

Which Button to Use

Instant Pot Duo (Version 3)

Buttons	Default Setting	Normal	Adjusted to More	Adjusted to Less
Soup/Broth	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 [-]. (Press and hold [-] or [+] for 3 seconds to turn sound OFF or ON.)		
Slow Cook	Non-Pressure Cooking	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.		
Pressure Level	Function	Switch between High and Low Pressure settings for pressure cooking programs. Works with all buttons that cook at High or Low Pressure.		
Keep Warm	Function	Turns the Auto Keep Warm function ON and OFF. Keep Warm keeps the contents of the cooking pot between 145-172°F.		
Yogurt	Non-Pressure Cooking	Adjust to More for boiling the milk, use Normal 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.		
Delay Start	Function	Select a cooking function and set adjustments, then press Delay Start and use the [+] and [-] buttons to set amount of time to wait for the Duo to start cooking.		
Cancel	Function	End a cooking program at any time. (Hold this key until the Duo beeps to reset to factory default settings.)		
Pressure Cook	High or Low Pressure	Use Pressure Level to switch between High and Low Pressure and [+] or [-] to adjust cook time. When pressure is reached, time will begin to count down.		

Low Pressure: 5.8-7.2 psi, temperature: 229-233°F. High Pressure: 10.2-11.6 psi, temperature: 239-244°F.