

Instant Pot®

ITM./ART. 1463248

DUO GOURMET™ Multi-Use Pressure Cooker

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Getting Started Guide

Full manual, how-to videos, recipes and more available at instantpot.com/duogourmet.

Register your product today at instantpot.com/support/register

Initial Setup

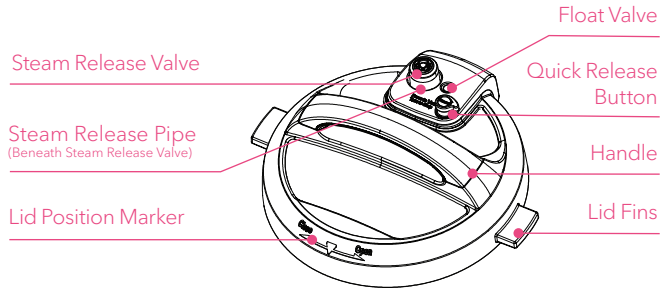
- Remove all packaging material from in and around the cooker, and verify that all parts are accounted for.
- Use only the Instant Pot Duo Gourmet lid with the Instant Pot Duo Gourmet cooker base. Using any other pressure cooker lids may cause injury and/or damage.
- Place the cooker on a stable, level surface, away from external heat sources.
- Read all “Important Safeguards” in the *Safety, Maintenance and Warranty* guide before use. Failure to do so may result in property damage and/or personal injury.
- Follow “Care, Cleaning and Storage” instructions in the *Safety, Maintenance and Warranty* guide to wash the cooker before first use.
- Do not remove safety warning stickers from lid, serial number or rating label from back of cooker base.



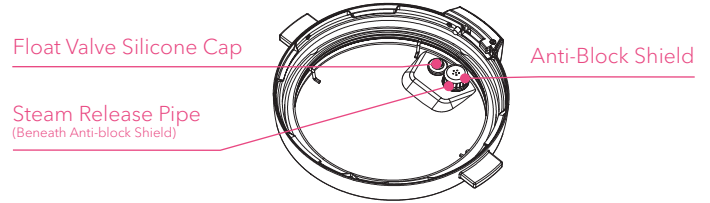
⚠ CAUTION Never use the cooker on a stovetop. Do not place appliance on or in close proximity to a hot gas or electric burner, or a heated oven. Do not place the cooker upon another appliance. Heat from an external source will damage appliance.

Cooker Parts Overview

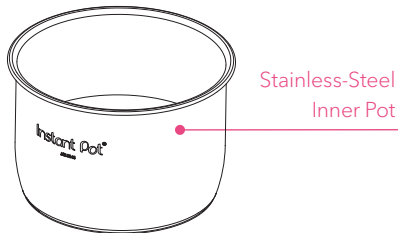
Top of the lid



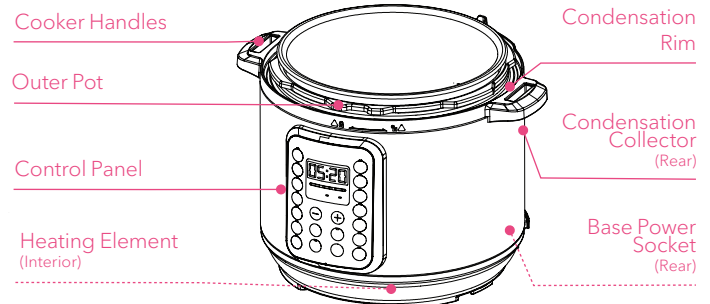
Bottom of the lid



Inner Pot



Multicooker Base



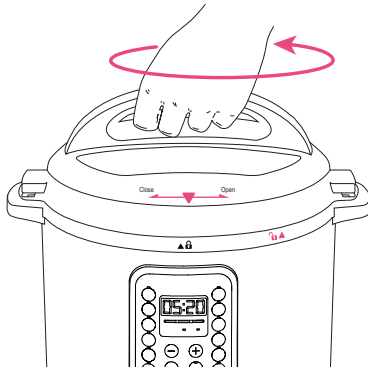
* Images are for reference only and may vary slightly in design or color.

