

get started

INSTANT POT® **PRO**

Instant®

IMPORTANT SAFEGUARDS



At Instant Brands™ your safety always comes first. The Instant Pot® Pro was designed with your safety in mind, and we mean business. Check out this Instant Pot's long list of safety mechanisms on [instanthome.com](https://www.instanthome.com) to see what we mean.

As always, be careful when using electrical appliances and follow basic safety precautions.

- 01** READ ALL INSTRUCTIONS, SAFEGUARDS AND WARNINGS BEFORE USE. FAILURE TO FOLLOW THESE SAFEGUARDS AND INSTRUCTIONS MAY RESULT IN INJURY AND/OR PROPERTY DAMAGE.
- 02** Use only the Instant Pot Pro lid with the Instant Pot Pro multicooker base. Using any other pressure cooker lids may cause injury and/or damage.
- 03** For household use only. Not for commercial use. Do not use the appliance for anything other than its intended use.
- 04** For countertop use only. Always operate the appliance on a stable, noncombustible, level surface.
 - Do not place on anything that may block the vents on the bottom of the appliance.
 - Do not place on a hot stove.
- 05** Heat from an external source will damage the appliance.
 - DO NOT place the appliance on or close to a hot gas or electric burner, or a heated oven.
 - DO NOT use the appliance near water or flame.
 - DO NOT use outdoors. Keep out of direct sunlight.
- 06** DO NOT touch the appliance's hot surfaces. Only use the side handles for carrying or moving.
 - DO NOT move the appliance when it is under pressure.
 - DO NOT touch accessories during or immediately after cooking.
 - DO NOT touch the metal portion of the lid when the appliance is in operation; this could result in injury.
 - Always use proper hand protection when removing hot accessories, and to handle the hot inner pot.
 - Always place hot accessories on a heat-resistant surface or cooking plate.

WARNING

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

IMPORTANT SAFEGUARDS



- 07** **⚠ CAUTION** The removable inner pot can be extremely heavy when full of ingredients. Care should be taken when lifting the inner pot from the multicooker base to avoid burn injury.
- Extreme caution must be used when the inner pot contains hot food, hot oil or other hot liquids.
 - Do not move the appliance while it is in use and use extreme caution when disposing of hot grease.
- 08** Overfilling may cause a risk of clogging the steam release pipe and developing excess pressure.
- DO NOT fill over the **Max PC Fill** line as indicated on the inner pot.
 - DO NOT fill the inner pot over the **Half Fill** line (as indicated on the inner pot) when cooking foods that expand during cooking such as rice or dried vegetables.
- 09** **⚠ WARNING** This appliance cooks under pressure. Any pressure in the appliance can be hazardous. Allow the appliance to depressurize naturally or release all excess pressure before opening. Inappropriate use may result in burns, injury and/or property damage.
- Make sure the appliance is properly closed before operating. Refer to **Pressure control features: pressure cooking lid**.
 - DO NOT cover or obstruct the steam release valve and/or float valve with cloth or other objects.
 - DO NOT attempt to open the appliance until it has depressurized, and all internal pressure has been released. Attempting to open the appliance while it is still pressurized may lead to sudden release of hot contents and may cause burns or other injuries.
 - DO NOT place your face, hands or exposed skin over the steam release valve or float valve when the appliance is in operation or has residual pressure.
 - DO NOT lean over the appliance when removing the lid, as heat and steam escape when the lid is removed.
 - Turn the appliance off if steam escapes from the steam release valve and/or float valve in a steady stream during Pre-heating or Cooking, for longer than 3 minutes.

⚠ WARNING

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- If steam escapes from the sides of the lid, turn the appliance off and make sure the sealing ring is properly installed. Refer to **Pressure control features: sealing ring**.
 - DO NOT attempt to force the lid off the Instant Pot multicooker base. Refer to **Releasing pressure**.
- 10 When cooking meat with skin (e.g. sausage with casing), the skin can swell when heated. Do not pierce the skin while it is swollen; this could result in scalding injury.
 - 11 When pressure cooking food with a doughy or thick texture, or a high fat/oil content, contents may splatter when opening the lid. Follow recipe instructions for pressure release method. Refer to **Releasing pressure**.
 - 12 Oversized foods and/or metal utensils must not be inserted into the inner pot as they may cause risk of fire and/or personal injury.
 - 13 Proper maintenance is recommended before and after each use:
 - Check the steam release valve, steam release pipe, anti-block shield and float valve for clogging;
 - Before inserting the inner pot into the multicooker base, make sure both parts are dry and free of food debris;
 - Let the appliance cool to room temperature before cleaning or storage.
 - 14 Do not use this appliance for deep frying or pressure frying with oil.
 - 15 To disconnect, touch **Cancel**, then remove the plug from the power source. Always unplug when not in use, as well as before adding or removing parts or accessories, and before cleaning. To unplug, grasp the plug and pull from the outlet. Never pull from the power cord.
 - 16 Regularly inspect the appliance and power cord. Do not operate the appliance if the power cord or plug is damaged, or after the appliance malfunctions or is dropped or damaged in any manner. For assistance, contact Customer Care by **email (support@instanthome.com)**, or by phone at **1-800-828-7280**.
 - 17 Spilled food can cause serious burns. A short power-supply cord is provided to reduce the hazards resulting from grabbing, entanglement and tripping.

▲ WARNING

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

IMPORTANT SAFEGUARDS



- DO NOT let the power cord hang over edges of tables or counters, or touch hot surfaces or open flame, including the stovetop.
 - DO NOT use below-counter power outlets, and never use with an extension cord.
 - Keep the appliance and cord away from children.
- 18** Do not use any accessories or attachments not authorized by Instant Brands Inc. The use of parts, accessories or attachments not recommended by the manufacturer may cause a risk of injury, fire or electric shock.
- To reduce the risk of pressure leakage, cook only in an authorized stainless-steel Instant Pot inner pot made for this model.
 - DO NOT use the appliance without the removable inner pot installed.
 - To prevent personal injury and damage to the appliance, only replace the sealing ring with an authorized Instant Pot sealing ring.
- 19** DO NOT attempt to repair, replace or modify components of the appliance, as this may cause electric shock, fire or injury, and will void the warranty.
- 20** Do not tamper with any of the safety mechanisms, as this may result in injury or property damage.
- 21** The multicooker base contains electrical components.
To avoid electrical shock:
- DO NOT put liquid of any kind into multicooker base;
 - DO NOT immerse power cord, plug or the appliance in water or other liquid;
 - DO NOT rinse the appliance under tap.
- 22** Do not use the appliance in electrical systems other than 120 V~ 60 Hz for North America. Do not use with power converters or adapters.
- 23** This appliance is NOT to be used by children or by persons with reduced physical, sensory or mental capabilities. Close supervision is necessary when any appliance is used near children and these individuals. Children should not play with this appliance.

