edges of tables or counters.
 - Never use below-counter power sockets, and never use with an extension lead.
24. Unplug your Instant Pot and let it cool before cleaning. Allow all surfaces to dry thoroughly before use.
25. The appliance is not intended to be operated by means of an external timer or a separate remote-control system.
26. Do not immerse the multicooker base in water. To protect against electric shock, do not immerse the lead, power plug or multicooker base in any liquid.
27. Always make sure the sealing ring is completely set in the groove on the inside of the sealing ring rack.
28. Avoid spillage on the connector.

SAVE THESE INSTRUCTIONS.




**IMPORTANT, RETAIN FOR FUTURE REFERENCE:
READ CAREFULLY**

IMPORTANT SAFEGUARDS

 **WARNING**

To avoid injury, read and understand instruction manual before using this machine.

 **WARNING**

Electrical shock hazard. Use grounded outlet only. DO NOT remove ground. DO NOT use an adapter. DO NOT use an extension lead. Failure to follow instructions can cause electrical shock and/or serious injury.

 **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 Lead Set Instructions

As per safety requirements, a short power supply lead is provided to reduce the hazards resulting from grabbing, entanglement and tripping.

This appliance has a grounding plug. To reduce the risk of electric shock, plug the power lead into a grounded (earthed) electrical socket that is easily accessible.

Product Specifications


					
Model: Duo Gourmet 60	1000W	220-240V ~ 50/60Hz	5.7 Litres	5.7 kg	cm: 30.9 L x 33.9 W x 32 H

 **WARNING**

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Initial Setup

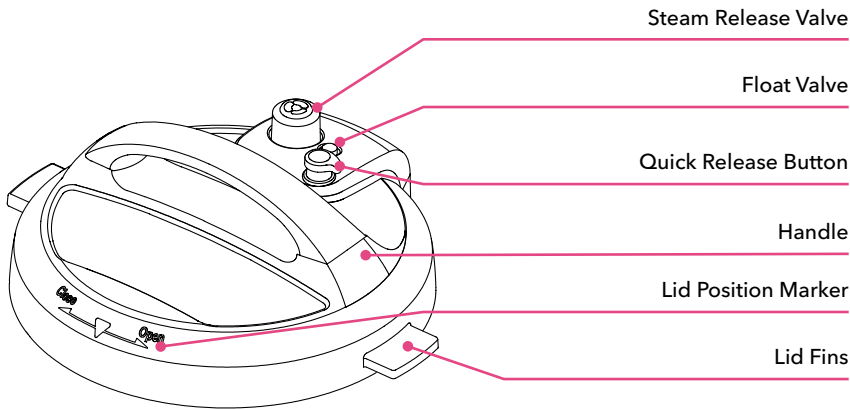
- Read all the **Important Safeguards** before using the appliance. Failure to read and follow the Important Safeguards may result in damage to the appliance, property damage or personal injury.
- Use only the Instant Pot Duo Gourmet lid with the Instant Pot Duo Gourmet pressure cooker base. Using any other pressure cooker lids may cause injury and/or damage.
- 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.
- Do not remove safety warning stickers from lid or rating label from back of multicooker base.
- Follow **Care, Cleaning and Storage** instructions to clean the appliance before first use.

 CAUTION	
Do not place the appliance on a stovetop or on top of 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 valve or anti-block shield located on the appliance lid.

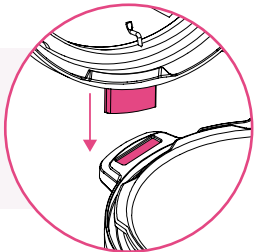
Product, Parts and Accessories

Before using the multicooker, verify that all parts are accounted for.

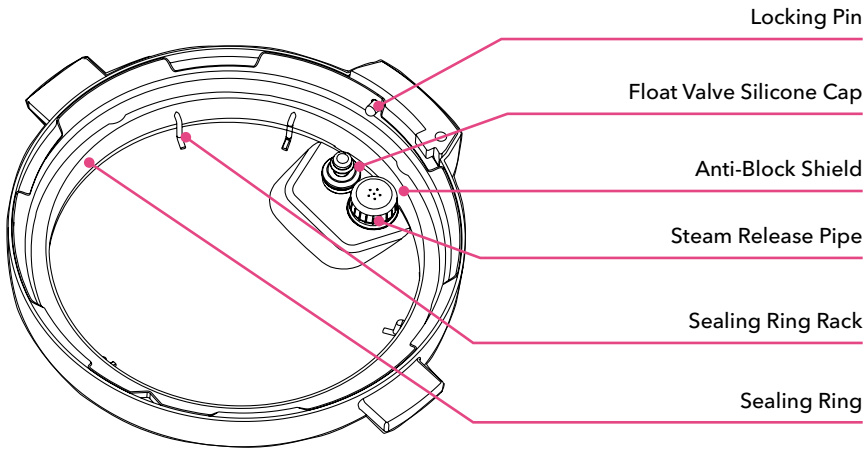
Top of Lid



Instant Tip: The lid has been 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!



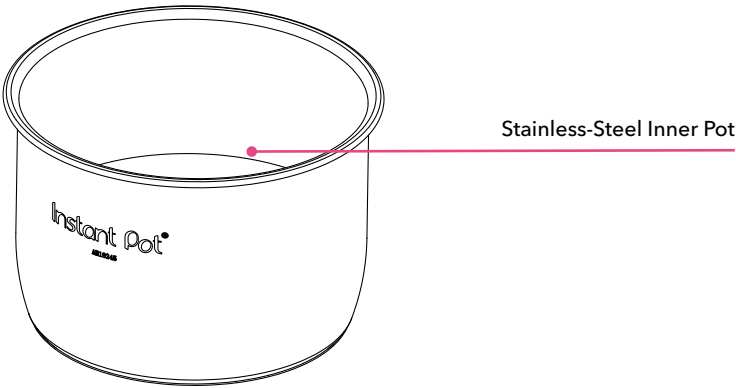
Bottom of Lid



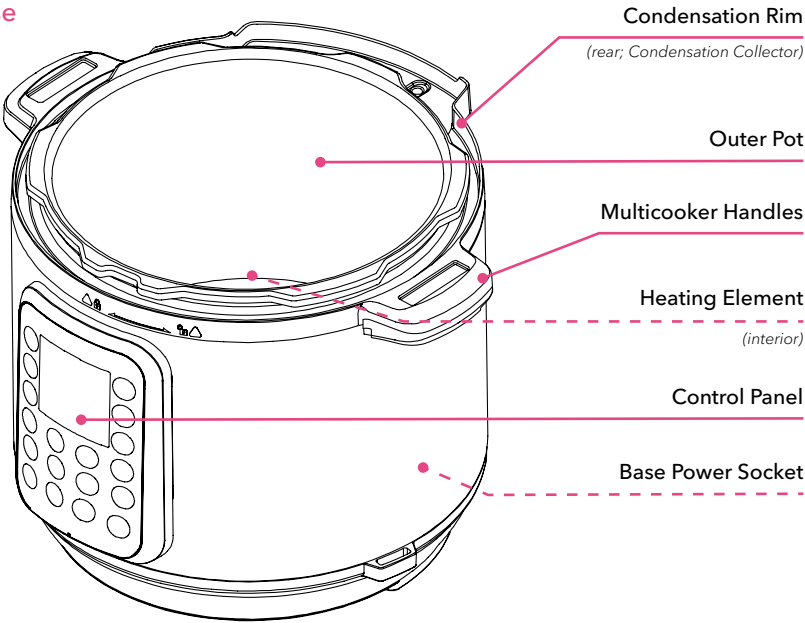
Illustrations in this document are for reference only and may differ from the actual product. Always refer to the actual product.