Getting Started

1

Open and Close Lid

When cooker is plugged in, it will play a jingle when the lid is opened and closed.



Open

Open: Grip handle and turn lid counter-clockwise until ▼ symbol on lid is aligned with ▲ symbol on rim of cooker base. Lift lid up and off of cooker base.

**Note: Always check lid for damage prior to cooking.*



Close

Close: Grip handle and align the ▼ symbol on lid with ▲ symbol on rim of cooker base. Lower lid into track then turn lid clockwise until ▼ symbol on the lid lines up with 🔒 on base.

2

Check Sealing Ring and Sealing Ring Rack

Remove: Pull sealing ring out from behind sealing ring rack.

Inspect sealing ring rack. It should be centered in the lid and an even height all the way around.

Sealing ring must be installed before use.

Install: Place sealing ring over sealing ring rack and press into place. Ensure the **entire** sealing ring is snug behind sealing ring rack.

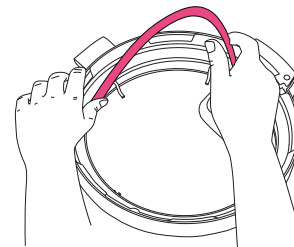
After closing the lid, the sealing ring creates an airtight seal between lid and cooker base.

The sealing ring is an integral part of product safety. Replace your sealing ring every 12-18 months or when deformation or damage is noticed.

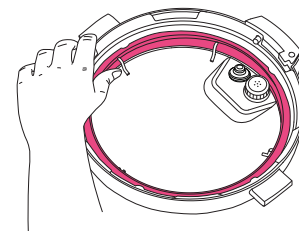
Replacement sealing rings can be purchased at store.instantpot.com.

CAUTION Always check for cuts or deformations in sealing ring prior to cooking. 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.

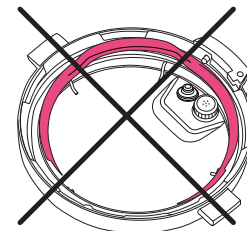
CAUTION Sealing rings may stretch over time. Do not use a stretched or damaged sealing ring. If puckering occurs, replace sealing ring.



Remove



Install



3

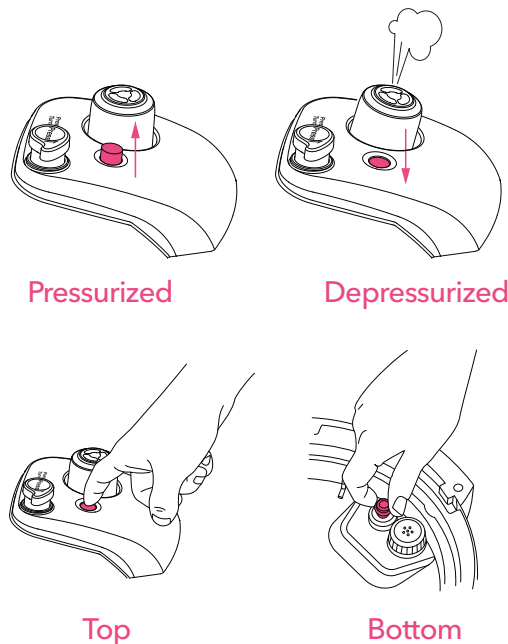
Remove and Install Float Valve

The float valve has 2 positions. It **pops up** to indicate when the cooker is **pressurized**, and **lowers into the lid** when the cooker is **depressurized**.

Remove: Place one finger on the flat top of float valve. Turn lid over. Detach silicone cap from bottom side of float valve. Remove float valve from top of lid. Do not discard float valve or silicone cap.

The float valve and silicone cap must be installed before use to seal in pressurized steam.

Install: Drop float valve into float valve hole on top of lid. Place one finger on the flat top of float valve. Turn lid over. Attach silicone cap to bottom of float valve.



CAUTION While float valve is up, contents of cooker are pressurized. Do not attempt to remove lid. Refer to “Venting Methods” section in this guide for information on releasing pressure.