WARNING

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

IMPORTANT SAFEGUARDS



- 24 Do not leave the appliance unattended while in use. Never connect this appliance to an external timer switch or separate remote-control system.
- 25 Do not store any materials in the multicooker base or inner pot when not in use.
- 26 Do not place any combustible materials in the multicooker base or inner pot, such as paper, cardboard, plastic, Styrofoam or wood.
- 27 Do not use the included accessories in a microwave, toaster oven, or outdoor grill.

SAVE THESE INSTRUCTIONS.

⚠ WARNING

Electrical shock hazard. Use grounded outlet only.

- DO NOT remove ground.
- DO NOT use an adapter.
- DO NOT use an extension cord.

Failure to follow these instructions may result in electric shock and/or serious injury.

⚠ WARNING

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

⚠ WARNING

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IMPORTANT SAFEGUARDS









Special cord set instructions

Per safety requirement, a short power supply cord is provided to reduce the hazards resulting from entanglement and tripping.

This appliance has a 3-prong grounding plug. To reduce the risk of electric shock, plug the power cord into a grounded electrical outlet that is easily accessible.

Product specifications

Find your model name and serial number

					
Model: Pro 60	1200 W	120 V~ 60 Hz	6 Quarts / 5.7 Litres	5.9 kg / 13.01 lb	in: 13 L x 12.7 W x 12.8 H cm: 33.1 L x 32.2 W x 32.5 H
Model: Pro 80	1400 W	120 V~ 60 Hz	8 Quarts / 7.6 Litres	7.1 kg / 15.83 lb	in: 14.37 L x 13.9 W x 14.17 H cm: 36.5 L x 35.3 W x 36 H

Find the **model name** on the silver rating label on the back of the multicooker base, near the power cord.

The **serial number** is located on a white sticker beside the rating label.

WARNING

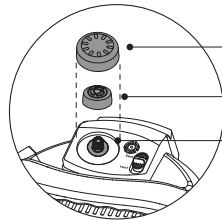
Read this manual carefully and completely and retain for future reference.
Failure to adhere to safety instructions may result in serious injury or damage.

Product, parts and accessories

Before using your new Instant Pot Pro, make sure everything is accounted for, then see **Care, cleaning and storage: Removing and installing parts** to find out how everything fits together.

Top of pressure cooking lid

Steam release assembly



Steam release cover

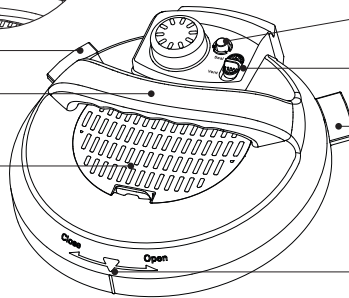
Steam release valve

Steam release pipe

Lid fin

Lid handle

QuickCool™ protective cover

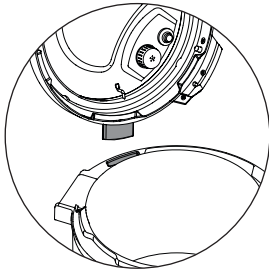


Float valve

Quick release switch

Lid fin

Lid position markers

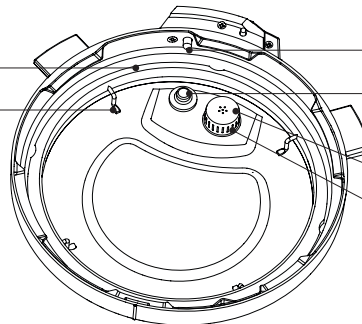


Instant Tip: Stand the pressure cooking lid up to keep it off your countertop. Insert the left or right lid fin into corresponding lid holders on the base to stand it up and save some space!

Bottom of pressure cooking lid

Sealing ring

Sealing ring rack



Locking pin

Silicone cap
(bottom of float valve)

Anti-block shield

Steam release pipe
(beneath the anti-block shield)

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

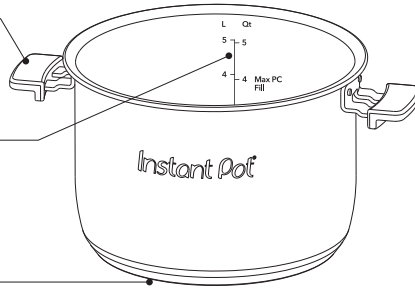
Product, parts and accessories

Inner pot

Easy-Grab silicone handles

Fill line indicators

Flat bottom



Instant Tip: Stovetop-friendly and oven-safe to 450°F! The inner pot features a cookware-grade impact bonded tri-ply bottom, which sounds complicated, but really means you can use it just about anywhere – from the multicooker base to any electric, ceramic, gas or induction cooktop.

Multicooker base

Outer pot

Multicooker base handle

Condensation rim

Stainless-steel exterior

Control panel

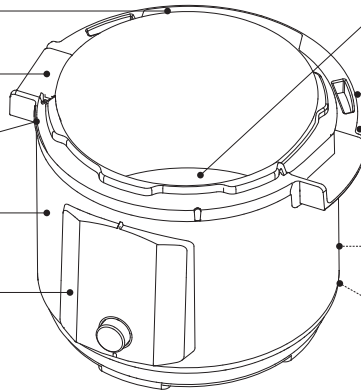
Heating element
(interior)

Lid holder

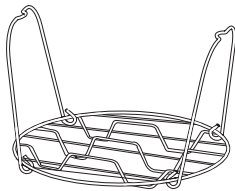
Condensation collector
(rear)

Cord holder
(rear)

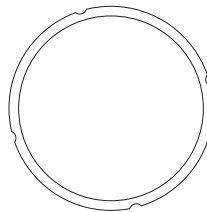
Power cord
(rear)



Accessories



Steam rack





Extra sealing ring

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Get started



*"The only real stumbling block is fear of failure.
In cooking you've got to have a what-the-hell attitude."
- Julia Child*

- 01** Pull that Instant Pot Pro out of the box!
- 02** Remove the packaging material and accessories from in and around the multicooker and make sure all the parts are accounted for. See **Product, parts and accessories** for a full parts breakdown.
-  **03** Make sure to check under the inner pot!
- 03** Wash the inner pot in a dishwasher or with hot water and dish soap. Rinse it well with warm, clear water and use a soft, dry cloth to thoroughly dry the outside of the inner pot.
- 04** Wipe the heating element with a soft, dry cloth to make sure there are no stray packaging particles left in the multicooker base.
-  **04** Don't remove the safety warning stickers from the lid (unless specified on the sticker!) or the labels from the back of the multicooker base.
- 05** You may be tempted to put the Pro on your stovetop – *but don't do it!* Place the multicooker base on a stable, level surface, away from combustible material and external heat sources.

Is something missing or damaged?

Get in touch with a Customer Care Advisor by email at support@instanthome.com or by phone at **1-800-828-7280** and we'll happily make some magic happen for you!

Feeling keen?

- While you're doing the **Initial test run (water test)**, read over **Pressure cooking 101** to find out how the magic happens, and read through **Pressure control features** for an in-depth look.

