

## Which Button to Use

## Instant Pot Smart

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
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.		
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: <a href="https://goo.gl/C3ag3z">https://goo.gl/C3ag3z</a> )		
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.		
[-] and [+]	Function	Adjust the cook time up [+] or down [-].		
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  On/Off	Function	Adjust between the Less   Normal   More settings by pressing the same cooking function button repeatedly until you get to the desired setting. Hold for 10 seconds to turn the Bluetooth feature On or Off.		
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 Smart to start cooking.		
Keep Warm/Cancel	Function	End a cooking program at any time. Turns the Auto Keep Warm function ON and OFF. Use the adjust button to set Keep Warm temperature to Less (133°F), Normal (145°F) and More (167°F).		