

FAQ

General

<input type="checkbox"/> What makes the Duo Plus so unique?
<input type="checkbox"/> Why is the Duo Plus called the 9-in-1?
<input type="checkbox"/> What are the 15 Smart built-in programs?
<input type="checkbox"/> Why do you refer to Instant Pot as the Smart Cooker?
<input type="checkbox"/> How do the Smart Programs work?
<input type="checkbox"/> Why should I own a Duo Plus Mini (3 Quart)?
<input type="checkbox"/> Why do I need to do the Initial Test Run (Water Test)?
<input type="checkbox"/> Where can one purchase the Instant Pot Duo Plus Series
<input type="checkbox"/> Is the Duo Plus Series currently available in the UK or Europe?

- The Duo Plus is a 9-in-1 Multi-Use Programmable Pressure Cooker. It combines the functions of a Pressure Cooker, Slow Cooker, Rice/Porridge Cooker, Yogurt Maker, Cake/Egg Maker, Sauté/Searing pan, Steamer, Sterilizer and a Warmer

The Duo Plus is designed with a large, blue, LCD display with a user interface to adjust the cooking settings, pressure levels, Keep Warm ON/OFF at any time during the cooking process. There are 4 icons to easily view the status, Heat, Pressure Cook, Keep Warm and Sound. The 'Heat' indicates heating or cooking in progress, 'Pressure Cook' indicates the pressure cook program is selected, 'Keep Warm' indicates if it is ON/OFF, and 'Sound' indicates if the sound is ON/OFF when cooking starts or is completed.

- **The Duo Plus is a 9-in-1 as it replaces 9 commonly used kitchen appliances** – Pressure Cooker, Slow cooker, Rice/Porridge Cooker, Cake Maker, Yogurt Maker, Sauté/Searing Pan, Steamer, Sterilizer and Warmer.
- **The 15 Smart programs** are: Soup/Broth, Meat/Stew, Bean/Chili, Cake, Egg, Slow Cook, Sauté/Searing, Rice, Multigrain, Porridge, Steam, Sterilize, Yogurt, Keep Warm, and Pressure Cook.
- **The Instant Pot is a smart cooker as it has pre-programmed cooking instructions for food ingredients and cooking methods.** It remembers the last customization on all cooking programs for a more personalized cooking experience.
- **Instant Pot® is developed with an embedded microprocessor.** It has pre-programmed cooking instructions for food ingredients and cooking methods. The microprocessor carefully runs lab-tested algorithms to control the time, cooking pressure and temperature to ensure consistent cooking results. It remembers the last customization on all cooking programs for a more personalized cooking experience.

- The Duo Plus Mini is perfect for cooking side dishes, vegetables or other accompaniments such as rice. This appliance is ideal for small households or where counter space is at a premium; for students off to college; or, to bring along when traveling.

For additional technical details on the Instant Pot pressure cookers please visit:

<http://instantpot.com/wp-content/uploads/2017/07/product-comparison.pdf>

- **The Initial Test Run helps you become familiar with your Instant Pot®** while ensuring the Duo Plus is working properly before you start preparing your delicious dishes.
- The Duo Plus Series is available at <https://instantpot.com/where-to-buy/>

Verify the retailer near you for the model you are looking for.

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Specification

<input type="checkbox"/> In what size is the Duo Plus available?
<input type="checkbox"/> What is the power of the Heating element on the Duo Plus?
<input type="checkbox"/> What is the power supply of the Duo Plus?
<input type="checkbox"/> What is the color of the Duo Plus?
<input type="checkbox"/> What are the dimensions of the Duo Plus?
<input type="checkbox"/> What is the weight of the Duo Plus?

- The Duo Plus is available in the **3, 6, and 8 Quart.**
- Duo Plus 8 Quart: **1200W**

Duo Plus 6 Quart: **1000W**

Duo Plus 3 Quart: **700W**

- All Duo Plus models are **120V – 60Hz.**

















Note: The 120V models are designed for use in North America. Use outside of North America will void the warranty.