WARNING

Read the **Important safeguards** before using the appliance. Failure to read and follow those instructions for safe use may result in damage to the appliance, personal injury and/or property damage.

Do not place the appliance on a stovetop or upon 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 to avoid risk of injury and/or property damage.

Get started

Initial test run (water test)


Do you *have* to do the water test? No – but getting to know the ins and outs of your new Pro prepares you for success in the kitchen! Take a few minutes to get to know how this tireless kitchen hero works.

Stage 1: Setting up the Pro for pressure cooking

- 01** Remove the inner pot from the multicooker base and fill it to the first line (1) with water.
- 02** Insert the inner pot into the multicooker base.
- 03** Connect the power cord to a 120 V power source.

The display shows **OFF**.


- 04** Place and close the lid as described in **Pressure control features: pressure cooking lid**.

 The lid automatically seals for pressure cooking.

Stage 2: "Cooking"

- 01** Touch **Pressure Cook**.
- 02** When **Custom** flashes, press the dial to select it and go to the next field.
- 03** When the pressure level flashes, press the dial to select **High** pressure and go to the next field.
- 04** When the time flashes, turn the dial to adjust the cook time to 5 minutes (**00:05**).

Press the dial to confirm the change and go to the next field.


 Customizations are saved to the Smart Program when cooking begins.

- 05** When **Reminder** flashes, turn the dial to toggle between vent reminder options. Select **Off** and press the dial to confirm. See **Control panel** for more information.

- 06** Select **Off** and press the dial to confirm.

- 07** Touch **Start** to begin.

The display shows **On** and the cooking progress bar shows **Pre-heating**.

 Keep Warm turns on automatically after some Smart Programs finish. Touch **Keep Warm** to turn the setting off for this test.

 Instant tip: While the multicooker does its thing, read **Pressure cooking 101** to find out how the magic happens.

Stage 3: Releasing pressure

- 01** When **Cooking** finishes, the display shows **End**.
- 02** If you have set a 5 or 10 minute vent reminder, the reminder timer begins to count down.
- 03** Follow instructions for a Quick Release in **Releasing pressure: Venting methods**.
- 04** Wait for the float valve to drop, then carefully open and remove the lid as described in Pressure control features: Pressure cooking lid.
- 05** Using proper hand protection, remove the inner pot from the multicooker base, discard the water and thoroughly dry the inner pot.

That's it! You're good to go :)

Pressure cooking 101

Pressure cooking uses steam to raise the boiling point of water above 100°C / 212°F. These high temperatures allow you to cook some foods way faster than normal.

When pressure cooking, the Instant Pot goes through 3 stages.


Pre-heating

What you see	What you don't see	Tips
<p>The cooking progress bar shows Pre-heating. The display shows On.</p>	<p>While the multicooker pre-heats, it vaporizes liquid to create steam. Once enough steam has built up, the float valve pops up and locks the lid in place.</p>	<p>The time it takes the multicooker to pressurize depends on things like food and liquid temperature and volume. Frozen foods have the longest preheating time. For the fastest results, thaw your food before cooking it. No need to hang around during this stage – trust that IP magic!</p>

Cooking

What you see	What you don't see	Tips
<p>The cooking progress bar moves over to Cooking. The display switches to the cooking countdown timer.</p>	<p>When the Instant Pot reaches the required pressure level, cooking begins. The multicooker automatically maintains High or Low pressure throughout cooking.</p>	<p>A higher pressure means a higher temperature. Smart Program settings (e.g., cooking time, pressure level, etc.) can be adjusted at any time during cooking.</p>

Depressurization

What you see	What you don't see	Tips
<p>If Keep Warm is on after cooking, the cooking progress bar moves over to Keep Warm, and the timer counts up from 00:00. If not, the multicooker returns to standby and displays End.</p>	<p>Although food has finished cooking, the pressure cooker is still pressurized and hot. Venting the pressure lowers the temperature and allows you to safely remove the lid.</p>	<p>Follow your recipe instructions when choosing a venting method. See Releasing pressure: Venting methods on the next page for information on safe venting techniques.</p> <hr/> <p> Instant Tip: The Instant Pot cools faster if Keep Warm is turned off!</p>

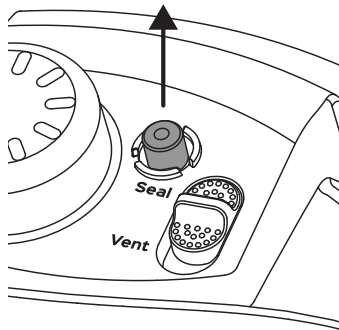
⚠ CAUTION

<p>Pressurized steam releases through the top of the steam release valve. Keep exposed skin away from the steam release valve to avoid burn injury.</p>	<p>The inner pot will be hot after cooking. Always use appropriate heat protection when handling a hot inner pot to avoid burn injury.</p>
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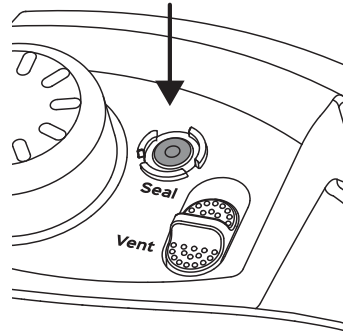
Releasing pressure

You must release pressure after pressure cooking before attempting to open the lid.

Follow your recipe's instructions to choose a venting method, and always wait until the float valve drops into the lid before opening.



Pressurized



Depressurized

⚠ WARNING

Steam ejected from the steam release valve is hot. **DO NOT** place hands, face, or any exposed skin over the steam release assembly when releasing pressure to avoid injury.

Do not cover or obstruct the steam release valve or cover to avoid injury and/or property damage.

⚠ DANGER

DO NOT attempt to remove the lid while the float valve is up and NEVER attempt to force the lid open. Contents are under extreme pressure. Float valve must be down before attempting to remove the lid. Failure to follow these instructions may result in serious personal injury and/or property damage.

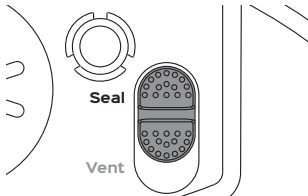

Venting methods

- Natural Release (NR or NPR)
- Quick Release (QR or QPR)
- Timed Natural Release

Releasing pressure

Natural Release (NR or NPR)

Cooking stops gradually. As the temperature within the multicooker drops, the Instant Pot Pro depressurizes naturally over time.

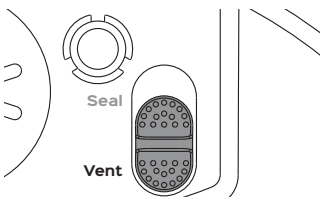
What to do	What to expect
<p>After cooking finishes, leave the quick release switch in the Seal position until the float valve drops into the lid.</p>  <p>Seal position</p>	<p>Your meal continues to cook even after the Smart Program ends.</p> <hr/> <p> Instant Tip: This is called “carryover cooking” or “resting”, and it’s great for large cuts of meat.</p> <p>The depressurization time may vary based upon the volume, type and temperature of food and liquid. Unless you use QuickCool™ technology, NR can take up to 40 minutes with some dishes, so plan ahead – it’s well worth the wait!</p> <p>See QuickCool to find out how to naturally release pressure faster than ever before!</p>

NOTICE

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

Quick Release (QR or QPR)

Stops cooking quickly and prevents overcooking. Perfect for quick-cooking vegetables and delicate seafood!

