

# Instant Pot Cooking

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## Instant Pot Cooking Basics

What is the Instant Pot?

Instant Pot Safety features

Instant Pot Controls

Instant Pot Terminology

Recipes

Care and Cleaning



# Instant Pot Five unique *Cooking experiences*



**DUO**  
**THE ORIGINAL**



**DUO PLUS**  
**MORE FUNCTIONALITY**



**PRO**  
**ULTIMATE**



**PRO PLUS**  
**SMART FUNCTIONALITY**



**CRISP**  
**+ AIR FRYER**



# Which One is Right for Me?

Instant Pot® 6 Qt Multi-Use Pressure Cooker

Instant Pot® 8 Qt Multi-Use Pressure Cooker

Instant Pot® Multi-Use Pressure Cooker and Air Fryer

Instant Pot® Duo V1

Instant Pot® Duo V2

Instant Pot® Duo V3

Instant Pot® Duo V4

Instant Pot® Duo V5

Instant Pot® Duo™ Sous Vide

Instant Pot® Duo Plus V1

Instant Pot® Duo Plus V2

Instant Pot® Duo Plus V3

Instant Pot® Duo Plus V4

Instant Pot® Duo™ Evo Plus

Instant Pot® Duo Nova V1

Instant Pot® Duo Nova Plus V1

Instant Pot® Duo Gourmet

Instant Pot® Lux

Instant Pot® Max™

Instant Pot® Smart WiFi™

Instant Pot® Smart Bluetooth®

Instant Pot® Ultra

Instant Pot® Duo Crisp™

Instant Pot® Duo Crisp with Ultimate Lid

Instant Pot® Pro Crisp™

Instant Pot® Air Fryer Lid

Instant Pot® Pro

Instant Pot® Pro Plus

Instant Pot® Viva V1

Instant Pot® Viva V2

Instant Pot® Viva V3



# Cooking Program Options



Slow Cook



Pressure Cook



Sauté



Steam



Yogurt



Rice



Meat/Stew



Bean/Chili



Soup/Broth



Cake



Egg



Keep Warm



# Instant Pot Features



**FASTER**

COOK FOOD UP TO  
70% FASTER



**EASY**

ONE TOUCH  
CONTROLS



**SMART**

REMEMBERS THE  
WAY YOU COOK



**COOKING POT**

NO CHEMICAL  
COATING



## Safety Features - lid



### Lid Close Detection

If the lid is missing or not closed properly pressure will not be activated.



### Leaky Lid Protection

If the lid has pressure leakage, the cooker will not reach preset pressure levels.



### Lid Lock Under Pressure

If the cooker is pressurized, the lid will be locked to prevent accidental opening.



### Anti-Blockage Vent

Vent shield prevents food particles from jamming the steam release.



# Safety features - temperature



## Automatic Temperature Control

Thermostat under the inner pot regulates the temperature based on the type of food being cooked.



## High Temperature Warning

If there is insufficient water or moisture, Instant Pot will stop heating when the temperature is over a certain limit.



## Extreme Temperature & Power Protection

A special fuse disconnects power at excessive temperatures and extremely high electrical current.

# Safety features - pressure



## Automatic Pressure Control

Pressure sensor keeps pressure between 10.12psi ~ 11.6 psi.



## Pressure Regulator Protection

If pressure exceeds 15.23 psi. steam regulator will push up to release steam.



## Excess Pressure Protection

The inner pot is pressed downward, creating a gap between the lid and the inner pot. Steam will be released and heating stopped.