- The Duo Plus Series is brushed stainless steel and black.
- Duo Plus 8 Quart: **15.56 pounds**

Duo Plus 6 Quart: **11.83 pounds**

Duo Plus 3 Quart: **8.80 pounds**

Operating Functions

 What is meant by dual pressure settings?
 What are the ranges of the High and Low pressure settings?
 How should the steam release be positioned for Pressure Cooking?
 How long after selecting the settings will the Duo Plus start?
 How do I know if the Sound is ON/OFF?
 What is the Delay Start?
 How long is the Delay Start time?
 Can the Delay Start be used for all dishes?
 What is the Sterilize program suitable?
 How does the Cancel button work?
 Can I make cooking adjustments after the cooking process has started?
 How do I stop a program after it has started?
 How do I turn the Instant Pot OFF?
 How many customizations does the Duo Plus remember?
 How do I return the Duo Plus's default setting for a specific cooking program?
 How do I remove all customizations and return to the factory settings?

- Dual Pressure Settings provides you the ability to cook with high pressure reducing cooking time by up to 70% and low pressure to avoid overcooking delicate food.
- **High Pressure is from 10.2 to 11.6 PSI and Low Pressure is from 5.8 to 7.2 PSI.**
- The steam release valve/handle must be in the **Sealing** position for pressure-cooking. When the steam release valve is in the Sealing position, it would only move as far over as the little symbol next to the word sealing.
- 10 seconds after selecting your settings, the cooking process will start. The Duo Plus will beep 3 times and the LCD displays **ON**.
- You can adjust the sound when in standby mode, press the “Cancel” button. When in standby, hold the minus button to turn the sound OFF or hold the plus button the turn the sound ON. Hold the

button for at least 5 seconds and the LCD display will show "S OFF" for sound Off or "S ON" for sound ON.

- The Delay Start allows the start of a cooking program to be delayed by the amount of time specified.

Note: When using the Delay Start please allow sufficient cooling down time prior to serving.

- The Delay Start can be set for a maximum of **24 hours**.
- The **Delay Start** is not recommended for porridge, oatmeal, or any other foamy and thick liquids. When preparing foods that foam or splatter, the cooking progress should be monitored.
- With the '**Sterilize**' program one can pasteurize dairy products; sterilize baby bottles, jars, utensils, and certain types of canning much more conveniently. (**Note:** Refer to the "[USDA Complete Guide to Home Canning](#)" for details)
- The cancel function ends a cooking program at any time or returns the Duo Plus to the standby mode displaying **OFF**. It can also be used to reset the Duo Plus to full factory default.
- The Duo Plus allows one to easily adjust settings even after the cooking is in progress.
- Once the cooking process has started, you can press Cancel at any time to end the program. The Duo Plus will then go into the Standby mode.
- To turn OFF, press CANCEL and remove the plug from the wall outlet.

Note: Unplug from the power outlet when not in use and prior to cleaning. Please ensure it has cooled sufficiently before storing.

- The Duo Plus remembers your last customization on all cooking programs.
- To return to the factory default setting for a specific cooking program, return the Duo Plus to the Standby mode by pressing **Cancel**. Now hold down the button for the cooking program, such as "Soup/Broth" for at least 10 seconds until you hear an audible beep.
- To remove all customizations and return to the factory default settings, return the Duo Plus to the Standby mode by pressing **Cancel**. Press and hold the Cancel key until the Duo Plus beeps.

Cookings

<input type="checkbox"/> How long does the Duo Plus Pressure Cook?
<input type="checkbox"/> How much liquid is required in the Inner Pot to Pressure Cook?
<input type="checkbox"/> How do I know which settings to use for my dish?
<input type="checkbox"/> What pressure levels are available?
<input type="checkbox"/> What is the difference between the Natural Release (NR) and Quick Release (QR) methods?
<input type="checkbox"/> How do I know if I should use the Natural Release (NR) and Quick Release (QR) method?
<input type="checkbox"/> Does the pressure level have any effect on non-pressure cooking programs; Slow Cook, Sauté, or Yogurt?
<input type="checkbox"/> What is the maximum time for the Sauté function?
<input type="checkbox"/> Should I use the Lid for the Sauté function?
<input type="checkbox"/> What are the different Sautéing functions?
<input type="checkbox"/> For how many hours can the Instant Pot® Slow Cook?
<input type="checkbox"/> How many temperature settings are there in the Slow Cook program?
<input type="checkbox"/> How does the Slow Cook function work in comparison to a slow cooker?
<input type="checkbox"/> What is the maximum fermentation time allowed for creating Yogurt?
<input type="checkbox"/> How do I know if the Keep Warm function is ON/OFF?
<input type="checkbox"/> How do I know the length of time lapsed when in Keep Warm?
<input type="checkbox"/> How many temperature settings are there for the Keep Warm function?
<input type="checkbox"/> How long can the Duo Plus remain in the Keep Warm function?
<input type="checkbox"/> Why does the Keep Warm function have a maximum time of 24 hours?
<input type="checkbox"/> What temperatures does Instant Pot operate at on the different settings?