What to do	What to expect
<p>Move the quick release switch from Seal to Vent and wait until the float valve drops into the lid.</p>  <p>Vent position</p>	<p>When the steam release cover is installed properly, you’ll hear a muffled hiss as steam hits the cover and disperses.</p> <p>If the cover is not installed properly, a loud jet of steam will eject through the top of the steam release valve.</p>


Releasing pressure

NOTICE

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

Timed Natural Release

The carryover cooking continues for a specific amount of time, then stops quickly when you release the remaining pressure. Perfect for cooking rice and grains.

What to do	What to expect
Leave the quick release switch in the Seal position for a few minutes (according to your recipe) then move it from Seal to Vent and wait until the float valve drops into the lid.	<p>When the steam release cover is installed properly, you'll hear a muffled hiss as steam hits the cover and disperses.</p> <p>If the cover is not installed properly, a loud jet of steam will eject through the top of the steam release valve.</p> <p> The temperature within the multicooker drops, so the steam release may not be as powerful as a normal QR.</p>

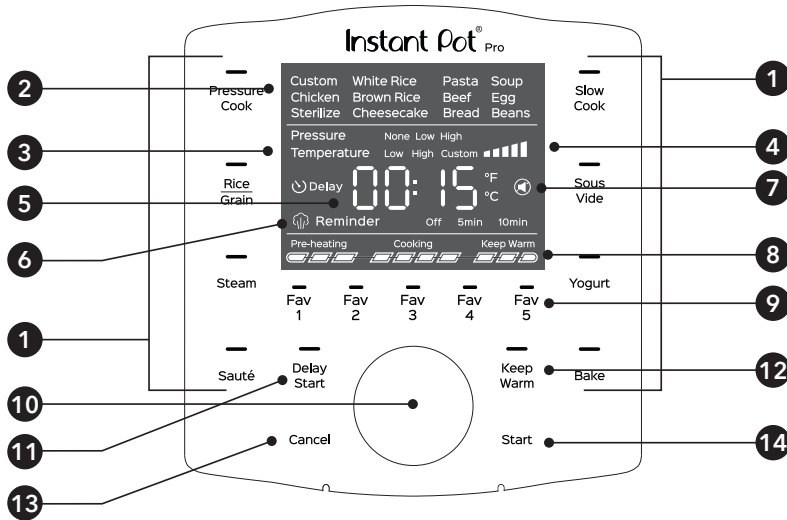
If you see a lot of spatter while releasing pressure, move the quick release switch back from **Vent** to **Seal**, and wait a few minutes before trying to release pressure again. If spatter continues, use NR to safely release the remaining pressure.

Vent reminder

Set a reminder for your Timed Natural Release so you can step away and own your day.




Recipe call for...	Use this reminder!
Quick Release	Off
5 minute Timed Natural Release	5 min
10 minute Timed Natural Release	10 min

Control panel



1	Smart Programs	<ul style="list-style-type: none"> • Pressure Cook • Rice/Grain • Steam • Sauté 	<ul style="list-style-type: none"> • Slow Cook • Sous Vide • Yogurt • Bake
		See Cooking for details.	
2	Preset cooking options	After selecting a Smart Program, choose from a variety of popular presets. All preset cooking options are customizable.	
3	Pressure	Choose between None , Low and High .	
4	Temperature	Choose between Low , High , and Custom .	
5	Time display	In standby, shows OFF. For Smart Programs the display counts down and for Keep Warm, the display counts up. Some Smart Programs display the temperature in °C (Celsius) or °F (Fahrenheit).	
6	Vent reminder	Only used when pressure cooking.	
7	Sounds		Sounds are on.
			Sounds are off.
		Audible safety and error message alerts cannot be turned off. See Control panel: Settings for more information.	

Control panel

8	Cooking progress bar	Shows when the multicooker is in Pre-heating, Cooking and Keep Warm . See Control panel: Cooking progress bar for more information.
9	Fav 1 to 5	One-touch access to 5 of your favorite recipes. See Cooking: Fav 5 for more information.
10	Control dial	Turn the dial to scroll through Smart Programs, modify status icons, and adjust the time, temperature, and pressure levels.  The dial is also a button. Press the dial to confirm your selections.
11	Delay Start	Delay the start of cooking. Doubles as a kitchen timer!
		 Icon appears when Delay Start timer is counting down.
12	Keep Warm	Turns Keep Warm on or off.  Can only be used with Pressure Cook, Rice and Slow Cook, or as a standalone program when in standby.
13	Cancel	Stops a Smart Program at any time and returns the multicooker to standby.
14	Start	Begins the selected Smart Program.

Status messages

OFF	The Pro is in standby mode, ready to make your next favorite meal.
On	The multicooker is Pre-heating .
Hot	The inner pot has reached the perfect cooking temperature and food can be added.  Only applies to Sauté and Sous Vide.
00:15	The display shows one of the following: <ul style="list-style-type: none"> • The remaining Cooking time when a Smart Program is running, • The Delay Start countdown, • How long food has been in Keep Warm.
boil	The Yogurt Smart Program is set to pasteurization mode. See Cooking: Yogurt for more information.
149°F	Displays when you're setting up Sous Vide cooking to show the default temperature setting. To set a custom cooking temperature, turn the dial when the temperature flashes. Then press the dial to make your selection.
SEt2	Displays when you press a Fav key to save a Favorite recipe.
3tbd	Displays when you press a Fav key that hasn't been saved as a Favorite. Number will change between 1-5 depending on the missing Fav setting selected.
End	When cooking finishes, the display shows End until you remove the lid or touch Cancel .

For addition Status Messages and Settings, view the full user manual online at instanthome.com/pro.

Pressure control features

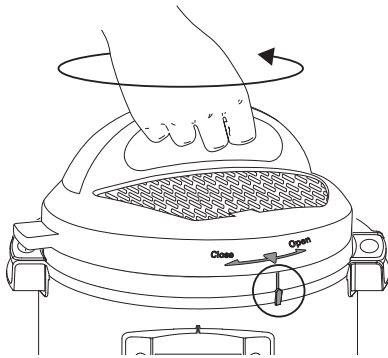
See **Care, cleaning and storage** for installation and removal of parts.