4

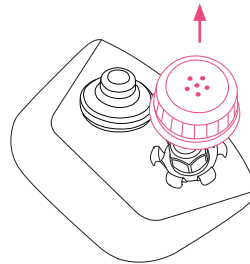
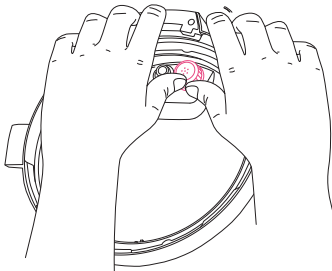
Remove and Install Anti-Block Shield

Remove: Grip lid and press firmly against side of anti-block shield (pressing towards side of lid and up) until it pops off the prongs underneath.

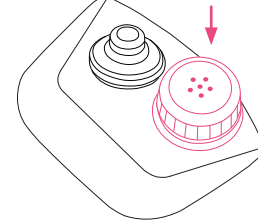
Anti-block shield must be installed before use and cleaned frequently.

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

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



Remove



Install

5

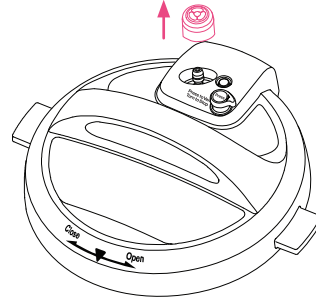
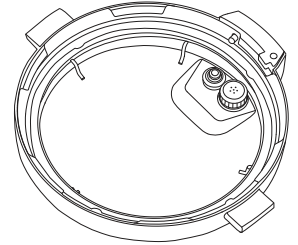
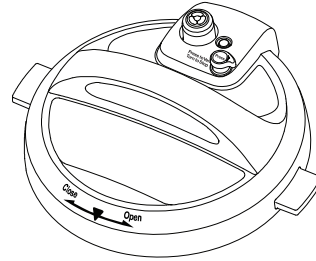
Remove and Install Steam Release Valve

Remove the Steam Release Valve

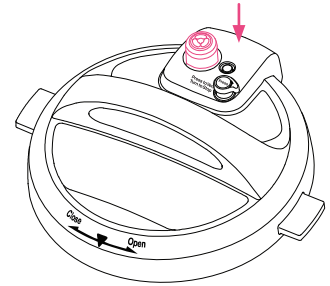
Pull steam release valve up and off steam release pipe. The steam release valve must be installed before using the cooker. It should only be removed for cleaning, but should be cleaned frequently.

Install the Steam Release Valve

Place the steam release valve on the steam release pipe and press down firmly. The steam release valve sits loosely on the steam release pipe when installed properly but should remain in place when the lid is turned over.



Remove



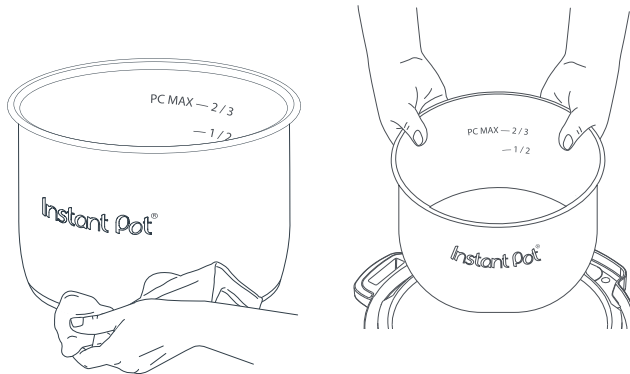
Install

6

Remove and Clean Inner Pot

Remove inner pot from cooker base and wash with hot water and dish soap before first use. Wipe outer surfaces of inner pot and heating element to ensure they are dry and free of food debris. Failure to do so may damage the cooker.

Place inner pot into cooker base before cooking. Food must be placed in inner pot, not cooker base.



Note: Always check inner pot for dents or deformations prior to cooking.

CAUTION The inner pot is an integral part of product safety. Always use an authorized Instant Pot inner pot when cooking. Do not pour food or liquid into cooker base. Failure to do so may cause personal injury or property damage.

