

Which Button to Use

Instant Pot Duo (Versions 1-2)

| Buttons | Default Setting | Normal | Adjusted to More | Adjusted to Less |
|----------------------|----------------------|---|--|------------------|
| Soup | High Pressure | 30 minutes | 40 minutes | 20 minutes |
| Meat/Stew | High Pressure | 35 minutes | 45 minutes | 20 minutes |
| Bean/Chili | High Pressure | 30 minutes | 40 minutes | 25 minutes |
| Poultry | High Pressure | 15 minutes | 30 minutes | 5 minutes |
| Rice | Low Pressure | Made for white rice only. This fully automatic program adjusts the cooking time depending on the amount of water and rice in the cooking pot. | | |
| Multigrain | High Pressure | 40 minutes | 45 minutes of warm water soak, then 60 minutes | 20 minutes |
| Porridge | High Pressure | 20 minutes | 30 minutes | 15 minutes |
| Steam | High Pressure | Heats at full power continuously, so use a steamer basket to keep food from burning on the bottom of the pressure cooking pot. Use a Quick Release. | | |
| Less Normal More | Function | Adjust between the Less Normal More settings by pressing the same cooking function button repeatedly until you get to the desired setting. | | |
| [-] and [+] | Function | Adjust the cook time up [+] or down [-]. (Version 2: Press and hold [-] or [+] for 3 seconds to turn sound OFF or ON.) | | |
| Slow Cook | Non-Pressure Cooking | Use Adjust to slow cook on Low (180-190°F), Normal (190-200°F), or high (200-210°F). Use [+] and [-] to increase or decrease the cook time. (Version 1 has higher temps: Low 190-201°F, Normal 194-205°F, High 199-210°F.) | | |
| Pressure | Function | Switch between High and Low Pressure settings for pressure cooking programs. Works with all buttons that cook at High or Low Pressure. | | |
| Adjust | Function | Adjust between the Less Normal More settings by pressing this button repeatedly until you get to the desired setting. | | |
| Yogurt | Non-Pressure Cooking | Adjust to More for boiling the milk, use Normal setting for incubating the yogurt. (Making yogurt is fairly technical, see this post for details: https://goo.gl/C3ag3z) | | |
| Sauté | Non-Pressure Cooking | Wait until display says "Hot" to add ingredients to the pot. Use Normal for sautéing veggies, adjust to More for browning meats, adjust to Less to simmer. | | |
| Manual | High or Low Pressure | Set a custom pressure level and cook time using the Adjust and [+] or [-] buttons. When working pressure is reached, time will begin to count down. | | |
| Timer | Function | Select a cooking function and adjust time/pressure, then press Timer and use the [+] and [-] buttons to set amount of time to wait for the Duo to start cooking. | | |
| Keep Warm/Cancel | Function | End a cooking program at any time. Turns the Auto Keep Warm function ON and OFF. Keep Warm keeps the contents of the cooking pot between 145-172°F. | | |

Low Pressure: 5.8-7.2 psi, temperature: 229-233°F. High Pressure: 10.2-11.6 psi, temperature: 239-244°F. If you're unsure of your model, the label on the back of the Instant Pot will list V2 or IP-DUO60-ENW for Version 2.