Pressure cooking lid

What we love about it	What you should know about it
<p>When you close the lid (over the handles on the new inner pot!), it automatically sets to Seal for <i>seriously</i> easy pressure cooking.</p> <p>The lid handle is comfortable to use whether you're left or right-handed, and, stands up in the multicooker base!</p> <p>When it's plugged in, the Pro plays a little jingle when you open and close the lid. :) </p> <p>The multi-cooker lid is dishwasher safe.</p>	<p>The lid is removable during non-pressure cooking so you can taste-test as you go.</p> <p>When pressure cooking, the lid only locks into place once the multicooker has pressurized. Try not to remove the lid unnecessarily!</p>

Removing the lid

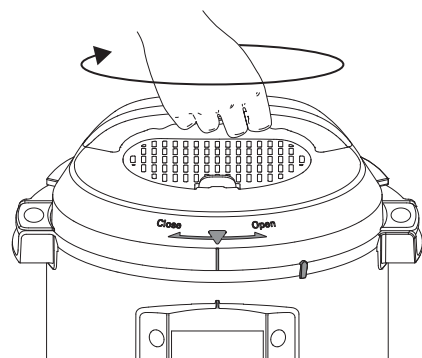
- 01** Grip the lid handle and turn it counter-clockwise to align the symbol on the lid ▼ with the symbol on the rim of the multicooker base ▮.
- 02** Lift the lid up and off the multicooker base towards your body.



See **Releasing pressure: Venting methods** for safe depressurization techniques.

Closing the lid

- 01** Align the symbol on the lid ▼ with the symbol on the multicooker base ▮, then lower the lid onto the track.
- 02** Turn the lid clockwise until the symbol on the lid ▼ aligns with the middle of the control panel.



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

Pressure control features

QuickCool™

For the fastest Natural Release after pressure cooking, use the QuickCool tray*.

What we love about it	What you should know about it
It's a huge timer saver – you can release pressure naturally up to 50% faster!	The metal portion of the lid gets extremely hot, so don't remove the protective cover unless you're using QuickCool.

To use the QuickCool tray, fill it with ice or water and freeze it. Once frozen, remove the protective cover from the pressure cooking lid, and position the QuickCool tray on the exposed metal of the lid.

When the float valve drops into the lid, remove the QuickCool tray, discard the water and open the lid. Use caution when removing the tray as some or all of the ice may have melted.

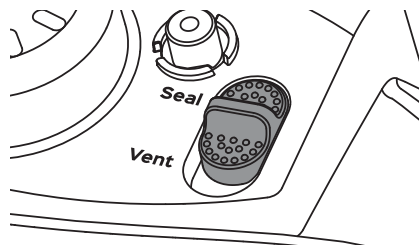
*QuickCool tray sold separately at instantbrands.com/product/instant-pot/accessories.

⚠ CAUTION

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

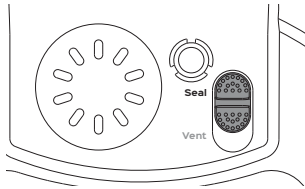
Quick release switch

The quick release switch controls the steam release valve – the part that releases pressure.

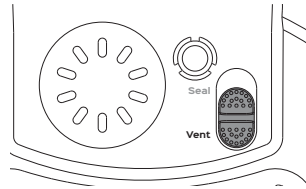


What we love about it	What you should know about it
It's <i>super</i> easy to use, and keeps our hands far away from the steam when the multicooker is releasing pressure!	It automatically sets to Seal when you close the lid, so make sure to move it to Vent when you're not pressure cooking.

Pressure control features



Seal Position

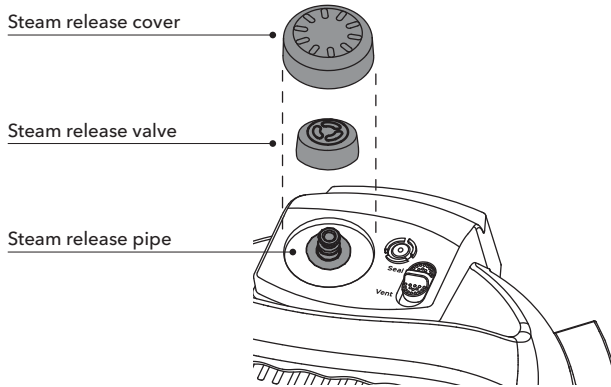


Vent Position

See Releasing pressure: Venting methods for safe depressurization techniques.

Steam release assembly

The steam release assembly must be fully installed before use.



What we love about it	What you should know about it
<p>When the valve is venting, the steam release cover disperses the steam, so the quick release of pressure is soft and gentle.</p>	<p>When releasing pressure, steam travels up from the inner pot, through the steam release pipe and out from the top of the steam release valve – so it's important to keep the area clean and clear.</p> <p>The steam release valve sits loosely on the steam release pipe.</p>

NOTICE

If there is steam in the inner pot, you may notice some resistance when replacing the lid. Allow the lid to settle into the track completely before closing it.

⚠ WARNING

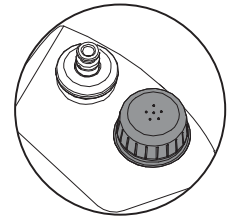
Do not cover or block the steam release assembly in any way to avoid injury and/or property damage.

Pressure control features

Anti-block shield

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

The anti-block shield is integral to product safety and necessary for pressure cooking, so it must be installed before use.

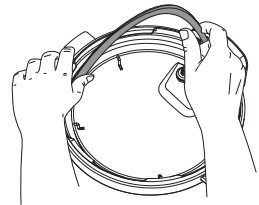



Sealing ring

When the pressure cooking lid is closed, the sealing ring creates an air-tight seal between the lid and the inner pot.

The sealing ring must be installed before use.

Only one sealing ring should be installed in the lid at a time.



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

CAUTION

Always check for cuts, deformation and correct installation before cooking, as sealing rings stretch over time with normal use. If you notice stretching, deformation, or damage to your sealing ring, DO NOT use it.

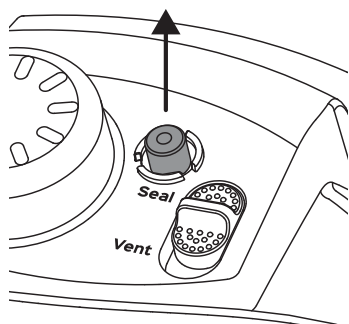
Replace the sealing ring every 12 to 18 months or sooner, and only use authorized Instant Pot sealing rings.

Failure to follow these instructions may cause food to discharge, which may lead to personal injury or property damage.

Pressure control features

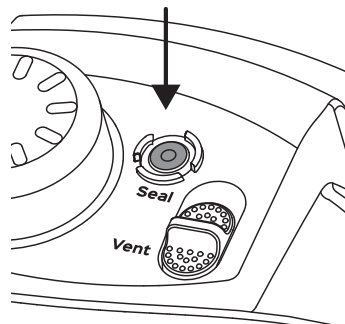
Float valve

The float valve lets you know when there is pressure in the multicooker (pressurized) or not (depressurized). It appears in 2 positions:



Pressurized

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



Depressurized

The float valve has descended, and the top is flush with the lid or below.