WARNING Overfilling may cause risk of property damage and/or personal injury. Do not fill the inner pot higher than the **PC MAX — 2/3 line** (Pressure Cooking Maximum), as indicated on the inner pot.

Exercise extreme caution when cooking and venting food such as applesauce, cranberries, pearl barley, oatmeal, split peas, noodles, etc., as these foods may foam, froth, or spatter, and may clog the steam release pipe and/or steam release valve. Do not fill the inner pot higher than the **— 1/2 line** when cooking these foods.

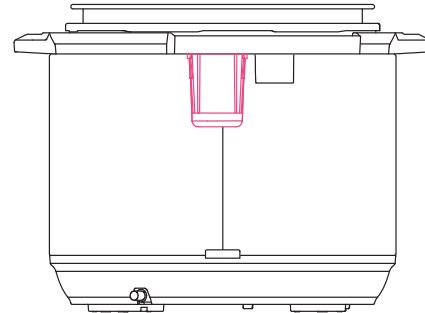
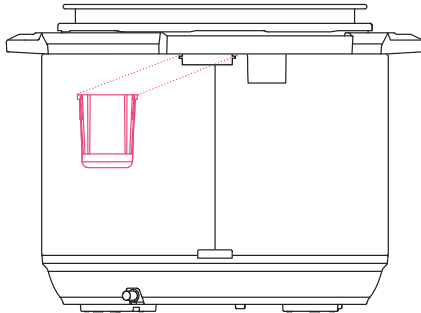
7

Install Condensation Collector

Install: On back of cooker base, align grooves on condensation collector over tabs and push condensation collector into place.

The condensation collector accumulates excess water and should be installed before cooking. Must be emptied after use.

Remove: Pull condensation collector away from cooker base. Do not pull down on condensation collector.



Venting Methods

When closing the lid, the quick release button will automatically reset to the popped up **Seal** position.

Natural Release (NR)

Leave the quick release button in the **Seal** position (up). The cooker dissipates heat so pressure releases naturally over time.

This method must be used when cooking food such as soups, stews or chilis, as well as food that expands, such as beans and grains.

Note: Depressurization time will vary based upon volume of food and liquid. May take 10-40 minutes, or longer.

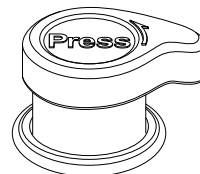
Quick Release (QR)

Press quick release button down until it clicks.

When depressed, a continuous stream of steam will be released through the steam release valve until the float valve drops into the lid.

Note: It will be loud!

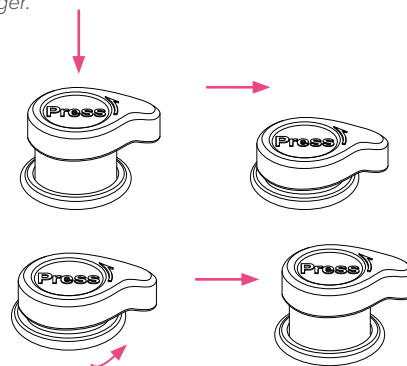
If spatter occurs, flick quick release button to reset it to the **Seal** position, and try again after a few minutes. If spatter continues, use NR to vent remaining pressure.



Seal Position



Vent Position



CAUTION Float valve will drop when cooker has depressurized. **Do not attempt to open the lid while the float valve is still popped up.**

WARNING

Steam is hot. To avoid burn injury, do not lean or place unprotected skin over the steam release valve, and do not cover.

Initial Test Run (Water Test)