Product, Parts and Accessories

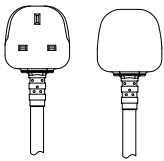
Inner Pot



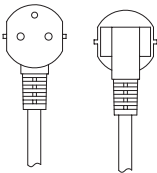
Multicooker Base



Power Leads



UK power lead

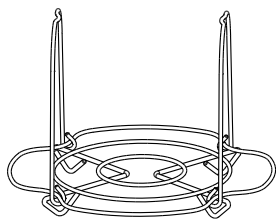


EU power lead

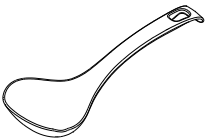
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Product, Parts and Accessories

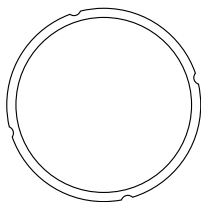
Accessories



Steam Rack with Handles



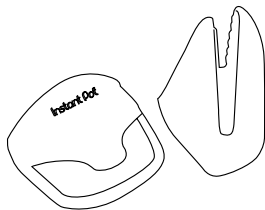
Soup Spoon



Additional Silicone Sealing Ring



Rice Paddle



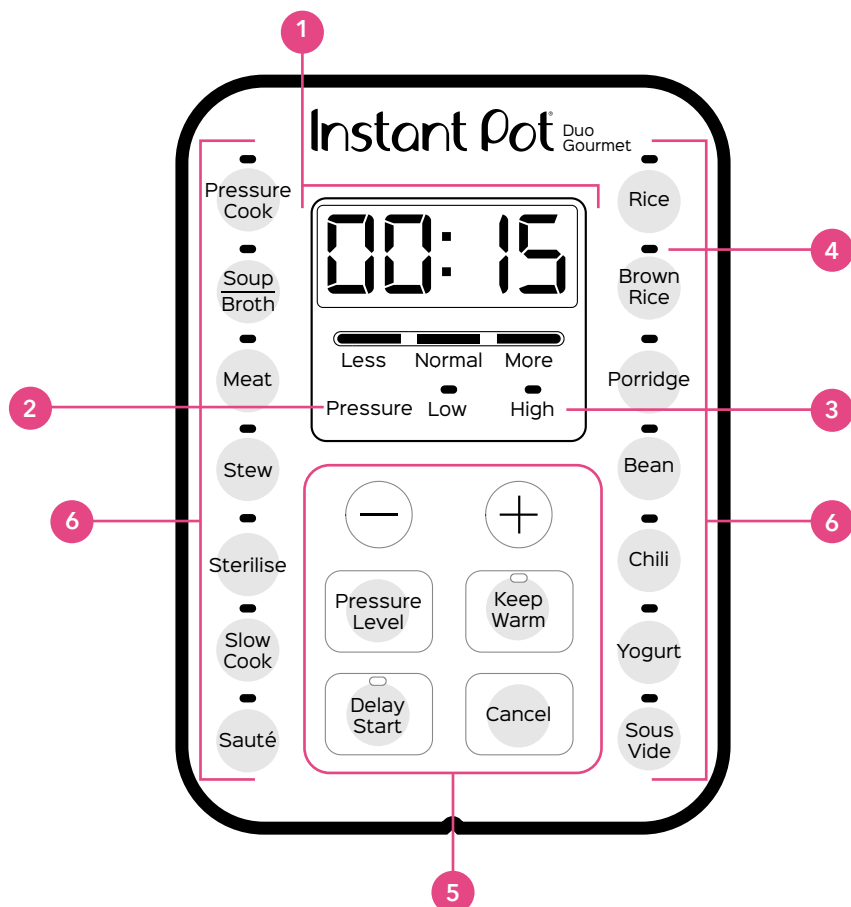
Mini Mitts



160 ml
Measuring Cup

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

Control Panel



1 Time Display

Countdown timer indicates cooking and Delay Start time in hour format: 00:15 is 15 minutes.

Keep Warm timer counts up.

Display also indicates **Status Messages**.

2 Pressure Field

Indicators illuminate to indicate **Low** or **High** pressure level.

3 Less - Normal - More

Pressure cooking: 3 preset **time** options.

Non-Pressure cooking: 3 **temperature** levels.

4 LED Indicators

Illuminate to indicate the active Smart Programme and settings selected.

Control Panel

5 Smart Programme Settings

Pressure Level

Keep Warm

– / + buttons

Delay Start

Cancel

See [Smart Programme Settings](#) for more information.

6 Smart Programmes

Pressure Cooking:

- Pressure Cook
- Soup/Broth
- Meat
- Stew
- Sterilise
- Rice
- Brown Rice
- Porridge
- Bean
- Chili

Non-Pressure Cooking:

- Slow Cook
- Sauté
- Yogurt
- Sous Vide
- Keep Warm

Smart Programme Settings

To do this...	Do this!
Adjust and Save Pressure Cooking Temperature	<p>Select a pressure cooking Smart Programme, then press Pressure Level to toggle between High (70-80kPa) and Low (40-50kPa) pressure levels.</p> <p>Note: A higher pressure results in higher cooking temperature.</p> <p>When cooking begins, the pressure level you selected is saved and remembered the next time the Smart Programmes is selected.</p> <p>The cooking temperature may be adjusted at any time during pressure cooking by pressing Pressure Level, but adjustments made after cooking has begun will not be saved.</p>
Adjust and Save Pressure Cooking Time	<p>Select a pressure cooking Smart Programme, then press the Smart Programme button again to cycle through the Less, Normal and More cooking time options.</p> <p>If desired, use the - / + buttons to further customise the time.</p> <p>When cooking begins, your customisations are saved and remembered the next time the Smart Programme is selected.</p> <p>The cooking time may be adjusted at any time during pressure cooking, but adjustments made after cooking has begun will not be saved.</p>
Adjust and Save Non-Pressure Cooking Temperatures	<p>Select a non-pressure cooking Smart Programme, then press the Smart Programme button again to cycle through the Less, Normal and More cooking temperature levels.</p> <p>When cooking begins, the temperature level is saved and remembered the next time the Smart Programme is selected.</p> <p>The cooking temperature may be adjusted at any time during non-pressure cooking by pressing the Smart Programme button, but adjustments made after cooking has begun will not be saved.</p>

Smart Programme Settings

To do this...	Do this!
Adjust and Save Non-Pressure Cooking Time	<p>Select a non-pressure cooking Smart Programme, then use the - / + buttons to adjust the cooking time.</p> <p>The cooking time may be adjusted at any time during non-pressure cooking, but adjustments made after cooking has begun will not be saved.</p>
Cancel and Standby Mode	<p>When the multicooker is plugged in but not in operation, the display reads OFF to indicate Standby mode.</p> <p>Press Cancel to stop a Smart Programme at any time. The multicooker returns to Standby mode.</p>
Turn Sound On/Off	<p>Sound On: When in Standby, press and hold + button until display indicates S On.</p> <p>Sound Off: When in Standby, press and hold - button until display indicates SOFF.</p> <p>Note: Audible safety alerts (beeps) cannot be turned off.</p>
Adjust Temperature Scale: Fahrenheit and Celsius	<p>Press and hold - and + buttons together for 5 seconds to toggle between °C and °F.</p> <p>Note: Temperature is only displayed within the Sous Vide Smart Programme.</p>
Automatically Keep Food Warm After Cooking	<p>The Keep Warm setting turns on automatically after cooking on all Smart Programmes except Sauté, Sous Vide and Yogurt.</p> <p>When automatic warming begins, the timer begins counting from 00:00 to indicate the time passed, up to 10 hours.</p> <p>To turn automatic warming off, press Keep Warm. The LED above the button dims to indicate that it is off.</p>
Reheat Food or Keep Warm for Long Periods	<p>When in Standby, select Keep Warm. Press Keep Warm again to cycle through Less, Normal and More warming temperature levels.</p> <p>Use the - / + buttons to set a warming time of up to 10 hours. When cooking thick or starchy food, stir every 40 to 60 minutes to ensure food safety.</p> <p>Keep Warm begins automatically after 10 seconds.</p> <p>When Keep Warm completes, the display indicates End.</p>

Smart Programme Settings

To do this...		Do this!
Set a Delay Start Timer		<p>Delay Start can be set to a minimum of 10 minutes or a maximum of 24 hours.</p> <ol style="list-style-type: none">1. Select a Smart Programme and adjust the settings as you desire, then press Delay Start. Note: Once Delay Start has been selected, there is no way to return to the cooking settings. To adjust Smart Programme settings, press Cancel and enter new selections.2. When the hours field flashes, use the - / + buttons to adjust the delay time. E.g., 02:00 indicates that cooking will start after 2 hours.3. Press Delay Start again to toggle to the minutes field and follow the same process as the previous step.4. Delay Start begins automatically after 10 seconds and the timer counts down.5. When Delay Start ends, the Smart Programme begins, and the display indicates On. <p>Delay Start is not available with the Sauté, Sous Vide or Yogurt Smart Programmes.</p>
Reset Smart Programmes to Factory Default Settings	Reset individual Smart Programmes	<p>With the multicooker in Standby mode, press and hold one Smart Programme button until the multicooker returns to Standby and displays OFF.</p> <p>The Smart Programme's pressure level, cooking time and temperature are restored to the factory default setting.</p>
	Reset All Smart Programmes	<p>With the multicooker in Standby mode, press and hold Cancel until the cooker beeps.</p> <p>All Smart Programme pressure levels, cooking times and temperatures are restored to the factory default setting.</p>

Status Messages

OFF

Indicates that the multicooker is in Standby mode.

