

INSTANT POT

Instructional

1

PLACE INNER POT IN MACHINE



2

PLACE INGREDIENTS IN INNER POT
• IP requires at least 1 cup liquid

3

SECURE LID INTO PLACE
• Make sure seal is in place

4

TURN VALVE TO **SEALING**



5

PRESS **MANUAL** TO PRESSURE COOK



7

AFTER 10 SECONDS THE MACHINE WILL READ "ON" THE MACHINE IS NOW BUILDING UP PRESSURE.

The time it takes for the machine to come to pressure varies and is not counted towards the actual cooking time you just selected.



6

PRESS **MINUS** OR **PLUS** SIGN TO MODIFY COOKING TIME



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8

ONCE MACHINE REACHES PRESSURE IT WILL START COUNTING DOWN THE COOKING TIME YOU ENTERED.

• 10 mins in this example



9

WHENEVER THE MACHINE IS AT PRESSURE THE SILVER BUTTON ON THE LID WILL BE RAISED FLUSH WITH BLACK TOP.

10

ONCE THE TIME AT PRESSURE HAS LAPSED, THE MACHINE WILL DEFAULT INTO A KEEP WARM PHASE AND THE DISPLAY WILL START COUNTING UP THE MINUTES SINCE THE TIMER ENDED.

• 10 mins since the pressure time has lapsed in this example



INSTANT POT *Instructional*

RELEASING PRESSURE

NPR: NATURAL PRESSURE RELEASE

Allowing the pressure to come down on its own. You can let the machine NPR in either the keep warm setting or you can press the CANCEL button to stop the additional heating function. NPR is commonly recommended for foods that need to continue cooking in the residual heat and/or that tend to sputter or split apart if released too quickly.



QUICK RELEASE OR MANUAL RELEASE

Releasing the pressure by turning the valve to VENTING as soon as the time has lapsed. A strong, steady stream of steam will come out of the valve.

NPR + QUICK/MANUAL

This is a combo of both previous methods. Most often you would allow for NPR for 10 or 15 minutes and then release the remaining pressure by turning the valve to

Once pressure has been released, you can open the lid and serve. Be careful, as contents in the pressure cooker will be much hotter than other cooking methods. If the food is not fully cooked, put the lid back on and set the machine for additional cooking time.

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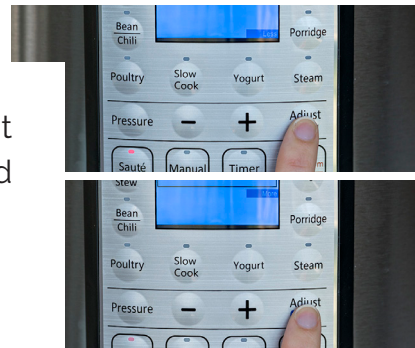
HOW-TO WITH SAUTÉ FUNCTION



Press the **SAUTE** button.

You will have 3 options for sautéing temperature: **MORE, NORMAL, LESS**. The machine defaults to **NORMAL**.

Press **ADJUST** to alternate between temperatures. As you are sautéing, if you want to adjust the sauté temperature, you will need to press **CANCEL**, then press **SAUTE** again, and press **ADJUST** until the temperature you want is shown.



Add the ingredients you want to sauté, such as an onion. You can sauté with oil, water, stock, or dry sauté.

Add any other ingredients that you want to sauté such as garlic, carrot, celery, mushrooms, etc.

When the ingredients have been sautéed:

- Add remaining ingredients
- Press **CANCEL**
- Secure the lid in place
- Turn the valve to **SEALING**
- Set the pressure as previously instructed

