

get started

INSTANT POT® **PRO PLUS**
USER MANUAL

Instant™

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WELCOME!

Thank you for purchasing your new Instant Pot® Pro Plus Multi-Use Pressure Cooker. We hope you enjoy cooking with it for years to come.

REGISTER YOUR PRODUCT







Help us keep in touch, in case we need to reach you.
Register at <https://instantpot.com.au/support/register>.

CONTACT US

When you have questions about your new Instant Pot, we're here to help.

support@instantpot.com.au
instantpot.com.au

PRODUCT SPECIFICATIONS

				
Model: Pro Plus 60	220-240V~ 50-60Hz	1200W	5.7 Litres	7.05 kg
	Pro Plus 60			
	cm: 33.5L x 33.1W x 32.3H			

FIND YOUR MODEL NAME AND SERIAL NUMBER

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.

IMPORTANT SAFEGUARDS



At Instant Brands® your safety always comes first. The Instant Pot® Pro Plus was designed with your safety in mind.

As always, be cautious 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 PERSONAL INJURY AND/OR PROPERTY DAMAGE.
- 02 Use only the Instant Pot Pro Plus lid with the Instant Pot Pro Plus multicooker base. Using any other pressure cooker lids may cause personal injury and/or property 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, non-combustible, 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 personal 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 personal injury or property damage.

IMPORTANT SAFEGUARDS



- 07 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 and/or personal 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 **⚠ CAUTION** 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 depressurise naturally or release all excess pressure before opening. Inappropriate use may result in burns, personal 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 depressurised, and all internal pressure has been released. Attempting to open the appliance while it is still pressurised may lead to sudden release of hot contents and may cause burns or other personal 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.
 - The unit keeps releasing steam for non-pressure settings in order to avoid pressure building inside the inner pot.

⚠ WARNING

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

IMPORTANT SAFEGUARDS



- If steam escapes from the sides of the lid, turn the appliance off and wait for it to depressurise and cool, 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 personal 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 and property damage.
 - 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, select **Cancel**, then remove plug from 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 at support@instantpot.com.au or by phone at **1800 251 643**.

WARNING

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

IMPORTANT SAFEGUARDS



- 17 Spilled food can cause serious burns. A short power-supply cord is provided to reduce the hazards resulting from grabbing, entanglement and tripping.
- **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 authorised by Instant Brands LLC. The use of parts, accessories or attachments not recommended by the manufacturer may cause a risk of personal injury, fire or electric shock, and property damage.
- To reduce the risk of pressure leakage, cook only in an authorised stainless steel Instant Brands inner pot made for this model.
 - **DO NOT** use the appliance without the removable inner pot installed.
 - To prevent personal injury and property damage to the appliance, only replace the sealing ring with an authorised Instant Brands sealing ring.
- 19 **DO NOT** attempt to repair, replace or modify components of the appliance, as this may cause electric shock, fire or personal injury, property damage, and will void the warranty.
- 20 **DO NOT** tamper with any of the safety mechanisms, as this may result in personal 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 220-240V~ 50-60Hz. **DO NOT** use with power converters or adapters.

WARNING

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

IMPORTANT SAFEGUARDS



- 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.
- 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 The inner pot is compatible with electric/gas stoves, induction heating, and oven up to 204°C. **DO NOT** use the included accessories in a microwave, toaster oven, ceramic cooktop, electric coil or outdoor grill.

SAVE THESE INSTRUCTIONS.

WARNING

To avoid property damage and personal injury, read and understand the instructions in this user manual before attempting to use this appliance.

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 personal injury, and property damage

WARNING

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

IMPORTANT SAFEGUARDS



⚠ 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 PERSONAL INJURY AND PROPERTY DAMAGE.

SPECIAL CORD SET INSTRUCTIONS

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

SAVE THESE INSTRUCTIONS.

⚠ WARNING

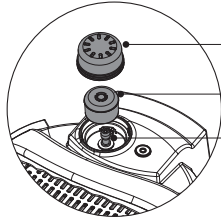
Read this manual carefully and completely and retain for future reference. Failure to adhere to safety instructions may result in serious personal injury or property damage.