Lid

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

On

Indicates that the multicooker is pre-heating.

00:15

Display timer indicates one of the following:

- When a Smart Programme is running, the display timer counts down to indicate the cooking time remaining in the Smart Programme.
- When Delay Start is running, the display timer counts down until the Smart Programme begins.
- When Keep Warm is running, the display timer counts up to indicate how long food has been warming.

Auto

Indicates that the Rice Smart Programme is running.

boil

Indicates that the Yogurt Smart Programme is in the pasteurizing cycle (i.e., the Yogurt Smart Programme is set to More).

Hot

Indicates that the Sauté Smart Programme has reached cooking temperature and food may be added to the inner pot.

End

Indicates that a Smart Programme has ended and Keep Warm is off.

Food
burn

Indicates overheating in the cooking chamber.
Refer to **Troubleshooting**.

E

Indicates that an error has occurred. Refer to **Troubleshooting**.

Cleaning Before First Use

Remove the inner pot from the multicooker base and wash it with hot water and washing up liquid. Rinse with warm, clear water and use a soft cloth to dry the outside of the inner pot.

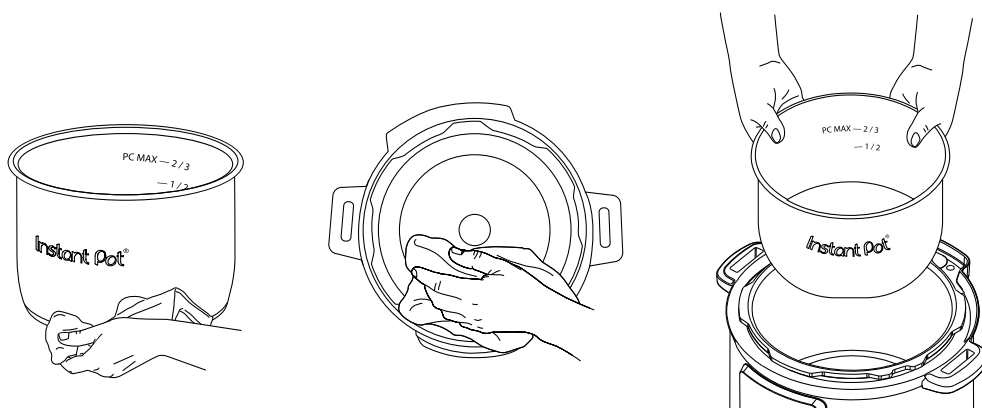
Note: *The inner pot is dishwasher safe.*

Wipe the heating element with a soft cloth to ensure there are no stray packaging particles present before returning the inner pot to the multicooker base.

Note: *Before cooking, always ensure the heating element is clean and dry before inserting the inner pot into the multicooker base. Failure to do so may damage the multicooker.*

The inner pot is an integral part of product safety. **Food must be placed in the inner pot, and never directly in the multicooker base.**

To avoid personal injury or damage to the appliance, replace a deformed or damaged inner pot. Use only authorised Instant Pot inner pots made for this size and model when cooking.



⚠ CAUTION

To avoid risk of personal injury and/or property damage, as well as damage to the multicooker, do not pour food or liquid into multicooker base.

⚠ WARNING

Do not fill the inner pot higher than the **PC MAX — 2/3** (Pressure Cooking Maximum), as indicated on the inner pot.

Exercise extreme caution when cooking and venting food such as applesauce, cranberries, pearl barley, porridge, 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 **—1/2** line when cooking these foods.

Overview of Pressure Control Features

Pressure Cooking Lid

The stainless steel lid included is necessary for most cooking processes, and is essential for pressure cooking.

For replacement parts and accessories, visit [our store](#).

When plugged in, the multicooker plays a jingle when the lid is opened and closed.

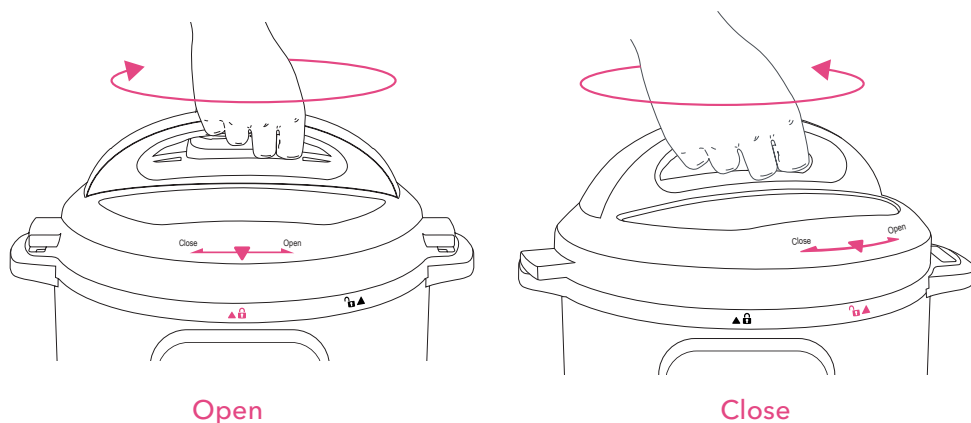
Open and Remove the Lid

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, then lift the lid up and off the multicooker base.

Close the Lid

Align the ▼ symbol on the lid with the 🔒▲ symbol on the multicooker base, and lower the lid onto the track. Turn the lid clockwise until the ▼ symbol on the lid aligns with the 🔒▲ symbol on the multicooker base.

The pressure cooking lid does not lock when closed. The lid is removable until the multicooker pressurises.



⚠ CAUTION

To avoid risk of personal injury and/or property damage, always check the lid for damage and excessive wear prior to cooking.

⚠ WARNING

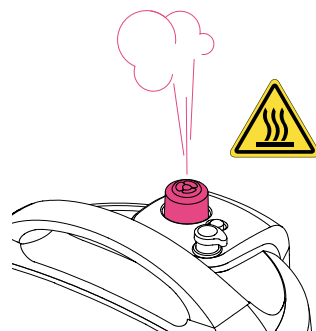
Always ensure to use the Duo Gourmet pressure cooking lid with the Duo Gourmet cooker base when pressure cooking. Using any other pressure cooker lid may cause injury and/or property damage.

Overview of Pressure Control Features

Steam Release Valve

The steam release valve sits loosely on the steam release pipe. When the multicooker releases pressure, steam ejects from the top of the steam release valve.

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



Remove the Steam Release Valve

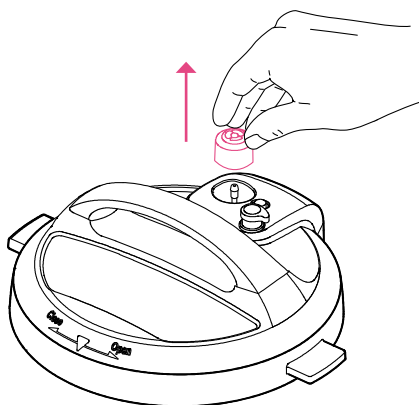
Pull steam release valve up and off steam release pipe.

The steam release valve must be installed before using the multicooker. It should only be removed for cleaning, but should be cleaned frequently.