- The Duo Plus can pressure cook for a maximum of:

3 Quart – 4 hrs

6 Quart – 6 hrs

8 Quart – 6 hrs

- To pressure cook always add at least 1.5 cups for 3 quart, 2 cups for 6 quart, and 3 cups for 8 quart of water or other liquids with a thin, watery consistency so enough steam can be generated to cook under pressure. These liquids include cooking sauces, wine, beer, and stocks.

Note: Oils and oil-based sauces do not have sufficient water content and do not account for the required liquid volume.

- [Please verify the manual provided with the Duo Plus.](#) If working with an Instant Pot® recipe, please follow the instructions indicated.
- There are two pressure levels, **Low and High.**

Natural Release: Allows the Duo Plus to cool down naturally until the float valve drops down. The steam release valve/handle is kept in the Sealing position. This may take 10 to 40 minutes, or even longer, depending on the amount of food in the Duo Plus. Place a wet towel on the lid to speed up the cooling process (**Note: Do not cover or obstruct the Steam Release Valve/handle**). Once the cooking process is completed, ensure the Keep Warm function is turned OFF.

Quick Release: Turn the steam release valve/handle to the Venting position to let steam out until the float valve drops. Never pull out the steam release valve/handle while it is releasing steam as escaping steam is extremely hot and can cause scalds.

Note: For food with large liquid volume or starchy content, use the Natural Release as thick liquid may splatter out and/or clog the lid's components.

- Please refer to the recipe. The **Quick Release** method is used for delicate dishes such as custards and fresh vegetables and the **Natural Release** method is used for meats, soups and grains.
- No, the pressure level is only for pressure-cooking.
- The **maximum time is 30 minutes as a safety precaution.**

Note: Do not use the Instant Pot® lid when Sautéing.

- Do not use the Instant Pot® lid on the Sauté program or there will be a warning sound. The sauté time is set for a maximum of 30 minutes as a safety precaution.
- You may choose between Less (for simmering or thickening sauce), Normal (for regular searing), and More (for stir-frying or blackening meat).

When the Duo Plus has reached the working temperature the LCD will display Hot. Add food to the inner pot and begin sautéing.

- The Slow Cook can be set from **0.5 – 20 hours.**
- There are 3 temperature settings, **Less, Normal, and More.**
- The Instant Pot® Slow Cook function controls the slow cooker with 3 different temperature settings. For instance, normal is 194~205°F/90~96°C; whereas, most conventional slow cookers do not actually control the temperature levels, they only apply different heating intervals or intensity. The difference between the High and Low settings of most conventional slow cookers is only in the time it take to reach 212°F or 100°C.
- **The 3 temperature ranges in the Instant Pot® are:**

Less: 82-87.8°C/180-190°F (low setting in a slow cooker)

Normal: 8~93°C/190-200°F (medium setting in a slow cooker)

More: 93~99°C/200~210°F (high setting in a slow cooker)

Note: For non-pressure cooking one may use the Instant Pot® glass lid.

- Fermentation may be set up to **99.5** hours at **2** temperatures.
- For the Duo Plus, the **Keep Warm** icon will be lite when turned ON. When the cooking cycle is completed, the Duo Plus beeps and enters **Keep Warm**.
- The Keep Warm time is displayed on the LCD panel.
- The **Keep Warm** has **3** temperature settings to maintain food at different serving temperatures. To select a temperature for Keep Warm press the Keep Warm button repeatedly to move from Less, Normal or More.
- The maximum time in **Keep Warm** is **24** hours. After 24 hours the Duo Plus will automatically turn **OFF**. The Keep Warm **ON/OFF** function can be used at any time during the cooking process.
Note: For the Rice function it is not recommended to have the Keep Warm on for more than 2 hours
- The **Keep Warm** will automatically shut off after **24** hours for **safety** and **energy consumption** reasons.