PRODUCT, PARTS AND ACCESSORIES

Before using your new Instant Pot Pro Plus, 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 LID

STEAM RELEASE ASSEMBLY



Steam release cover

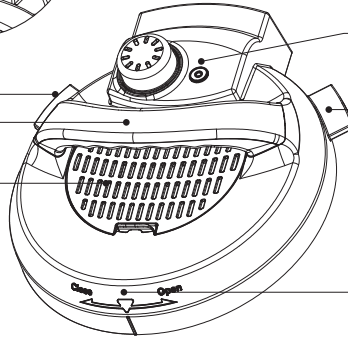
Steam release valve

Steam release pipe

Lid fin

Lid handle

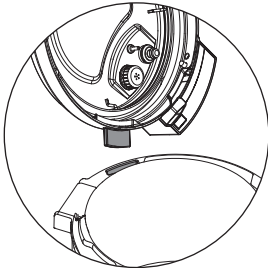
QuickCool protective cover



Float valve

Lid fin

Lid position markers

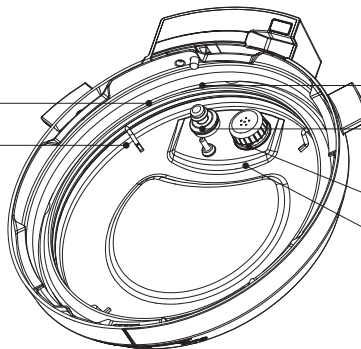


Instant Tip: Stand the pressure cooking lid up to keep it off your countertop. Insert the left or right lid fin into corresponding lid holders on the base to stand it up and save some space!

BOTTOM OF 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)

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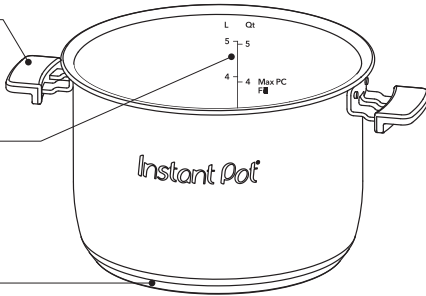
PRODUCT, PARTS AND ACCESSORIES

INNER POT

Easy Grip silicone handles

Fill line indicators

Flat bottom



Instant Tip: Stove top and oven-friendly up to 204°C!
The inner pot features a cookware-grade impact bonded tri-ply bottom, which sounds complicated, but really just means you can use it just about anywhere – from the multicooker base to any electric, ceramic, gas or induction cooktop.

MULTICOOKER BASE

Outer pot

Condensation rim

Control panel

Black stainless steel exterior

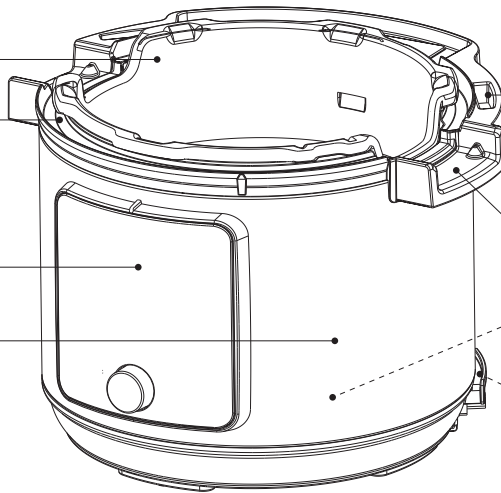
Lid holder

Condensation collector (rear)

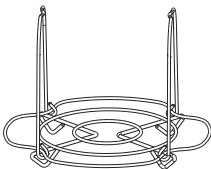
Multicooker handle

Heating element (interior)

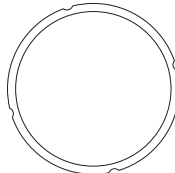
Cord holder (rear)



ACCESSORIES



Stainless steel steam rack



Extra sealing ring

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

GET STARTED

INITIAL SET UP

- 01** Pull that Instant Pot Pro Plus 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.
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 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.
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 Plus 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 Customer Care by email at support@instantpot.com.au

CAUTION

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, property damage or personal injury.