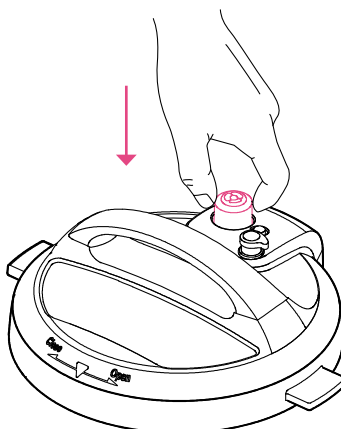
Install the Steam Release Valve

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.



Remove



Install



WARNING To avoid risk of personal injury and/or property damage, do not cover or block the steam release valve.

Overview of Pressure Control Features

Anti-Block Shield

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

As an integral part of product safety, the anti-block shield must be installed before use and cleaned frequently.

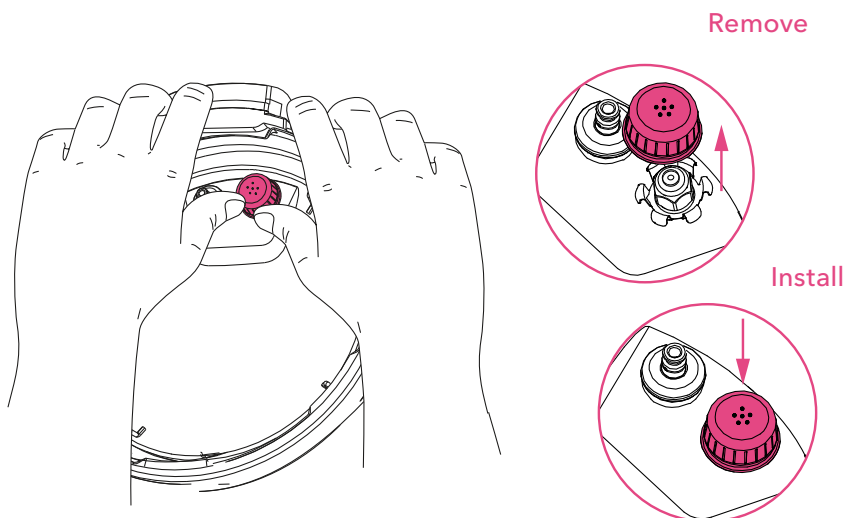
Remove the Anti-Block Shield

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 of the prongs underneath.

Install the Anti-Block Shield

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

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



Overview of Pressure Control Features

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 multicooker base.

The sealing ring must be installed before using the multicooker and should be cleaned after each use. Only 1 sealing ring should be installed in the lid when using the multicooker. Use one for sweet dishes and one for savory.

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.

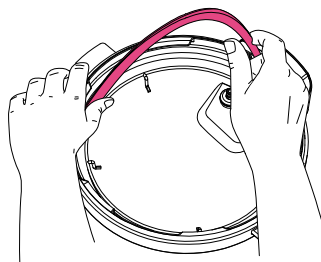
With the sealing ring removed, inspect the rack to ensure it is secured, centered, and at an even height all the way around the lid. Do not attempt to repair a deformed sealing ring rack.

Install the Sealing Ring

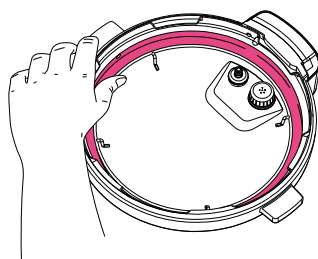
Place the sealing ring over the sealing ring rack and press it into place. Press down firmly to ensure that there is no puckering.

When installed properly, the sealing ring is snug behind sealing ring rack and should not fall out when the lid is turned over.

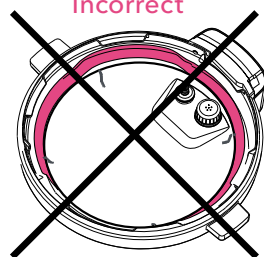
Remove



Install



Incorrect



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

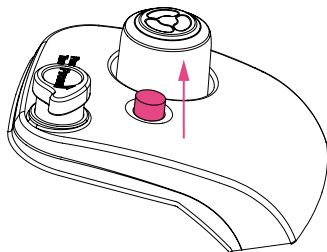
⚠ CAUTION

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 authorised Instant Pot sealing rings. Failure to follow these instructions may cause food to discharge, which may lead to personal injury or property damage.

Overview of Pressure Control Features

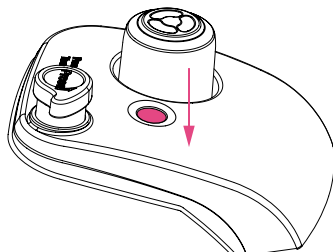
Float Valve

The float valve provides a visual indication of pressure within the multicooker and appears in 2 positions.



Pressurised

The float valve is visibly popped up above the surface of the lid.



Depressurised

The float valve is visible and flush with the lid.

The float valve and silicone cap work together to seal in pressurised steam. These parts must be installed before use and should be cleaned after each use.

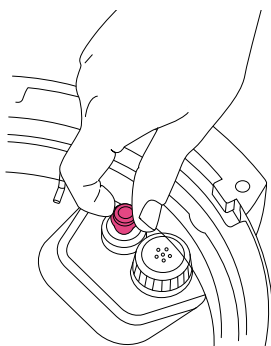
Remove the Float Valve from the Lid

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 the silicone cap.



Top



Bottom

Overview of Pressure Control Features

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.

⚠ DANGER

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

Condensation Collector

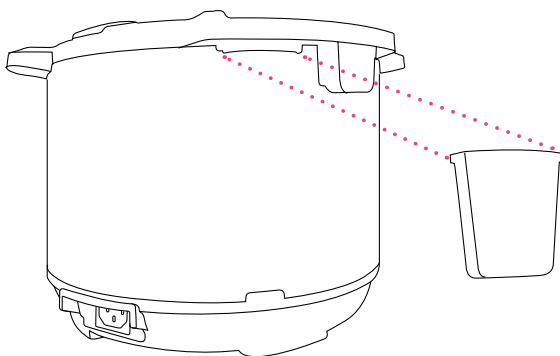
The condensation collector sits at the back of the multicooker base and accumulates overflow moisture from the condensation rim. It should be installed before cooking, then emptied and rinsed out after each use.

Remove the Condensation Collector

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

Install the Condensation Collector

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



Pressure Cooking with the Duo Gourmet

Introduction to Pressure Cooking

Pressure cooking uses steam pressure to raise the boiling point of water above 100° C . 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 Pressurisation

The multicooker waits 10 seconds to ensure you have finished inputting your selections, then displays **On** to indicate it has begun pre-heating. While the multicooker pre-heats, it vaporises 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 multicooker 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 multicooker to pressurise is determined by a variety of factors, including food and liquid volume.*

2. Cooking

After the float valve pops up, the multicooker 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 : minutes) format.

Smart Programme 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 **Pressure Cooking Settings** for details.

Pressure Cooking with the Duo Gourmet

3. Depressurisation

After pressure cooking completes, follow your recipe instructions for Depressurising the multicooker.

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 (**10:00**). If not, the multicooker returns to Standby and displays **End**.

Note: *The multicooker cools and depressurises faster if automatic Keep Warm is off.*

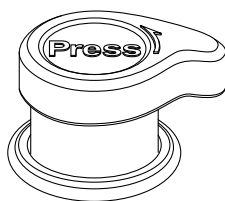
See **Depressurising the Multicooker** for information on releasing pressure after cooking.

⚠ DANGER

While the float valve is up, contents of multicooker 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.

Depressurising the Multicooker

Always follow recipe instructions for Depressurising the multicooker.



Seal Position



Vent Position

Natural Release (NR)

Leave the quick release button in the popped-up **Seal** position. As the temperature within the multicooker drops, the multicooker depressurises naturally over time.

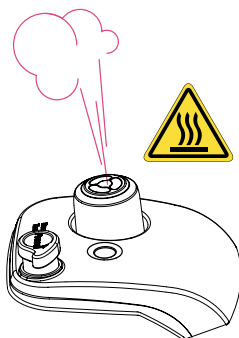
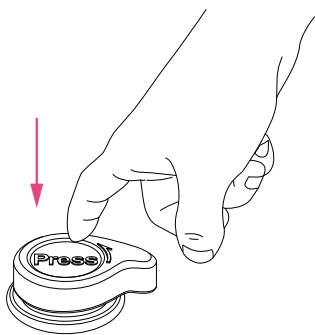
Depressurisation time varies based upon the volume and type of food and liquid.