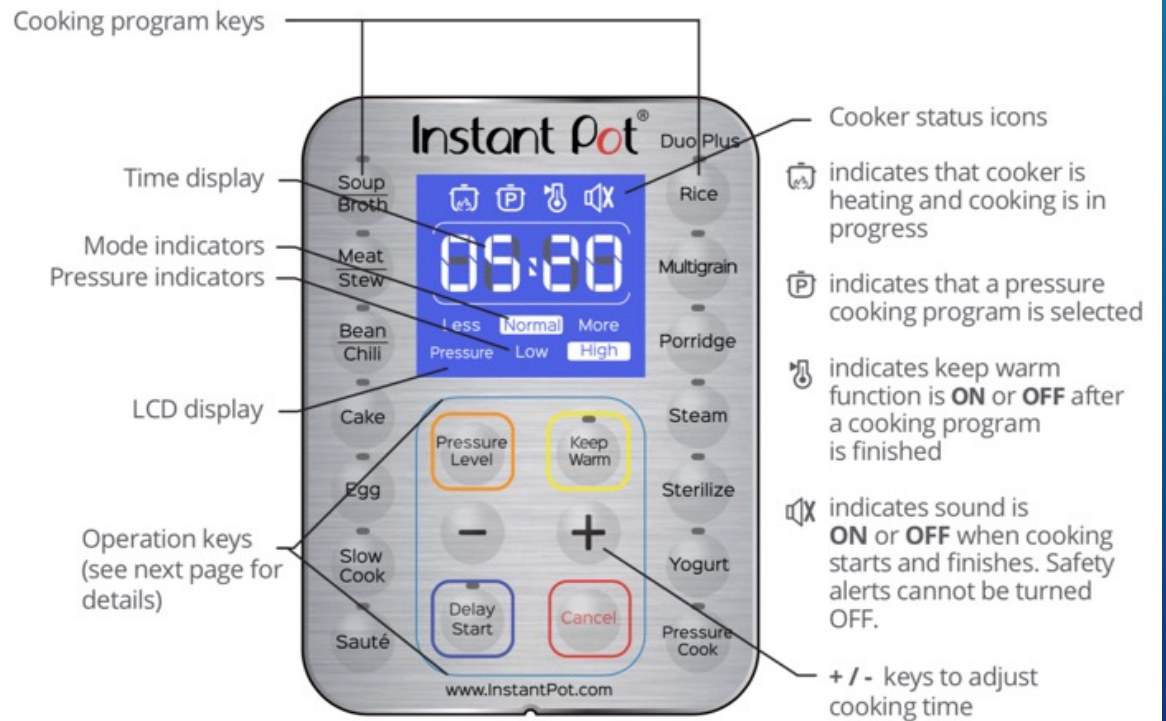


# COOKING PROGRAM KEYS


## Control Panel

The control panel of your Instant Pot® Duo Plus 60/80 consists of a large LCD display, cooking program keys, operations keys to control pressure level, + / - to adjust cooking time and a **Cancel** button.

Perfect cooking results with built-in automatic programs




# OPERATION KEYS



The **Pressure Level** key toggles pressure setting between **High** and **Low** for pressure cooking programs

**Sound ON/OFF**  
Press **Cancel** to return cooker to standby mode displaying **OFF**, press and hold the - key for at least 4 seconds to **SOFF**, or the + key for at least 4 seconds to **S On**.

The **Delay Start** key sets the delayed time before a cooking program starts

The **Keep Warm** key switches automatic keep warm function **ON** and **OFF** after a cooking program finishes. When Keep Warm function is **ON**, the Keep Warm status icon  and LED light on top of the **Keep Warm** button will also light up

The **Cancel** key to end a cooking progress at any time or to return the cooker to standby mode displaying **OFF**

The **Pressure Level** key has no effect on non-pressure cooking programs: **Slow Cook**, **Sauté** and **Yogurt**.