DO NOT place the appliance on a stovetop or another appliance. Heat from an external source will damage the appliance.

To avoid risk of property damage and/or personal injury, **DO NOT** place anything on top of the appliance, and **DO NOT** cover or block the steam release assembly or anti-block shield, located on the appliance lid.

GET STARTED

INITIAL TEST RUN (WATER TEST)

Before using your new Pro Plus for the first time, you must perform a pressure cooking test run to ensure everything is working correctly.

Stage 1: Setting up the Pro Plus 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 220-240V 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" (...but not really, this is just a test!)

- 05** Touch **Pressure Cook**.
- 06** When the **minutes field** flashes, turn the dial to adjust the cook time to 5 minutes (**00:05**).
Customisations are saved to the Smart Programme when cooking begins.
- 07** Touch the **Venting field** to toggle between **Natural**, **Pulse** and **Quick release** options.
Select **Quick** for a quick pressure release after the test finishes.
See **Releasing pressure** for more information.
- 08** Touch **Keep Warm** to turn automatic warming off after the test finishes.

- 09** Touch **Start** to begin.

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

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

Stage 3: Releasing pressure

When the Smart Programme finishes, the quick release icon flashes until venting is finished

- 10** Check the **pressure indicator** on the control panel to make sure the lid is safe to open, then carefully open and remove the lid as described in **Pressure control features: Pressure cooking lid**.



Please read the Pressure Control Features (pressure indicator) section on page 29.

- 11** Using proper hand protection, remove the inner pot from the multicooker base, discard the water and thoroughly dry the inner pot.

You're ready start cooking with your Instant Pot® Pro Plus!

GET STARTED

CAUTION

Pressurised steam releases through the top of the steam release valve. Keep exposed skin away from the steam release valve to avoid burn injury.

DANGER

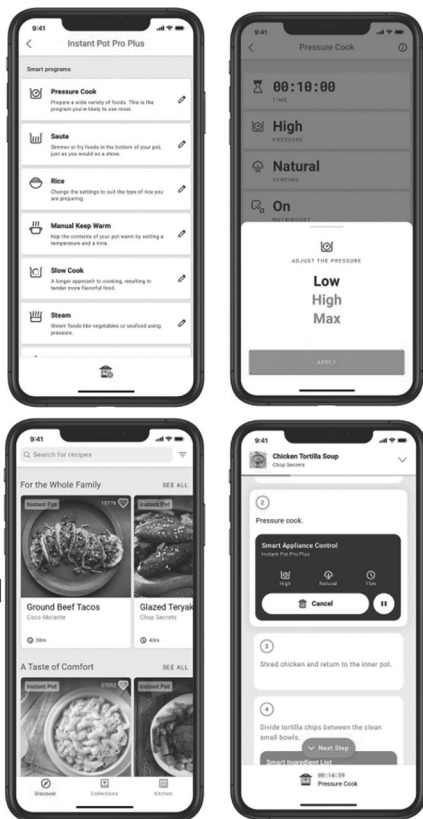
DO NOT attempt to remove the lid while the pressure indicator is on and NEVER attempt to force the lid open. Contents are under extreme pressure. Pressure indicator light must be off before attempting to remove the lid. Failure to follow these instructions may result in serious personal injury and/or property damage

CAUTION

The inner pot will be hot after cooking. Always use appropriate heat protection when handling a hot inner pot to avoid burn injury.

COOKING FROM THE INSTANT BRANDS® CONNECT APP

Make cooking simple and easy when you control your Instant Pot® Pro Plus using the Instant Brands® Connect App from your mobile device. You have full control of the cooking programmes, plus access to interactive guided cooking recipes.



fresco

Control cooking programmes

The Pro Plus includes 9 cooking programmes. You can control each of them from the App, and then monitor cooking within the App. You can use the default cooking settings, or choose your own settings for things like time, pressure level, temperature and venting type.