NOTICE

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

When the cooker has completely depressurised, the float valve drops into the lid.

Quick Release (QR)



Press the quick release button down until it clicks and locks into the **Vent** position.

CAUTION

Steam ejected from the steam release valve is hot. Do not place hands, face, or any exposed skin over the steam release valve when releasing pressure.

When depressed, a stream of steam releases through the top of the steam release valve.

Note: Steam may range in opacity but is always loud!

When the multicooker has completely depressurised, the float valve drops into the lid.

Depressurising the Multicooker

10-Minute NR

Leave the quick release button in the popped-up **Seal** position for 10 minutes after cooking has completed, then press the quick release button down until it clicks and locks into the **Vent** position.

When depressed, a stream of steam releases through the top of the steam release valve.

If continuous spatter occurs while venting, set the multicooker back to **Seal** by flicking the quick release button. 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 multicooker 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

To avoid property damage and/or personal injury:

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

Initial Test Run (Water Test)

Follow these steps to familiarise yourself with your Duo Gourmet.

Total test time: Approximately 20 minutes.

1. Remove the inner pot from the multicooker base.
2. Add 750 ml of water to the inner pot.
3. Insert the inner pot into the multicooker base.
4. Secure the power lead to the base power socket at the back of the multicooker base. Ensure the connection is tight.
Connect the power lead to a 220-240 V power source.
The display indicates **OFF**.
5. Place and close the lid as described in **Pressure Control Features-Pressure Cooking Lid**.
The lid automatically seals for pressure cooking.
6. Press **Pressure Cook** to select the Pressure Cook Smart Programme.
7. Use the **- / +** buttons to adjust the cook time to 5 minutes (**00:05**).
Note: *Cooking temperature adjustments are saved to the Smart Programme when cooking begins.*
8. Press **Keep Warm** to deactivate the automatic Keep Warm setting.
After 10 seconds, the display reads **On** to indicate that the **Pre-heating** cycle has begun.
9. The float valve rises when the multicooker has pressurised.
After a few minutes the cooker reaches the target pressure level and **Cooking** begins.
The display changes from **On** to the cook time countdown.
10. When the Smart Programme is complete, the display indicates **End**.
11. Press the quick release button down until it clicks into the **Vent** position.
Pressurised steam releases through the top of the steam release valve.
12. The float valve drops when the pressure has been fully released.
13. Open and remove the lid as described in **Pressure Control Features-Pressure Cooking Lid**.
14. Carefully remove the inner pot from the multicooker base, discard the water and thoroughly dry the inner pot.
15. You're ready to start cooking!



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

Using Pressure Cooking Smart Programmes

Whether you are a novice cook or a culinary expert, the Duo Gourmet provides Smart Programmes to get you cooking with the touch of a button.

The steps below follow the safest procedure for using the multicooker and can be applied to the following Smart Programmes: Pressure Cook, Soup/Broth, Meat, Stew, Sterilise, Rice, Brown Rice, Porridge, Bean and Chili.




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

Instant Pot Size	Minimum Liquid for Pressure Cooking*
5.7 Litres	375 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.

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

**CAUTION**

To avoid scorching or scalding injury, be cautious when cooking with more than 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 60 ml of oil or fat content.

Using Pressure Cooking Smart Programmes

- 1. Open and remove the lid as described in **Pressure Control Features–Pressure Cooking Lid**.
- 2. Remove inner pot from multicooker base.
- 3. Add food and liquid to the inner pot and insert back into the multicooker base.

Note: Cold or frozen food items take longer to generate steam and slow down Pressurisation. For the fastest results, thaw frozen ingredients before cooking.

- 4. Secure the power lead to the base power socket at the back of the multicooker base. Ensure the connection is tight.

Connect the power lead to a 220-240 V power source. The multicooker goes to Standby mode and the display indicates **OFF**.

- 5. Place and close the lid as described in **Pressure Control Features–Pressure Cooking Lid**.
- 6. Select your desired pressure cooking Smart Programme.
- 7. Press the same Smart Programme button again to cycle through **Less**, **Normal** and **More** time options.
- 8. For custom cooking, use the **– / +** buttons to adjust the cooking time.
- 9. Press **Pressure Level** to toggle between **Low** and **High** pressure.

Note: When pressure cooking, the pressure level controls the temperature. A higher pressure results in a higher cooking temperature.

Note: Cooking time and pressure level adjustments are saved to the Smart Programme when cooking begins.

- 10. Press **Keep Warm** to toggle the automatic Keep Warm setting off and on.
- 11. After 10 seconds, the display reads **On** to indicate that **Pre-heating** has begun.
- 12. When cooking completes, follow recipe directions to select the appropriate venting method. Refer to **Depressurising the Multicooker**.

⚠ DANGER	While the float valve is up, contents of multicooker 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	
Overfilling the inner pot may cause a risk of property damage and/or personal injury. Do not fill inner pot higher than the PC MAX — 2/3 line as indicated on the inner pot. When cooking foods that expand (e.g.; rice, beans, pasta) do not fill the inner pot higher than the — 1/2 line as indicated on the inner pot.	Always cook with the inner pot in place. Do not pour food or liquid into the multicooker base. To avoid risk of personal injury and/or property damage, place food and liquid ingredients in the inner pot, then insert the inner pot into the multicooker base.

Using Pressure Cooking Smart Programmes

Smart Programme		Settings		
Pressure Cook	Pressure	Low (40-50kPa) High (70-80kPa)		
	Time Setting	Less	Normal	More
	Default Cooking Time (adjustable)	5 minutes (00:05)	10 minutes (00:10)	30 minutes (00:30)
	Cooking Time Range	1 minute to 8 hours (00:01 to 08:00)		
Soup/Broth	Pressure	Low (40-50kPa) High (70-80kPa)		
	Time Setting	Less	Normal	More
	Default Cooking Time (adjustable)	10 minutes (00:10)	30 minutes (00:30)	3 hours (03:00)
	Cooking Time Range	1 minute to 4 hours (00:01 to 04:00)		
Meat	Pressure	Low (40-50kPa) High (70-80kPa)		
	Time Setting	Less	Normal	More
	Default Cooking Time (adjustable)	10 minutes (00:10)	30 minutes (00:30)	45 minutes (00:45)
	Cooking Time Range	1 minute to 4 hours (00:01 to 04:00)		
Stew	Pressure	Low (40-50kPa) High (70-80kPa)		
	Time Setting	Less	Normal	More
	Default Cooking Time (adjustable)	20 minutes (00:20)	35 minutes (00:35)	45 minutes (00:45)
	Cooking Time Range	1 minute to 4 hours (00:01 to 04:00)		
Sterilise	Pressure	Low (40-50kPa) High (70-80kPa)		
	Time Setting	Less	Normal	More
	Default Cooking Time (adjustable)	30 minutes (00:30) NO PRESSURE	15 minutes (00:15)	30 minutes (00:30)
	Cooking Time Range	1 minute to 1 hour (00:01 to 01:00)		

Using Pressure Cooking Smart Programmes

Pressure Cooking Settings

Smart Programme		Settings		
Rice	Pressure	Low (40-50kPa) High (70-80kPa)		
	Time Setting	Less	Normal	More
	Default Cooking Time (adjustable)	8 minutes (00:08)	12 minutes (00:12)	15 minutes (00:15)
	Cooking Time Range	1 minute to 1 hour (00:01 to 01:00)		
Brown Rice	Pressure	Low (40-50kPa) High (70-80kPa)		
	Time Setting	Less	Normal	More
	Default Cooking Time (adjustable)	20 minutes (00:20)	30 minutes (00:30)	1 hour (01:00)
	Cooking Time Range	1 minute to 1 hour (00:01 to 01:00)		
Porridge	Pressure	Low (40-50kPa) High (70-80kPa)		
	Time Setting	Less	Normal	More
	Default Cooking Time (adjustable)	1 minute (00:01)	5 minutes (00:05)	30 minutes (00:30)
	Cooking Time Range	1 minute to 1 hour (00:01 to 01:00)		
Bean	Pressure	Low (40-50kPa) High (70-80kPa)		
	Time Setting	Less	Normal	More
	Default Cooking Time (adjustable)	10 minutes (00:10)	20 minutes (00:20)	45 minutes (00:45)
	Cooking Time Range	1 minute to 1 hour (00:01 to 01:00)		
Chili	Pressure	Low (40-50kPa) High (70-80kPa)		
	Time Setting	Less	Normal	More
	Default Cooking Time (adjustable)	10 minutes (00:10)	30 minutes (00:30)	45 minutes (00:45)
	Cooking Time Range	1 minute to 1 hour (00:01 to 01:00)		