1. Add 3 cups (~25 oz / 739 mL) water to inner pot.
2. Insert inner pot into cooker base.
3. **6 Quart:** Secure power cord to base power socket. Ensure connection is tight. Connect power cord to a 120 V power source. Display indicates **OFF**.
4. Align ▼ on lid with ▲ on cooker base. Lower lid into track, then turn lid clockwise until jingle sounds. Steam release automatically resets to **Seal** position when the lid is closed.
5. Select Smart Program: **Pressure Cook**.
6. Use - / + keys to adjust cook time to 5 minutes (**00:05**).
Note: *The Instant Pot will save any customization made to cook time. After 10 seconds, display indicates **On** and cooker begins **Pre-heating**.*
7. Float valve rises when cooker has pressurized. Once pressurized, **Cooking** begins and display changes from **On** to cook time countdown.
8. When the Smart Program completes, cooker begins **Keep Warm** or display indicates **End**.
9. Press quick release button down until it clicks into Vent position. Pressurized steam will release through top of steam release valve.
⚠ CAUTION Steam is hot! Float valve will drop when pressure has been fully released.
10. To open, turn the lid counter-clockwise until a jingle sounds.
11. Discard water and dry inner pot.
12. Start cooking!

For details on Smart Programs and operation instructions, view the full manual at instantpot.com/dougourmet.

More Controls

- Cancel** Press to stop a Smart Program at any time.
Cooker returns to Standby and displays **OFF**.
- Delay Start** Postpone cooking up to 24 hours. Select a Smart Program and if desired, adjust the cook time, then press Delay Start to turn the setting on. Use the - / + keys to adjust the number of hours before cooking will begin.
- Keep Warm** On by default on all Smart Programs except Sterilize, Sauté, Yogurt and Sous Vide. Once Smart Program is selected, press Keep Warm to turn the setting off.

Food should not be kept warm for more than 10 hours. If cooking thick or starchy foods, heat may not dissipate evenly. To ensure food safety, stir the contents of thicker dishes every 40 to 60 minutes.
- Sound On** When in Standby, press and hold + key until display indicates **S On**.
- Sound Off** When in Standby, press and hold - key until display indicates **SOFF**.
Note: Error code alerts cannot be silenced.
- Temperature Units: °F to °C** Press both + and - buttons simultaneously, quickly twice. Default temperature unit will be displayed. Press + button repeatedly to toggle between °F and °C.
*Note: Temperature is only displayed within the **Sous Vide** Smart Program*



Smart Programs

Smart Program	Setting	Suggested Use	Note
Pressure Cook	Less	Manual programming	Press Pressure Level to toggle between High and Low pressure. Use + / - buttons to adjust cook time. Adjust according to recipe for desired results.
	Normal		
	More		
Soup/ Broth	Less	Soup without meat	Liquid remains clear due to lack of boiling motion. Always use NR to release pressure when cooking soup with a high starch content.
	Normal	Soup with meat	
	More	Rich bone broth	
Meat	Less	Soft texture	Choose setting based on meat texture desired or adjust cook time manually. Allow meat to "rest" for 5-30 minutes, depending on size. It will retain cooking juices for tender, succulent meat.
	Normal	Very soft texture	
	More	Fall-off-the-bone texture	
Stew	Less	Soft texture	Choose setting based on meat texture desired or adjust cook time manually. Always use NR Always use NR to release pressure when cooking food with added starch or thickeners.
	Normal	Very soft texture	
	More	Fall-apart texture	
Sterilize	Less	No pressure steam sterilization	Sterilize utensils, tempered glass and heat-resistant plastics.
	Normal	Sterilization and water-bath canning	Sterilize utensils, tempered glass and some heat-resistant plastics. Low-pressure hot water bath canning of acidic fruits and vegetables.
	More	Sterilization and water-bath canning	Sterilize utensils, tempered glass and some heat-resistant plastics. High-pressure hot water bath canning of acidic fruits and vegetables.

Smart Program	Setting	Suggested Use	Note
Rice	Less	Tender but firm to bite	After cooking, wait 10 minutes, then use QR to release pressure, or allow to depressurize with NR.
	Normal	Normal texture white rice	
	More	Softer texture white rice	
Brown Rice	Less	Tender but firm to bite	After cooking, wait 10 minutes, then use QR to release pressure, or allow to depressurize with NR.
	Normal	Normal texture brown rice	
	More	Softer texture brown rice	
Oatmeal	Less	Oatmeal—steel cut or rolled	Adjust time as directed in recipe. Always use NR to release pressure when cooking foods that expand.
	Normal	White rice, porridge/congee	
	More	Rice porridge/congee with a mixture of various grains	
Bean	Less	Tender but firm to bite	Choose setting based on desired bean texture or adjust cook time manually. When cooking beans or legumes, always use NR to release pressure. Ensure dry beans are completely submerged in water.
	Normal	Normal texture	
	More	Softer texture	
Chili	Less	Chili without meat	Adjust time as directed in recipe. Always use NR to release pressure when cooking thick sauces or foods that expand, like beans.
	Normal	Chili with meat	
	More	Chunky chili with meat	