The float valve and silicone cap work together to seal in pressurized steam. These parts must be installed before use. Do not attempt to operate the Instant Pot without the float valve properly installed. **Do not touch the float valve during use.**

NOTICE

The float valve should not rise during Slow Cook. If the float valve rises, move the quick release switch to **Vent**.

⚠ DANGER

DO NOT attempt to remove the lid while the float valve is up and NEVER attempt to force the lid open. Contents are under extreme pressure. Float valve must be down before attempting to remove the lid. Failure to follow these instructions may result in serious personal injury and/or property damage.

Cooking

Smart program overview

Smart Program	Cooking presets	Pressure levels	Temperature range	Tips
Pressure Cook	Custom, Chicken, Sterilize, Pasta, Beef, Soup, Egg, Beans	Low High	–	It is recommended to use timed Natural Release or follow recipes for the best outcome.
Rice/Grain	Custom, White Rice, Brown Rice	Low High	–	
Steam	Custom	–	Low High (100°C / 212°F)	This is a non-pressure steam program which is great for cooking delicate food, like zucchini and broccoli.
Sauté	Custom	–	Low High Custom: Level 1 to 5	Level 1 to 5 works like your stovetop sauté pan where 5 is the highest heat for browning, and 1 is the lowest heat for simmer.
Slow Cook	Custom, Chicken, Beef, Beans, Soup	–	Low High	Works just like a traditional slow cooker. Ensure cooking time is set to 4 hours or more for optimal result. Caution: Cooking less than 3 hours will result in uncooked food.
Sous Vide	Custom, Chicken, Beef, Egg	–	25 to 93°C 77 to 203°F	
Yogurt	Custom	–	Low High Custom: 25 to 93°C 77 to 203°F	
Bake	Custom, Cheesecake, Bread	None Low High	120 to 177°C 250 to 350°F	
Keep Warm	–	Custom, Low High.	62 to 90°C 144 to 194°F	

WARNING

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 inset the inner pot into the multicooker base.

Cooking

Pressure Cook and Rice

Jump start magic! These programs use pressurized steam to cook food quickly, evenly, and deeply, for delicious results every time!

For the best pressure cooking results, always follow an authorized Instant Pot recipe or our tried, tested and true pressure cooking timetables which feature grain-to-water ratios for making a variety of rice and grains.


Choose from 2 pressure levels, depending on the Smart Program.

Pressure level	Suggested use	Notes
Low 5.8 - 7.2 psi (30 - 50 kPa)	Fish and seafood, soft vegetables and rice. Also for canning of high-acid foods.	When pressure cooking, the pressure level controls the cooking temperature, so a higher pressure results in a higher cooking temperature.
High 10.2 - 11.6 psi (70 - 90 kPa)	Eggs, meat, poultry, root vegetables, oats, beans, grains, bone broth, stew, chili.	

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

Instant pot size	Minimum liquid for pressure cooking*
6 Quarts / 5.7 Litres	1 ½ cups (375 mL / ~12 oz)
8 Quarts / 7.6 Litres	2 cups (500 mL / ~16 oz)

*Unless otherwise specified in recipe.

 **Instant Tip:** Use the steam rack to heat food evenly, prevent nutrients from leeching into the cooking liquid, allow oil and grease to drip off the food, and, prevent food from scorching the bottom of the inner pot.

WARNING

DO NOT fill inner pot higher than the **Max PC Fill** line as indicated on the inner pot to avoid personal injury and/or property damage.

When cooking foods that expand (e.g., rice, beans, pasta) do not fill the inner pot higher than the **Half Fill** line as indicated on the inner pot.

CAUTION

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

Cooking

Pressure Cook, Rice/Grain, Steam, Sauté, Slow Cook, Sous Vide, Yogurt, Bake and Keep Warm

Find full instructions and cooking guidelines in the user manual online at instanthome.com/pro.

Smart Program	Cooking presets	Default temperature	Default pressure	Default cooking times	Temperature range	Time range	
Pressure Cook	Custom	-	High	10 minutes (00:10)		1 minute to 8 hours (00:01 to 08:00)	
	Pasta	-	High	1 minute (00:01)		1 minute to 1 hour (00:01 to 01:00)	
	Soup	-	High	30 minutes (00:30)		1 minute to 4 hours (00:01 to 04:00)	
	Chicken	-	High	10 minutes (00:10)			
	Beef	-	High	30 minutes (00:30)			
	Beans	-	High	20 minutes (00:20)			
	Egg	-	High	5 minutes (00:05)			1 minute to 10 minutes (00:01 to 00:10)
	Sterilize	-	High	10 minutes (00:10)			1 minute to 30 minutes (00:01 to 00:30)
Rice/ Grain	Custom	-	Low	12 minutes (00:12)		1 minute to 1 hour (00:01 to 01:00)	
	Brown Rice	-	High	30 minutes (00:30)			
	White Rice	-	Low	12 minutes (00:12)			1 minute to 30 minutes (00:01 to 00:30)
Steam	Custom	Low	-	30 minutes (00:30)	83°C / 181°F	1 minute to 1 hour (00:01 to 01:00)	
		High	-		100°C / 212°F (Not adjustable)		
Sauté	Custom	High	-	30 minutes (00:30)	Custom Low High	1 minute to 1 hour (00:01 to 01:00)	

Cooking

Smart Program	Cooking presets	Default temperature	Default pressure	Default cooking times	Temperature range	Time range
Slow Cook	Custom	High	-	4 hours (04:00)	-	30 minutes to 99 hours and 30 minutes (00:30 to 99:30)
	Chicken	High		6 hours (06:00)		
	Beef	High				
	Soup	High				
	Beans	High				
Sous Vide	Custom	60°C 140°F	-	3 hours (03:00)	-	30 minutes to 99 hours and 30 minutes (00:30 to 99:30)
	Chicken	60°C 140°F	-	2 hours (02:00)		10 minutes to 99 hours and 30 minutes (00:10 to 99:30)
	Beef	54°C 130°F	-	2 hours (02:00)		10 minutes to 24 hours (00:10 to 24:00)
	Egg	70°C 145°F	-	30 minutes (00:30)		
Yogurt	Custom	Low (Ferment)	-	8 hours (08:00)	-	30 minutes to 99 hours and 30 minutes (00:30 to 99:30)
		High (Pasteurize)	-	30 minutes to 1 hour (boil)		Not adjustable.
		Custom 56°C 133°F	-	8 hours (08:00)		30 minutes to 99 hours and 30 minutes (00:30 to 99:30)
Bake	Custom	176°C 350°F	-	30 minutes (00:30)	-	1 minute to 4 hours (00:01 to 04:00)
	Cheesecake	High	High	45 minutes (00:45)		1 minute to 1 hour (00:01 to 01:00)
	Bread	High	High	40 minutes (00:40)		
Keep Warm	Custom	Custom	-	-	62 to 90°C 144 to 194°F	30 minutes to 10 hours (00:30 to 10:00)
		Low	-	-	62°C / 144°F	
		High	-	-	High 77°C / 171°F	

Find full instructions and cooking guidelines in the user manual online at instanthome.com/pro.