Guided recipes

The Instant Brands Connect App includes a huge repository of delicious recipes. But unlike standard recipes, the App can interactively guide your cooking on the Pro Plus. The App will start the cooker, and control the settings exactly as the recipe specifies. All you have to do is prepare the ingredients and add them to the cooker.

PAIRING WITH THE INSTANT BRANDS® CONNECT APP

You can control your Pro Plus with the Instant Brands Connect App using your mobile device.



To download the App, either:

- Scan the QR code, or;
- Search "Instant Brands Connect" in the Apple Store or the Google Play Store.

To get started, you'll need to create an account.

REQUIREMENTS FOR PAIRING

You can use these compatible mobile devices to pair via WiFi and bluetooth.

- Android version 5.0 or later
- iOS version 12.0 or later

The Instant Pot can only connect to a 2.4GHz WiFi network. Bluetooth must be turned on to pair the Instant Pot.

FOLLOW THE STEPS BELOW TO START THE PAIRING PROCESS.

Before you start, make sure you:

- Download the Instant Brands Connect App and create an account if you don't already have one
- Know your home WiFi network name and password
- Make sure your Bluetooth setting is set to On
- Make sure your Pro Plus is plugged in and not currently cooking. It should display OFF.
- Make sure you have your mobile device near the Pro Plus.

01 Open the App and select the Kitchen section, then select Add an Appliance.

02 From the list of appliances, select "Instant Pot Pro Plus".

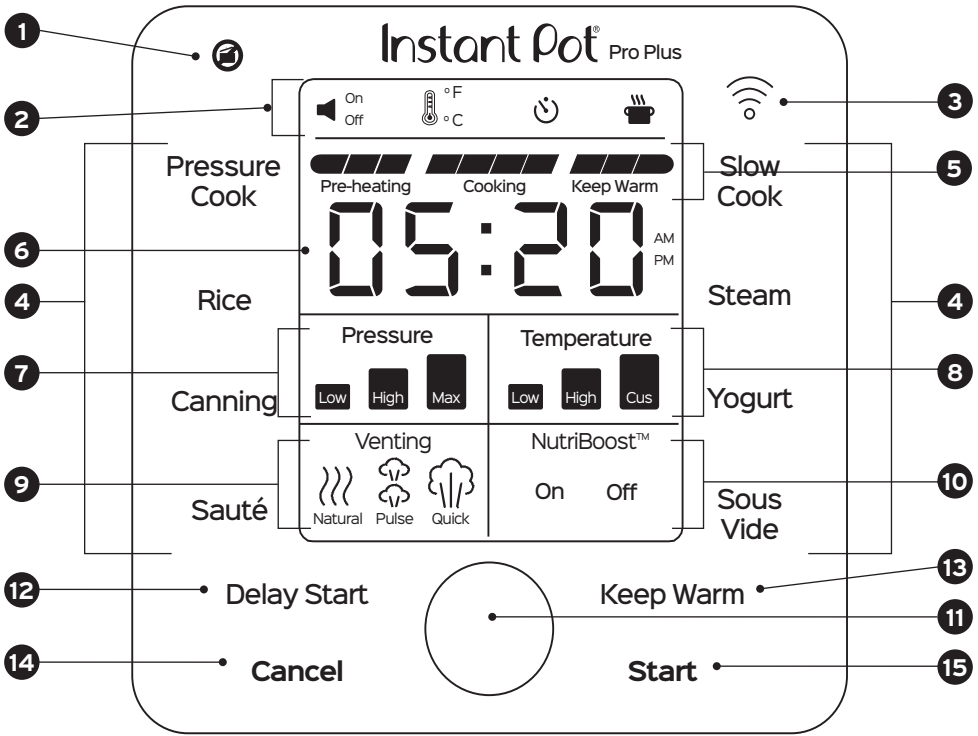
03 Follow the instructions in the App to start the pairing process.

When you're done, you're set to control your Pro Plus from your App, and take advantage of even smarter, easier cooking!

Note: The Initial Water Test run can be done using the mobile app. Ensure the device is connected using the steps above before starting the test.

CONTROL PANEL






The Pro Plus has a touch screen control panel that's easy to use and understand.