Using Pressure Cooking Smart Programmes

Pressure Cooking Tips

Smart Programme	Setting	Suggested Use	Note
Pressure Cook	Less	Manual Programming	Press Pressure Level to toggle between High and Low pressure. Use + / - buttons to adjust cook time. Adjust according to recipe for desired results.
	Normal		
	More		
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	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. It will retain cooking juices for tender, succulent meat.
	Normal	Very soft texture	
	More	Fall-off-the-bone texture	
Stew	Less	Soft texture	Choose setting based on meat texture desired or adjust cook time manually. Always use NR Always use NR to release pressure when cooking food with added starch or thickeners.
	Normal	Very soft texture	
	More	Fall-apart texture	
Sterilise	Less	No pressure steam sterilisation	Sterilise utensils, tempered glass and heat-resistant plastics.
	Normal	Sterilisation and water-bath canning	Sterilise utensils, tempered glass and some heat-resistant plastics. Low-pressure hot water bath canning of acidic fruits and vegetables.
	More	Sterilisation and water-bath canning	Sterilise utensils, tempered glass and some heat-resistant plastics. High-pressure hot water bath canning of acidic fruits and vegetables.
Rice	Less	Tender but firm to bite	After cooking, wait 10 minutes, then use QR to release pressure, or allow to depressurise with NR.
	Normal	Normal texture white rice	
	More	Softer texture white rice	
Brown Rice	Less	Tender but firm to bite	After cooking, wait 10 minutes, then use QR to release pressure, or allow to depressurise with NR.
	Normal	Normal texture brown rice	
	More	Softer texture brown rice	

Using Pressure Cooking Smart Programmes

Smart Programme	Setting	Suggested Use	Note
Porridge	Less	Oats—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	
Bean	Less	Tender but firm to bite	Choose setting based on desired bean texture 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	Normal texture	
	More	Softer texture	
Chili	Less	Chili without meat	Adjust time as directed in recipe. Always use NR to release pressure when cooking thick sauces or foods that expand, like beans.
	Normal	Chili with meat	
	More	Chunky chili with meat	

 **CAUTION**

Use a meat thermometer to ensure meat reaches a safe minimum internal temperature. Refer to the WHO ([World Health Organization](#)) website and/or review your local government’s food safety recommendations for more information.

Using Non-Pressure Cooking Smart Programmes

The Duo Gourmet is much more than a pressure cooker. These non-pressure cooking Smart Programmes get you cooking quickly and easily.

The following sections provide the safest steps for using the multicooker.



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

⚠ WARNING	
Do not fill inner pot higher than the PC MAX — 2/3 line as indicated on the inner pot.	Always cook with the inner pot in place. Do not pour food or liquid into the multicooker base.
When cooking foods that expand (e.g.; rice, beans, pasta) do not fill the inner pot higher than the — 1/2 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 multicooker base.

Using Non-Pressure Cooking Smart Programmes

Slow Cook

Slow Cook is a non-pressure cooking programme that is compatible for use with any common slow cooker recipe.

Setting	Suggested Use	Notes
Less	Low setting on common slow cookers	Follow recipe directions for slow cooking. Less is commonly used for low and slow, all-day cooking, and should be set for a minimum of 8 hours (08:00) for best results.
Normal	Medium setting on common slow cookers	
More	High setting on common slow cookers	

1. Remove the inner pot from multicooker base. Add food and liquid ingredients to the inner pot.
2. Insert the inner pot into the multicooker base.
3. Secure the power lead to the base power socket at the back of the multicooker base. Ensure the connection is tight.

Connect the power lead to a 220-240 V power source. The multicooker goes to Standby mode and the display indicates **OFF**.

4. Place and close the lid as described in **Pressure Control Features–Pressure Cooking Lid**, or use a glass lid with a venting hole.
5. Press the quick release button down until it clicks and locks into the **Vent** position.
6. Press **Slow Cook** to select the Slow Cook Smart Programme.
7. Press **Slow Cook** again to cycle through the **Less**, **Normal** and **More temperature** options.
8. Use the **– / +** buttons to adjust the cooking time.

Note: Cooking time and temperature level adjustments are saved to the Smart Programme when cooking begins.

9. Press Keep Warm to toggle the automatic **Keep Warm** setting off and on.
10. After 10 seconds, cooking begins and the display timer counts down.
11. When cooking completes, the display indicates **End** if Keep Warm is turned off. If not, the timer begins counting from 00:00 up to 10 hours **(10:00)**.

Note: The float valve should not rise during Slow Cook. The lid is removable throughout the cooking process for easy access. If the float valve rises, ensure the quick release button is set to the **Vent** position. Refer to **Depressurising the Multicooker**.

Using Non-Pressure Cooking Smart Programmes

Sauté

Sauté is a non-pressure cooking programme that can be used in place of a frying pan or flat-top grill.

Setting	Suggested Use	Notes
Less	Simmering, thickening and reducing liquids	The display switching from “Hot” to “On” indicates the multicooker is maintaining the cooking temperature. As a safety precaution, 30 minutes is the maximum cooking time and cannot be adjusted.
Normal	Pan searing or sautéing	
More	Stir-frying or browning meat	

1. Insert the inner pot into the multicooker base. **Do not use a lid.**
2. Secure the power lead to the base power socket at the back of the multicooker base. Ensure the connection is tight.


Connect the power lead to a 220-240 V power source. The multicooker goes to Standby mode and the display indicates **OFF**.
3. Press **Sauté** to select the Sauté Smart Programme.
4. Press **Sauté** again to cycle through the **Less**, **Normal** and **More** temperature options
Note: *Cooking temperature adjustments are saved to the Smart Programme when cooking begins.*
5. After 10 seconds, the multicooker displays **On** to indicate that it has begun heating.
6. When display switches from **On** to **Hot**, add recipe ingredients.
Note: *If recipe ingredients are added before the Hot message appears, it may not appear at all. This is normal.*
7. When cooking completes, the display indicates **End**.
Note: *Automatic Keep Warm cannot be turned on for the Sauté Smart Programme.*

Deglazing the Inner Pot (Pressure Cooking After Sauté)

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

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.

**WARNING**

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

Using Non-Pressure Cooking Smart Programmes

Yogurt

Yogurt is a non-pressure cooking Smart Programme made for easy fermented dairy and non-dairy recipes.

Instant Pot Size	Minimum Milk Volume	Maximum Milk Volume
5.7 Litres	1 L	3.8 L

Setting	Suggested Use	Notes
Less	For lower temperature fermentation (e.g.; Jiu Niang, a sweet fermented glutinous rice dessert)	Default fermentation time is 24 hours . Adjust as desired up to 99 hours and 30 minutes .
Normal	Fermenting milk after culture has been added	A longer fermentation will result in tangier yogurt. Adjust as desired up to 99 hours and 30 minutes .
More	Pasteurizing milk	Pasteurization time is preset and cannot be adjusted. For extra thick yogurt, pasteurise milk twice.

Pasteurise Milk

1. Add unpasteurised milk to the inner pot then insert the inner pot into the multicooker base.
2. Secure the power lead to the base power socket at the back of the multicooker base. Ensure the connection is tight.

Connect the power lead to a 220-240 V power source. The multicooker goes to Standby mode and the display indicates **OFF**.

3. Place and close the lid as described in **Pressure Control Features—Pressure Cooking Lid**.
4. Press **Yogurt** to select the Yogurt Smart Programme.
5. Press **Yogurt** again to cycle to the **More** option.
The display indicates **boiL**.
6. After **10 seconds** the multicooker begins heating.
7. When pasteurization completes, the display indicates **End**.
8. Remove the lid and use a thermometer to check the temperature.