Pressure cooking Smart Programs operate at **High** (10.2 ~ 11.6psi) or **Low** (5.8 ~ 7.2psi) pressure. Higher pressure results in higher temperature.

Smart Program	Setting	Suggested Use	Note
Slow Cook	Less	All day cooking, 8+ hours	Less corresponds to Low on common slow cookers.
	Normal	Medium-time cooking, 6+ hours	Normal corresponds to Medium on common slow cookers.
	More	Fastest slow cooking, 4+ hours	More corresponds to High on common slow cookers.
Sauté	Less	Simmering and reducing	Do not use the lid on Sauté. Maximum 30 minutes to prevent overheating. When display switches from On to Hot , add recipe ingredients. If ingredients are added before Hot message appears, it may not appear at all.
	Normal	Pan searing or sautéing	
	More	Stir-frying or browning meat	
Yogurt	Less	Low-temperature fermentation (Jiu Niang)	Milk must reach a minimum of 72°C (161°F) for pasteurization to occur. Allow pasteurized milk to cool to below 43°C / 110°F. 8 hours is standard for fermentation, but a longer period will result in tangier yogurt
	Normal	Fermenting yogurt	
	More	Pasteurizing milk	
Sous Vide	77 to 194°F	Cook eggs, fruit, vegetables, fish, poultry, pork, beef and lamb	We recommend salting lightly and adding seasoning to taste after cooking. Use garlic powder rather than raw garlic. If your dish is not going to be consumed immediately, plunge pouches into ice water to reduce temperature quickly, then keep refrigerated.
	25 to 90°C		

⚠ 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 at [fsis.usda.gov/safetempchart](https://www.fsis.usda.gov/safetempchart) or Health Canada's Cooking Temperatures Chart at canada.ca/foodsafety for more information.

Sous Vide Cooking Steps

1. Place steam rack on bottom of inner pot.
2. Fill inner pot with warm water up to **PC MAX – 2/3** line.
3. Insert inner pot into cooker base.
4. Secure power cord into base power socket. Connect to a 120 V power source.
5. Place lid on cooker base and turn lid clockwise to close.
6. Select **Sous Vide**.
7. Use - / + keys to adjust temperature in increments of 1°C / 1°F.
8. Press **Sous Vide** again to toggle to cook time setting. Use - / + keys to adjust cook time.
9. After 10 seconds, cooker beeps 3 times and displays **On** to indicate that it has begun heating.
10. While cooker heats, season food as desired. Separate single servings of food within individual pouches. Remove air from pouches and seal tightly.
11. Cooker beeps once water temperature is reached. Remove lid and immerse sealed pouches in water. *Contents should be submerged, but seal should remain above water.*
12. Place lid on cooker base and turn lid clockwise to close.

Note: For optimal temperature control, the pressure cooking lid must be fully closed or completely removed when cooking sous vide. Resting the lid on the cooker base, or using a glass lid, may cause the internal temperature to rise higher than desired.
13. For long cooking times, ensure water level remains above sealed pouches.

Note: If you need to add water, heat it to approximately the same temperature as the water in the inner pot to avoid cooling.
14. Once complete, display indicates **End**. Open cooker and carefully remove pouches from water.
15. Remove contents from pouches and use a thermometer to check for doneness. Follow a recipe or **Sous Vide Cooking Guidelines** online.

Bonus: “Reverse searing” your meat (searing it after cooking, not before) is a great way to boost flavors. First pat the meat dry, then sear it lightly in the inner pot with *Sauté*.



Enjoy time well spent with the Instant family of small appliances.

Instant Pot®

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store.instantpot.com

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