1	Pressure indicator	Lights up when there is pressure in the multicooker to show that the lid is locked and cannot be removed.	
2	Status icons		Shows if sounds are On or Off , as indicated.
			Indicates if the temperature scale is showing in Fahrenheit (°F) or Celsius (°C). See Control panel: Settings for details.
			Delay Start or cooking timer is running.
			Appears when Keep Warm is running, or is set to turn on after cooking finishes.
3	WiFi indicator	Lights up when paired with the Instant Brands Connect App and connected to a device. See WiFi for more information.	

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

CONTROL PANEL

4	Smart Programmes	<ul style="list-style-type: none"> • Pressure Cook • Rice • Canning • Sauté 	<ul style="list-style-type: none"> • Slow Cook • Steam • Yogurt • Sous Vide
		See Cooking for details.	
5	Cooking progress bar	Shows when the multicooker is in Pre-heating , Cooking and Keep Warm modes. See Control panel: Cooking progress bar for more information.	
6	Time display	In standby, shows OFF . In a Smart Programme, counts up or down, depending on the programme.  Some Smart Programmes display the temperature in °C (Celsius) or °F (Fahrenheit).	
7	Pressure	Choose between Low , High and Max .	
8	Temperature	Choose between Low , High and Custom .	
9	Venting	Choose between 3 venting methods:	
		  	<p>Natural release</p> <p>Pulse release</p> <p>Quick release</p>
10	NutriBoost	Toggles the NutriBoost setting On and Off . See Cooking: NutriBoost for more information.	
11	Control dial	Turn the dial to adjust the time and temperature.	
12	Delay Start	Delay the start of cooking. Doubles as a kitchen timer!	
13	Keep Warm	Turns Keep Warm on or off.  Can only be used with Pressure Cook, Rice, Canning and Slow Cook, or as a standalone programme when in standby.	
14	Cancel	Stops a Smart Programme at any time and returns the multicooker to standby.	
15	Start	Begins the selected Smart Programme.	

CONTROL PANEL

COOKING PROGRESS BAR

Pre-heating is in progress. The display shows **On** during the pre-heating stage to let you know that it's working on getting up to temperature.



Cooking is shown after the Pro Plus reaches the target pressure or temperature required by the Smart Programme.




Keep Warm comes on automatically (unless you've turned it off) after cooking finishes to keep your meal at serving temperatures.

Only applies to Pressure Cook, Rice, Slow Cook and Canning.




Status messages

Off	The Pro Plus is in standby mode, ready whenever you are.
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.
Hot	Display shows one of the following: <ul style="list-style-type: none">• The remaining Cooking time when a Smart Programme is running,• The Delay Start countdown,• How long food has been in Keep Warm,
End	When cooking finishes, the display shows End until you remove the lid or touch Cancel .

Do you see something else? See **Troubleshooting** for more information.

SETTINGS

Setting	Description				
Turn sound on or off.	When in standby, touch and hold the sound icon for 2 seconds to toggle sounds on and off.  Audible safety and error message alerts cannot be turned off.				
Change displayed temperature (°C and °F).	When in standby, touch and hold the thermometer icon for 2 seconds to toggle between displaying °C and °F.				
Adjust and save custom cooking times and temperatures.	Once a Smart Programme is selected, changes to the cooking time, temperature and pressure level are saved once the Smart Programme begins.				
Delay the start of cooking.	<table border="1" data-bbox="288 715 1028 826"> <thead> <tr> <th>Default time</th> <th>Time range</th> </tr> </thead> <tbody> <tr> <td>6 hours (06:00)</td> <td>10 minutes to 24 hours (00:10 to 24:00)</td> </tr> </tbody> </table> <p>01 Select and set up an applicable Smart Programme. 02 When you're ready, touch Delay Start. The hours field flashes. 03 Turn the dial to adjust the hours field as needed. 04 Touch the minutes field to toggle to it. Turn the dial to adjust the minutes field as needed. 05 Press Start to begin the delay countdown.</p> <p>Delay Start cannot be used with Sauté, Yogurt or Sous Vide.</p>	Default time	Time range	6 hours (06:00)	10 minutes to 24 hours (00:10 to 24:00)
Default time	Time range				
6 hours (06:00)	10 minutes to 24 hours (00:10 to 24:00)				
Reset an individual Smart Programme.	When in standby, touch and hold the Smart Programme button you want to reset for 3 seconds. The Smart Programme's cooking time, pressure level and temperature are restored to the factory default setting.				
Reset all Smart Programmes.	When in standby, touch and hold Cancel until the multicooker beeps. All Smart Programme cooking times, pressure levels and temperatures are restored to factory default settings.				