Note: Milk must reach a minimum of 72 °C for pasteurization to occur.

Using Non-Pressure Cooking Smart Programmes

Add Starter Culture

1. Allow pasteurised milk to cool to just below 43 °C.
2. Add a starter culture to the milk according to package instructions.

Note: If using plain yogurt as a starter, ensure that it contains an **active culture**. Mix in 30 ml of yogurt per 3.7 L of milk, or follow a trusted recipe.

3. Place and close the lid as described in **Pressure Control Features—Pressure Cooking Lid**.

Ferment Yogurt

1. Press **Yogurt** to select the Yogurt Smart Programme.
2. Press **Yogurt** again to cycle to the **Normal** option.
The display indicates **08:00**.
3. Use the **- / +** buttons to adjust the fermentation time if desired.
4. After **10 seconds** the multicooker begins heating. The display timer counts up to the set time from **00:00**.
5. When fermentation completes, the multicooker beeps and displays **End**.

Yogurt Cups

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

1. After adding the starter culture to the pasteurised 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 the steps in "Ferment Yogurt" above.

Using Non-Pressure Cooking Smart Programmes

Sous Vide

Sous Vide cooking brings vacuum-sealed food to a very accurate temperature and maintains that temperature for a period of time to achieve high quality, consistently delicious results.

Set the cooking temperature from a range of 25 °C to 90 °C

You'll need (not included):

- Tongs
- Thermometer
- Airtight or Vacuum Sealed Food Pouches
- Optional: Vacuum sealer

1. Fill the inner pot with warm water up to – **1/2** line, as indicated on the inner pot.
2. Insert the inner pot into the multicooker base.
3. Secure the power lead to the base power socket at the back of the multicooker base. Ensure the connection is tight.

Connect the power lead to a 220-240 V power source. The multicooker goes to Standby mode and the display indicates **OFF**.

4. Place and close the lid as described in **Pressure Control Features—Pressure Cooking Lid**.

Note: For optimal temperature control, the pressure cooking lid must be fully closed **or** completely removed when cooking sous vide. Resting the lid on the multicooker base, **or** using a glass lid, may cause the internal temperature to rise higher than desired.

5. Press **Sous Vide** to select the Sous Vide Smart Programme.
6. Use the – / + buttons to adjust the temperature in increments of 1 °C.
7. Press **Sous Vide** again to toggle to cook time setting.
8. Use the – / + buttons to adjust the cook time.

Note: Cooking time and temperature adjustments are saved to the Smart Programme when cooking begins.

9. After **10 seconds**, the display shows **On** to indicate that it has begun heating.
10. While the multicooker heats, season food as desired. Refer to **Ingredients and Seasonings**. Separate single servings of food within individual pouches. Remove air and seal tightly.
11. The multicooker beeps once the water temperature is reached. Remove the lid and immerse the sealed pouches in the warm water.

Note: The pouches contents should be submerged, but the seal should remain above the water line. Add heated water as needed.

12. Place and close the lid as described in **Pressure Control Features—Pressure Cooking Lid**.

Using Non-Pressure Cooking Smart Programmes

13. 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.
14. Once complete, the display indicates **End**. Open the multicooker and carefully remove the pouches from water.
15. Remove contents from pouches and use a thermometer to check for doneness. Follow a recipe or refer to the **Sous Vide Cooking Guidelines**.

Reverse Searing

Searing your meat after cooking, rather than before, is a great way to boost flavours.



Do not overfill the inner pot. Ensure that total contents (water and food pouches) leave at least 5 cm of space between the brim of the inner pot and the water line.

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 Programme, or use a pan, browning torch, or grill.

Note: *Pan, torch and grill are not included.*

Ingredients and Seasonings

- Use high quality, fresh ingredients when cooking sous vide to ensure the best possible flavour.
- 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.

Using Non-Pressure Cooking Smart Programmes


Sous Vide Cooking Guidelines

Food	Recommended Thickness	Expected Doneness	Cooking Temperature*	Minimum Cooking Time*	Maximum Cooking Time*
Beef and Lamb					
Tender Cuts: Tenderloin, cutlets, sirloin, rib-eye, rump, T-bone, chops	2-5 cm	Rare	50 °C	1 hour	4 hours
		Medium-rare	54 °C	1.5 hours	4 hours
Tougher Cuts: Blade, chuck, shoulder, shanks, game meats	4-6 cm	Medium	60 °C	1.5 hours	4 hours
		Medium-well	63 °C	1.5 hours	4 hours
Poultry					
Chicken Breast	3-5 cm	Soft and Juicy	63 °C	1.5 hours	4 hours
		Traditionally firm	69 °C	1 hour	4 hours
Chicken Thigh	3-5 cm	Juicy and tender	74 °C	1 hour	4 hours
		Off-the-bone tender	74 °C	4 hours	8 hours
Chicken Leg	5-7 cm	Juicy and Tender	74 °C	2 hours	7 hours
Duck Breast	3-5 cm	Soft and Juicy	64 °C	2 hours	4 hours
Pork					
Belly	3-6 cm	Traditionally firm	82 °C	10 hours	22 hours
Ribs	2-3 cm	Off-the-bone tender	59 °C	10 hours	22 hours
Chops	2-4 cm	Pink and juicy	57 °C	1 hour	4 hours
		White throughout and juicy	64 °C	1 hour	4 hours

Using Non-Pressure Cooking Smart Programmes

Food	Recommended Thickness	Expected Doneness	Cooking Temperature*	Minimum Cooking Time*	Maximum Cooking Time*
Fish and Seafood					
Fish	2-3 cm	Soft and buttery	43 °C	10 minutes	30 minutes
		Translucent / starts to flake	46 °C	20 minutes	45 minutes
		Medium-rare	52 °C	20 minutes	45 minutes
		Medium, dry	54 °C	20 minutes	45 minutes
		Well-done, crumbly	57 °C	20 minutes	45 minutes
Shrimp	-	Traditionally firm	60 °C	30 minutes	45 minutes
Lobster Tail	-	Soft and buttery	60 °C	1 hour	1 hour
Scallops	-	Soft and buttery	60 °C	30 minutes	30 minutes
Eggs					
Eggs	Large / Extra Large	Runny	60 °C	-	45 minutes
		Soft boiled	62 °C	-	45 minutes
		Medium boiled	65 °C	-	1 hour
		Hard boiled	73.9 °C	-	1 hour
Fruits and Vegetables					
Fruits	-	-	84 °C	15 minutes	2 hours
Vegetables	-	-	84 °C	45 minutes	2.5 hours

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

**CAUTION**

Use a meat thermometer to ensure meat reaches a safe minimum internal temperature. Refer to the WHO ([World Health Organization](#)) website and/or review your local government’s food safety recommendations for more information.

Care, Cleaning and Storage

Clean your Duo Gourmet after each use.

Always unplug your Duo Gourmet and let it cool to room temperature before cleaning.

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

Part	Instruction	Cleaning Method
Accessories <ul style="list-style-type: none">• Steam Rack• Mini Mitts• Soup Spoon• Rice Paddle• Measuring Cup	<ul style="list-style-type: none">• Wash after each use.• Never use harsh chemical detergents, powders or scouring pads on accessories.• For dishwasher, place on top rack.	Dishwasher Safe* and Hand Washable
Lid & Parts <ul style="list-style-type: none">• Anti-Block Shield• Sealing Rings• Steam Release Valve• Float Valve• Silicone Cap• Condensation Collector	<ul style="list-style-type: none">• Wash after each use with hot water and mild washing up liquid and allow to air dry, or place in top rack of dishwasher.• Remove all small parts from lid before washing.• With steam release valve and anti-block shield removed, clean interior of 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°— such as 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 flavourful meals. To eliminate odors, add 250 ml water and 250 ml white vinegar to inner pot, and run Pressure Cook for 5-10 minutes, then QR pressure.• Empty and rinse condensation collector after each use.	
Inner Pot	<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.• Wash after each use.• Ensure all exterior surfaces are dry before placing in multicooker base.	