Pressure Cook Working Pressure: Low 5.8–7.2 PSI (40-50 kPa), High 10.2–11.6 PSI (70–80 kPa)

Slow Cook: Low 82-87.8°C (180-190°F), Medium 87.8-93°C (190-200°F), High 93-99°C (200-210°F)

Sauté: Low 135-150°C (275-320°F), Medium 160-176°C (320-349°F), High 175-210°C (347-410°F)

Components

+	What accessories are included with the Duo Plus?
+	What is the quality of the stainless steel inner pot?
+	Can I use the Inner Pot of another Instant Pot of the same size in the Duo Plus?
+	Why does the stainless steel pot have a rainbow stain after washing?
+	What is the purpose of the Condensation Collector Cup?
+	The Steam Release Valve/handle is loose, is this normal?
+	What is the Anti-Block Shield?
+	Does the Anti-Block Shield need to be removed?
+	What is the Steam Rack for?
+	What is the quality of the stainless steel Steam Rack?
+	Is the Instant Pot Sealing Ring safe?
+	How do I remove the food odor from the Sealing Ring?
+	How often should the Sealing Ring be cleaned?
+	How often should the Sealing Ring be replaced?
+	Can I use a different brand of Sealing Ring?

- Accessories include – stainless steel (18/8) steam rack with handles to lower and lift food, condensation collector, rice paddle, soup spoon, and measuring cup.
- The inner pot is made from food grade 304 (18/8) stainless steel, 3-ply bottom for even heat distribution, no chemical coating, compliant with FDA food safety standards. Instant Pot’s inner cooking pot is dishwasher safe.
- Inner Pots of the same quart size are interchangeable.
- The discoloration on the stainless steel cooking pot is called “rainbowing” which can be caused by exposure to high heat, cooking starchy food (e.g. rice, pasta) or even detergent staining after hand or machine wash. This is common and normal in all stainless steel cookware.
- The condensation collector traps excess liquid to prevent it from spilling onto the counter.
- Yes, the Steam Release valve/handle should not lock tightly into the lid, it must fit loosely.
- The Anti-Block Shield is the round component with 6 holes on the underside of the lid. The Anti-Block Shield prevents food particles from blocking the steam release valve/handle.
- Yes, the Anti-Block Shield must be removed and cleaned after each use, especially following the preparation of foods that may splatter. To remove: Using your thumb, push the side of the Anti-Block Shield towards the lid rim and lift up with some effort. The anti-block shield should pop out. To install: Position the Anti-Block Shield in place and push down.
- The Steam Rack is used on the bottom of the inner pot when steaming vegetables or to elevate dishes outside of the liquid in the inner pot.
- The steam rack it is made from food grade 304 (18/8) stainless steel, compliant to FDA food safety standards.

- The Instant Pot sealing rings pass UL, FDA and LFGB tests for safety, including food safety. The Instant Pot sealing ring is an integral part of the Instant Pot safety features. The sealing rings have been designed, engineered, and built with the optimal material to achieve the hardness and strength required to withstand high-pressure force during electric pressure-cooking.

The Instant Pot® sealing ring is made from food grade silicone. Silicone may pick up food odors during cooking. To remove the odor, try the following:

1. Steam Clean – add 2 cups of water or white vinegar and cut-up lemon rind, run the Steam program for 2 minutes with the sealing ring in position. Then, allow the sealing ring to air dry.
2. Place the sealing ring in the dishwasher. High temperature and strong detergent will usually remove the majority of smells.
3. Soak the sealing ring overnight in white vinegar, lemon juice, tomato juice, or bleach. Then, run it through the dishwasher.
4. Store the sealing ring in a plastic bag with ground coffee or baking soda.

Or, you may wish to have one sealing ring for savory and another for sweet foods.