www.InstantPot.com



# AIR FRYER LID

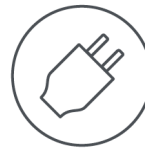


# AIR FRYER SPECIFICATIONS

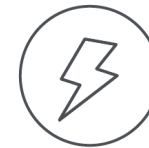
## Product Specifications



Model:  
AIR FRYER LID 6



1500 W



120 V ~ 60 Hz



5.95 lbs  
2.7 kg



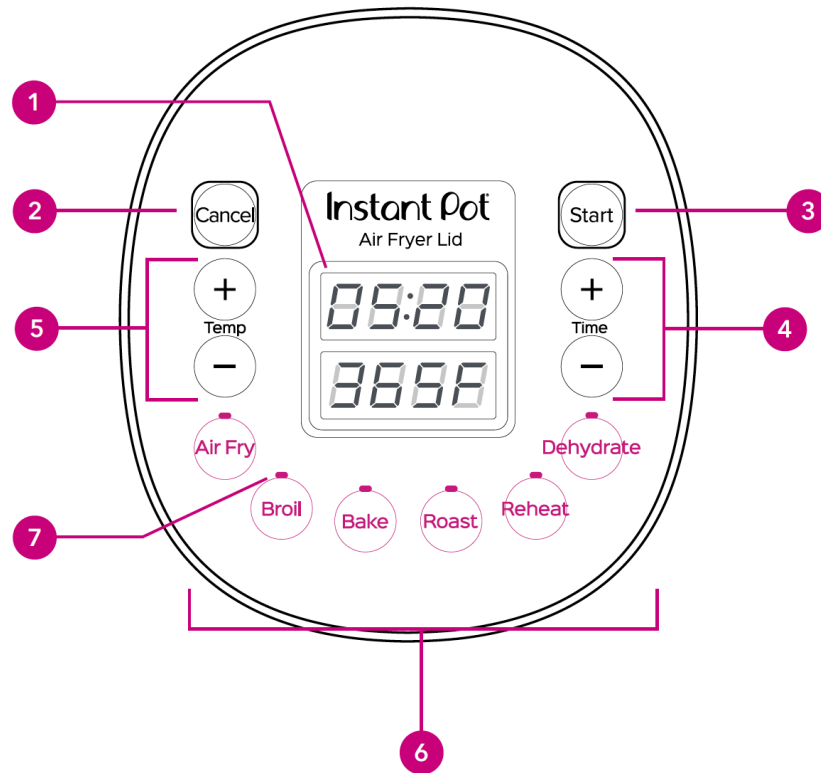
10.7L x 11.61W x 6.14H in  
27.2L x 29.5W x 15.6H cm

The Instant Pot® 6-quart Air Fryer Lid is compatible with 6-quart Instant Pot® models: Lux, Duo, Duo Nova, Duo Plus, Duo Gourmet, Viva, Nova Plus, Ultra. It is NOT compatible with the SMART wifi models.



# AIR FRYER CONTROLS

## Control Panel



# Terminology

- Natural Release - NR
- Allow the cooker to cool down naturally until the float valve drops down. Place a wet towel on the metal part of the lid to speed up cooling (do not cover the steam release).
- Quick Release - QR
- Turn the steam release handle to the Venting position to let steam out until the float valve drops down. Quick Release should ALWAYS be closely attended.



# Finding Recipes

- Instant Pot <http://instantpot.us/recipes/>
- Amy+Jacky <https://www.pressurecookrecipes.com/>
- 6 Sisters <https://www.sixsistersstuff.com/food-type/instant-pot/>
- This Old Gal <https://thisoldgal.com/>

2021

A screenshot of a Google search page from 2021. The search bar contains the text "instant pot recipes". Below the search bar, the "All" tab is selected and underlined. Other tabs include "Videos", "Shopping", "Images", "News", and "More". At the bottom of the search results area, it says "About 178,000,000 results (0.64 seconds)".

2022

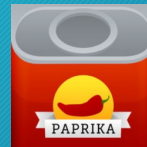
A screenshot of a Google search page from 2022. The search bar contains the text "instant pot recipes". Below the search bar, the "All" tab is selected and underlined. Other tabs include "Videos", "Shopping", "Images", and "News". At the bottom of the search results area, it says "About 259,000,000 results (0.62 seconds)".



# Recipe capture Apps



<https://www.bigoven.com/>



<https://www.paprikaapp.com/>



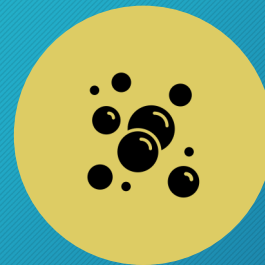
<https://www.copymethat.com/>



# Cleaning



Clean the product after each use. Wipe the black inner housing rim and slot dry with cloth to prevent rusting on the exterior pot rim.



Remove the lid and take out the inner pot, wash them with detergent, rinse with water and then wipe dry with a soft cloth. The stainless steel inner pot is also dishwasher safe.



Clean the cooker base with a clean damp cloth. Do not immerse the cooker into water. Do not use a wet cloth to clean the pot while the power cord is plugged into the power outlet.



The inner pot of the cooker (the inner cooking pot), the sealing ring, the lid, and the steam rack are all dishwasher safe.



Questions?





Thank you!

- Thank you for coming to our presentation!
- Be sure to come to our next presentation on July 28 at 1:00 in the Mountain View Pavilion