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

Care, Cleaning and Storage

Part	Instruction	Cleaning Method
Detachable Power Lead	<ul style="list-style-type: none">• Use a barely-damp cloth to wipe any particles off power lead.	Damp Cloth Only
Multicooker Base	<ul style="list-style-type: none">• Wipe the inside of the outer pot as well as the condensation rim with a barely-damp cloth, and allow to air dry.• Clean multicooker base and control panel with a soft, barely-damp cloth or sponge.	

⚠ WARNING			
Ensure heating element remains dry at all times.	Do not immerse multicooker base in water or attempt to cycle through dishwasher.	Do not submerge power lead at any time.	Do not wet prongs of power lead.

Troubleshooting

Problem	Possible Reason	Solution
Difficulty closing the lid	The sealing ring is not properly installed	Reposition the sealing ring, ensure it is snug behind the sealing ring rack.
	The float valve is in the popped-up position	Gently press the float valve downward with a long utensil.
	Contents in the multicooker are still hot	Press the quick release button down until it clicks into the Vent position, then lower the lid onto the multicooker base slowly, allowing heat to dissipate.
Difficulty opening the lid	⚠ WARNING Contents may be under pressure; to avoid scalding injury, do not attempt to force the lid open.	
	Pressure inside the multicooker	Release pressure according to recipe; only open the lid after the float valve has dropped down.
	The float valve is stuck in the popped-up position due to food debris or residue	Ensure steam is completely released by quick releasing pressure, then press the float valve gently with a long utensil. Open the lid cautiously and thoroughly clean the float valve, surrounding area, and lid before next use.
Inner pot is stuck to the lid when the multicooker is opened	Cooling of the inner pot may create suction, causing the inner pot to adhere to the lid	To release the vacuum, press the quick release button down until it clicks into the Vent position.
Steam leaks from the side of the lid	No sealing ring in the lid	Install the sealing ring.
	The sealing ring is damaged or not properly installed	Replace the sealing ring.
	Food debris on the sealing ring	Remove the sealing ring and clean it thoroughly.
	The lid is not closed properly	Open, then close lid.
	The sealing ring rack is warped or off-center	Remove the sealing ring from lid, check the sealing ring rack for bends or warps. Contact Customer Care.
	The inner pot rim may be misshapen	Check for deformation and contact Customer Care.
Float valve does not rise	Food debris on the float valve or float valve silicone cap	Remove the float valve from the lid and clean thoroughly; perform "Initial Test Run" to check for function and record findings. Contact Customer Care.
	Too little liquid in the inner pot	Check for scorching on the bottom of the inner; Add thin, water-based liquid to the inner pot according to its size: 5.7 Litre: 375 ml
	The float valve silicone cap damaged or missing	Install or replace the float valve.
	The float valve is obstructed by the lid-locking mechanism	Tap the float valve with a long utensil. If the float valve does not drop, turn the multicooker off. Contact Customer Care.
	No heat in the inner pot	Perform "Initial Test Run" to check for function and record findings. Contact Customer Care.
	The inner pot base may be damaged	Perform "Initial Test Run" to check for function and record findings. Contact Customer Care.

Troubleshooting

Problem	Possible Reason		Solution
Minor steam leaking/hissing from the steam release valve during the cook cycle	The quick release button not in the Seal position		Click the quick release button to ensure it is in the Seal position.
	The multicooker is regulating excess pressure		This is normal; no action required.
Steam gushes from the steam release valve when the quick release button is in the "Seal" position	Not enough liquid in the inner pot		Add thin, water-based liquid to the inner pot according to its size: 5.7 Litre: 375 ml
	Pressure sensor failure		Contact Customer Care.
	The steam release valve is not seated properly		Click the quick release button to ensure it is in the Seal position.
The display remains blank after connecting the power lead	Bad power connection or no power		Check the socket to ensure it is powered. Ensure the connection between the power lead and multicooker base is tight. Inspect the power lead for damage. If it is damaged, contact Customer Care.
	The multicooker's electrical fuse has blown		Contact Customer Care.
Error code appears on display and the multicooker beeps continuously	C1 C2 C6 C6H C6L	Faulty sensor	Contact Customer Care.
	C5	The temperature is too high because the inner pot is not placed in the multicooker base	Press Cancel and wait for the heating element to cool; ensure there are no foreign objects in the multicooker base; insert or reposition the inner pot in the multicooker base and re-enter commands.
		The temperature is too high because there is no water in the inner pot	Add thin, water-based liquid to the inner pot according to its size: 5.7 Litre: 375 ml
	C7 or NoPr	Heat element has failed	Contact Customer Care.
		Not enough liquid	Add thin, water-based liquid to the inner pot according to its size: 5.7 Litre: 375 ml
		Quick release button is in the Vent position	Click the quick release button to ensure it is in the Seal position.
	Lid	Lid is not in the correct position for the selected Programme	Open and close the lid. Do not use a lid when using Sauté .
	OvHt / Burn / Food burn	High temperature detected at the bottom of the inner pot; the multicooker automatically reduces temperature to avoid overheating	Starch deposits at the bottom of the inner pot may have blocked heat dissipation. Turn the multicooker off, release pressure according to the recipe, and inspect the bottom of the inner pot.
	PrSE	Pressure has accumulated during a non-pressure cooking- Programme	Press the quick release button down until it clicks into 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 the inner pot. Ensure the heating element is dry before inserting the inner pot into the multicooker base.

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

Warranty

Limited Warranty

Earlyview Ltd., an authorised distributor of Instant Brands, Inc., and Instant Brands Inc. (collectively the “Company”) warrant this appliance to be free from defects in workmanship and material, under normal household use, for a period of one (2) years from the date of original purchase. This Limited Warranty extends only to the original purchaser and use of the appliance in the UK. This warranty does not cover appliance use outside of the UK. Proof of original purchase date and, if requested, return of your appliance is required to obtain service under this Limited Warranty. Provided that this appliance is operated and maintained in accordance with the written instructions included with the appliance (which are also available at instantpot.co.uk), the Company will, at its sole discretion, either: (i) repair defects in materials and workmanship; or (ii) replace the appliance. In the event the appliance is replaced, the Limited Warranty on the replacement appliance will expire 24 months from the date of original consumer purchase. The Company is not responsible for shipping costs for warranty service.

Limitation and Exclusions

Any modification or attempted modification to your appliance may interfere with the safe operation of the appliance and may result in serious injury and damage. Any modification or attempted modification to your appliance or any part thereof will void the warranty, unless such modification(s) or alteration(s) were expressly authorised by the Company.

This warranty does not cover (1) normal wear and tear; (2) damage resulting from negligent, unreasonable or misuse of the appliance, improper assembly or disassembly, use contrary to the operating instructions, failure to provide reasonable and necessary maintenance, Acts of God (such as fire, flood, hurricanes and tornadoes), or repair or alteration by anyone, unless expressly directed and authorised by the Company; and (3) repairs where your appliance is used for other than normal household use and in a manner contrary to published user or operator instructions.

To the extent permitted by applicable law, the liability of the Company, if any, for any allegedly defective appliance or part shall be limited to repair or replacement of the appliance or part thereof, and shall not exceed the purchase price of a comparable replacement appliance. Except as expressly provided herein and to the extent permitted by law, (1) the Company makes no warranties, conditions or representations, express or implied, usage, custom of trade or otherwise with respect to the appliance or parts covered by this warranty and (2) the Company shall not be responsible or liable for indirect, incidental or consequential damages arising out of or in connection with the use or performance of the appliance or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of any nature or kind. You may have rights and remedies under applicable laws, which are in addition to any right or remedy which may be available under this limited warranty.

Warranty

Warranty Registration

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

Warranty Service

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

Contact Information

Instant Pot / Earlyview Ltd
Unit 5 Hersham Farm Business Park Kitsmead Lane
Chertsey, Surrey KT16 0DN, UK

Email: support@instantpot.co.uk Telephone: **+44 (0) 3331 230051**

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

Recycling

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

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





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Register your product today at:

instantpot.co.uk

Contact Customer Care:

support@instantpot.co.uk or
+44 (0) 3331 230051

Hours of Operation:

Monday – Friday 9:00 am – 5:00 pm GMT

Supported Languages:

English, French and Spanish

Please note that hours of operation are
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