- It is not necessary to remove the sealing ring after each use. One should remove the sealing ring and clean following every 5-6 uses or if preparing foods that splatter.
- The sealing ring is made from food grade silicone and is extremely durable. Under normal conditions it should be fine for 18 – 24 months. If you notice cracks, leaking or deformation in the sealing ring, it should be replaced. However, the sealing ring is porous and may absorb odors and become discolored. To avoid discoloration and odors, one may wish to change the sealing ring every 6 – 12 months.
- Unapproved and unauthorized sealing rings are not manufactured, tested or certified by Instant Pot; as such, we are unable to confirm if they meet Instant Pot established standards. The use of third party sealing rings may have unexpected effects on your Duo Plus, and will void the Instant Pot warranty. Instant Pot recommends only using Instant Pot branded sealing rings.

Safety

+	What are the 10 safety mechanisms of the Instant Pot?
+	Pressure is not building why?
+	Are there any foods one must be cautious, or cannot be prepared in the Instant Pot?
+	What do I do if the Float Valve is stuck during de-pressurization?
+	What does “Ov Ht” mean?
+	How do I know when it is Safe to open the lid?
+	Why is there an occasional clicking sound when using my Instant Pot?
+	Can I place the Instant Pot on the stovetop while a burner is in use and/or close to a Heat source?
+	What accessories are recommended for use with Instant Pot?
+	My Instant Pot has stopped working, what do I do?

- The 10 safety mechanisms are described in full detail here – <https://instantpot.com/10-safety-mechanisms/>
- To build pressure it requires at least 1.5 – 2 cups (355 – 473 ml) of water or liquid.

Note: The amount of liquid is dependent on the quart size.

Not setting the steam release valve/handle to the Sealing position for pressure cook and steam. If it is not Sealed pressure will not build. For additional troubleshooting: <https://instantpot.com/troubleshooting/>

- Yes, we recommend caution with foods such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb or spaghetti as they can foam, froth or sputter and can clog the anti-block shield, steam release valve/handle, float valve or steam release pipe. When preparing these types of food, the inner pot should not be more than ½ full and a trusted recipe should be followed.

Note: Regular cleaning of the Steam Release Valve/handle, Float Valve and Anti-Block Shield is important to avoid food debris from interfering with their function.

- Move the **Steam Release Valve/handle** to the **Venting** position. Once all the steam is released, push the float valve down with a pen or long stick.
- **The float valve has not risen, why is pressure not building?**
- To build pressure please ensure your Instant Pot® has the necessary amount of water or liquid;
- Duo Plus 8 Quart: **3 cups of water or liquid**
- Duo Plus 6 Quart: **2 cups of water or liquid**
- Duo Plus 3 Quart: **1.5 cups of water or liquid**

- Please ensure that the steam release valve is to the “Sealing” position for pressure cook functions. For additional troubleshooting: <https://instantpot.com/troubleshooting/>
- **Note:** Regular cleaning of the Steam Release Valve, Float Valve and Anti-Block Shield is important to avoid any food debris from interfering with their function.
- Instant Pot® is built with a burn-protection mechanism. When a high temperature 140C/ 284F is detected on the bottom of the inner pot, the burn-protection mechanism suspends heating to avoid food burning. This is reflected by the code “Ov Ht”.
- The only exception to the burn-protection mechanism is with food that has a very high starch content. For instance, if you add flour in your chili, the flour will sink to the bottom, solidifies at low temperatures and can block heat dissipation. In this situation, we suggest you add flour to the chili after initial cooking and perhaps cooking it for an additional one to five minutes to allow thickening of the chili.
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The clicking/cracking sounds in the Instant Pot comes from the following possible sources:

- Water or moisture on the bottom of the inner pot
- Instant Pot pressure switch turning on and off during operation
- Friction between the lid and the housing created by expansion and contraction due to changing internal pressure and temperature
- The flat flexible pressure board under the heating element bending under pressure (the board is designed to last over 100,000 uses)
- Food such as dry beans popping open during cooking
- Do not place the cooker on or near a hot gas or electric burner, or in a heated-oven, as this will damage the cooker.
- **Note:** Intended for countertop use only.
- Instant Pot® recommends to only cook in the Instant Pot® stainless steel or ceramic non-stick inner pots for best results. Other brands may not have the correct curvature to match the heating element. Accessories and parts not branded Instant Pot® or recommended by Instant Pot® may cause the cooker to malfunction.
- Start by referring to the Troubleshooting section: <https://instantpot.com/troubleshooting/> If the troubleshooting does not solve the issue, open a support ticket at <https://instantpot.com/support/> or contact the customer service team at **1.800.828.7280 x2**.