Cooking

Deglazing

Sautéing meat and vegetables before pressure cooking is the perfect way to boost flavors, as sugars caramelize from the high heat of the Sauté Smart Program. Deglazing the inner pot lets you unlock those flavors in amazing sauces, gravies and more.

To deglaze, remove food items from the inner pot and add a thin liquid, like water, broth or wine to the hot surface. Use a wooden or silicone scraper to lift up any food stuck to the bottom of the inner pot and stir it into the liquid.

WARNING

The Sauté Smart Program reaches high temperatures. If left unmonitored, food may burn on this setting. **DO NOT** use a lid and **DO NOT** leave the multicooker unattended while using Sauté.

CAUTION

Thicker foods may prevent even heating, which can lead to spoiled food if left unattended. When keeping warm food like stew and chili, stir the contents of the inner pot every 40 to 60 minutes to make sure that heat is evenly distributed.

CAUTION

The inner pot and accessories will be hot during and after cooking. Always use appropriate hand protection when adding to or removing food from a hot inner pot to avoid injury and/or property damage.

CAUTION

When cooking meat, always use a meat thermometer to ensure the internal temperature reaches a safe minimum temperature. Refer to the USDA's **Safe Minimum Internal Temperature Chart**.

Using Favorite Programs

Set and save 5 custom programs as Favorites for one-touch access to recipes.



Saving recipes as Favorites

- 01 Select any Smart program and set it up according to your recipe.
- 02 When you're happy with the settings, touch and hold any Fav key for 3 seconds to save the program.

That's it! Your customized program is ready to use any time you want.

 You can replace a saved Favorite with a new recipe by repeating these steps again.


Using Favorite recipes

Depending on your recipe, you can add your ingredients to the inner pot before or after Pre-heating.

- 01 Touch the **Fav** key you want to use.
- 02 Touch **Start** to begin.

The display shows **On** and the progress bar shows **Pre-heating**.

It's really that easy!

 If you press a Fav key that hasn't been saved as a Favorite, the display flashes **[tbd]** 3 times and returns to the previous screen.

Care, cleaning and storage

Clean your Instant Pot Pro and its parts after each use. Failure to follow these cleaning instructions may result in catastrophic failure, which may lead to property damage, severe personal injury.

Always unplug your multicooker and let it cool to room temperature before cleaning. Never use metal scouring pads, abrasive powders or harsh chemical detergents on any of the Instant Pot's parts or accessories.

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

Parts	Cleaning methods and instruction
Accessories <ul style="list-style-type: none"> • Steam rack 	Dishwasher safe if placed on the top rack.
Lid and parts <ul style="list-style-type: none"> • Steam release valve • Steam release cover • Anti-block shield • Sealing ring • Float valve • Silicone cap • QuickCool cover • Condensation collector 	Dishwasher safe if placed on the top rack. Remove all the parts from the lid before cleaning. See Care, cleaning and storage: Removing and installing parts. <ul style="list-style-type: none"> • With the steam release valve and anti-block shield removed, clean the interior of the steam release pipe with a pipe cleaner 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°— like turning a steering wheel. • After cleaning and draining, store the lid upside down on the multicooker base to allow it to air dry completely. • Store sealing rings in a well-ventilated area to decrease residual odor of flavorful meals. To eliminate odors, add 1 cup (250 mL / ~8 oz) water and 1 cup (250 mL / ~8 oz) white vinegar to the inner pot, then run Pressure Cook for 5 to 10 minutes and QR pressure. • Check the condensation collector after each use and empty and clean it as needed. Do not allow food or moisture to sit in the condensation collector, as harmful bacteria may result.
Inner pot	Dishwasher safe. <ul style="list-style-type: none"> • Acute hard water staining (rainbow, bluish or white discoloration) may require scrubbing with a sponge dampened with vinegar or a nonabrasive cleanser like Bar Keeper's Friend. • For tough or burned food residue, add boiling water and dish soap to the inner pot and let it sit for a few hours for easy cleaning. • Make sure all exterior surfaces are dry before placing the inner pot in the multicooker base.
Power cord	Wipe only. <ul style="list-style-type: none"> • Use a barely damp cloth to remove particles from the cord. • Wrap it around the multicooker base and tuck the end into the cord holder.
Multicooker base	Wipe only. <ul style="list-style-type: none"> • Wipe the inside of the outer pot as well as the condensation rim with a barely damp cloth. Allow them to dry completely before inserting the inner pot. • Clean the multicooker base and control panel with a soft, barely damp cloth or sponge.

Some discoloration may occur after machine washing, but this will not affect the multicooker's safety or performance.

For Troubleshooting, view the full user manual online at instanthome.com/pro.

If your problem persists or if you have questions, get in touch with a Customer Care Advisor by email at support@instanthome.com or by phone at **1-800-828-7280**.

Care, cleaning and storage

⚠ WARNING

The multicooker base contains electrical components. To avoid fire, electric leakage and/or personal injury, make sure the multicooker base always stays dry.

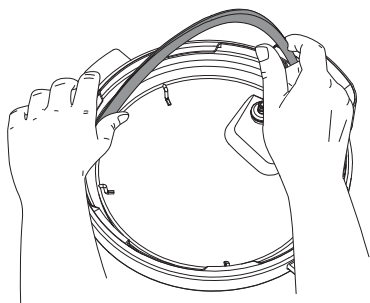
- DO NOT immerse the multicooker base in water or other liquid or attempt to cycle it through the dishwasher.
- DO NOT rinse the heating element.
- DO NOT submerge or rinse the power cord or the plug.

Removing and installing parts


Silicone sealing ring

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.




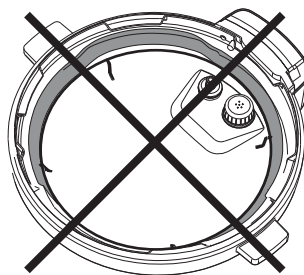
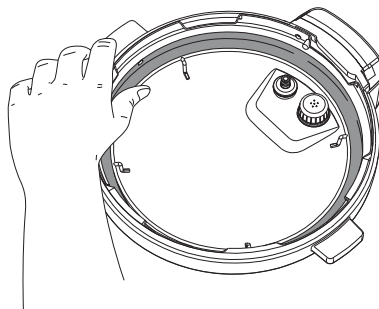
With the sealing ring removed, check the ring rack to make sure it is secured, centered, and an even height all the way around the lid. Do not attempt to repair a deformed ring rack.

 Instant Tip: The sealing ring is easiest to remove and install when it is wet and soapy.

Install the sealing ring

Place the sealing ring over the sealing ring rack and firmly press it into place. Make sure there's no puckering.

 It should be snug behind the sealing ring rack. It may wiggle a bit but shouldn't fall out when you turn over the lid.

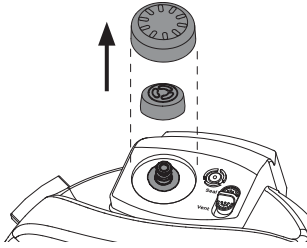


Care, cleaning and storage

Steam release assembly


Remove the steam release assembly

Remove the steam release cover, then pull the steam release valve up and off the steam release pipe.



Install the steam release assembly

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 but should remain in place when the lid is turned over.

Place the steam release cover over the steam release valve and press down. The cover pressure-fits in place.

QuickCool protective cover

Remove the protective cover

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

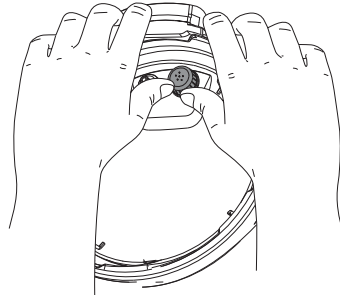
Install the protective cover

Grip the tab and slide the cover towards the back of the metal portion of the lid, then press down until it clicks.

Anti-block shield

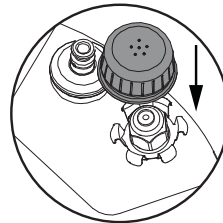
Remove the anti-block shield

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 the prongs underneath.



Install the anti-block shield

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




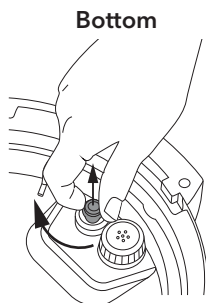
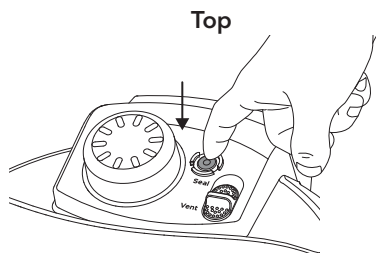
Care, cleaning and storage

Float valve and silicone cap

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, and remove the float valve from the top of the lid.

 Do not discard the float valve or silicone cap!



Install the float valve

Drop the narrow end of the float valve into the float valve hole on the top of the lid. Place one finger on the flat top of the float valve, then turn the lid over. Firmly attach the silicone cap to the bottom of the float valve.

Condensation collector

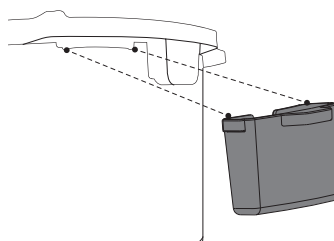
The condensation collector sits at the back of the multicooker base and catches any overflow from the condensation rim.

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 like closing a drawer.



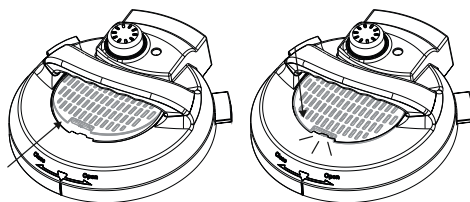
QuickCool protective cover

Remove the protective cover

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

Install the protective cover

Grip the tab and slide the cover towards the back of the metal portion of the lid, then press down until it clicks.



Warranty

One (1) Year Limited Warranty

This One (1) Year Limited Warranty applies to purchases made from authorized retailers of Instant Brands Inc. ("Instant Brands") by the original appliance owner and is not transferable. Proof of original purchase date and, if requested by Instant Brands, return of your appliance, is required to obtain service under this Limited Warranty. Provided the appliance was used in accordance with the use & care instructions, Instant Brands will, in its sole and exclusive discretion, either: (i) repair defects in materials or workmanship; or (ii) replace the appliance. In the event that your appliance is replaced, the Limited Warranty on the replacement appliance will expire twelve (12) months from the date of receipt. Failure to register your product will not reduce your warranty rights. The liability of Instant Brands, if any, for any allegedly defective appliance or part will not exceed the purchase price of a comparable replacement appliance.

What is not covered by this warranty?

1. Products purchased, used, or operated outside of the United States and Canada.
2. Products that have been modified or attempted to be modified.
3. Damage resulting from accident, alteration, misuse, abuse, neglect, unreasonable use, use contrary to the operating instructions, normal wear and tear, commercial use, improper assembly, disassembly, failure to provide reasonable and necessary maintenance, fire, flood, acts of God, or repair by anyone unless directed by an Instant Brands representative.
4. Use of unauthorized parts and accessories.
5. Incidental and consequential damages.
6. The cost of repair or replacement under these excluded circumstances.

Warranty

EXCEPT AS EXPRESSLY PROVIDED HEREIN AND TO THE EXTENT PERMITTED BY APPLICABLE LAW, INSTANT BRANDS MAKES NO WARRANTIES, CONDITIONS OR REPRESENTATIONS, EXPRESS OR IMPLIED, BY STATUTE, USAGE, CUSTOM OF TRADE OR OTHERWISE WITH RESPECT TO THE APPLIANCES OR PARTS COVERED BY THIS WARRANTY, INCLUDING BUT NOT LIMITED TO, WARRANTIES, CONDITIONS, OR REPRESENTATIONS OF WORKMANSHIP, MERCHANTABILITY, MERCHANTABLE QUALITY, FITNESS FOR A PARTICULAR PURPOSE OR DURABILITY.

Some states or provinces do not allow for: (1) the exclusion of implied warranties of merchantability or fitness; (2) limitations on how long an implied warranty lasts; and/or (3) the exclusion or limitation of incidental or consequential damages; so these limitations may not apply to you. In these states and provinces, you have only the implied warranties that are expressly required to be provided in accordance with applicable law. The limitations of warranties, liability, and remedies apply to the maximum extent permitted by law. This limited warranty gives you specific legal rights, and you may also have other rights which vary from state to state or province to province.

Product Registration

Please visit www.instanthome.com/register to register your new Instant Brands™ appliance. Failure to register your product will not diminish your warranty rights. You will be asked to provide the store name, date of purchase, model number (found on the back of your appliance) and serial number (found on the bottom of your appliance) along with your name and email address. The registration will enable us to keep you up to date with product developments, recipes and contact you in the unlikely event of a product safety notification. By registering, you acknowledge that you have read and understand the instructions for use, and warnings set forth in the accompanying instructions. Warranty Service

To obtain warranty service, please contact our Customer Care Department by phone at **1-800-828-7280** or by email to support@instanthome.com. You can also create a support ticket online at www.instanthome.com. If we are unable to resolve the problem, you may be asked to send your appliance to the Service Department for quality inspection. Instant Brands is not responsible for shipping costs related to warranty service. When returning your appliance, please include your name, mailing address, email address, phone number, and proof of the original purchase date as well as a description of the problem you are encountering with the appliance.

Instant Brands Inc.
495 March Road, Suite 200
Kanata, Ontario, K2K 3G1 Canada

[instanthome.com](https://www.instanthome.com)

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