PRESSURE COOKING

Pressure cooking uses pressure to raise the boiling point of water above 100°C. These high temperatures allow you to cook food way faster than normal.

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

HOW PRESSURISING WORKS

Pre-heating

What you see	What you don't see	Tips
The cooking progress bar shows Pre-heating . The display shows On .	While the multicooker pre-heats, it vaporises liquid to create steam. Once enough steam has built up, the float valve pops up and locks the lid in place.	The time it takes the multicooker to pressurise depends on things like food and liquid temperature and volume. Frozen foods have the longest pre-heating time. For the fastest results, thaw your food before cooking it.

Cooking

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

Depressurisation

What you see	What you don't see	Tips
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 begins venting and the venting icon flashes until finished.	Although food has finished cooking, the multicooker is still pressurised and hot.	Follow your recipe instructions when choosing a venting method. Venting releases pressure, lowers the temperature and allows you to safely remove the lid. See Releasing pressure: Venting methods on the next page for information on safe venting techniques.

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.

⚠ 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 personal injury.

DO NOT cover or obstruct the steam release valve or cover to avoid personal injury and/or property damage.

⚠ DANGER

DO NOT attempt to remove the lid while the pressure indicator is on 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.

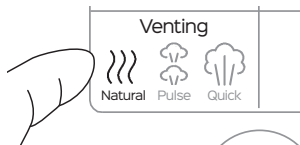
VENTING METHODS

Natural release (NR or NPR)

After the cooking finishes, the temperature within the multicooker drops gradually and the multicooker depressurises naturally over time.

What to do

Touch the **Venting field** on the control panel to toggle to **Natural**.



What to expect

When cooking finishes, the multicooker does not vent, so your meal continues to cook even after the Smart Programme ends.

 Instant Tip: This is called "carryover cooking" or "resting", and it's great for large cuts of meat.

The depressurisation time may vary based upon the volume, type and temperature of food and liquid. It can take up to 40 minutes with some dishes, so plan ahead – it's well worth the wait!

When pressure is fully released, the Pressure indicator light turns off. Then it is safe to open the lid.

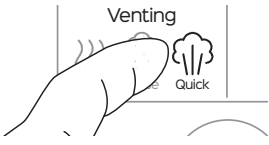
NOTICE

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

RELEASING PRESSURE

QUICK RELEASE (QR or QPR)

When cooking finishes, a quick release drops the pressure and temperature quickly to prevent overcooking. Perfect for quick-cooking vegetables and delicate seafood!

What to do	What to expect
<p>Touch the Venting field on the control panel to toggle to Quick.</p> 	<p>When cooking finishes, the Pro Plus releases a warning puff and beeps 3 times, followed by a steady stream of steam from the top of the steam release valve.</p> <p>This is normal!</p> <p>When pressure is fully released, the Pressure indicator light turns off. Then it is safe to open the lid.</p>

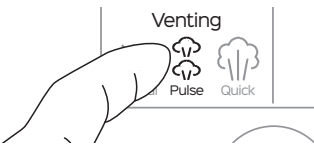
NOTICE

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).

If you see a lot of spatter while releasing pressure, touch the **Venting field** to return to **Natural**, then touch **Start**. Wait a few minutes before trying to release pressure again. If spatter continues, use NR to safely release the remaining pressure.

PULSE RELEASE

When cooking completes, the Pro Plus releases timed bursts of steam to release pressure – perfect for rice, grains, and much more.

What to do	What to expect
<p>Touch the Venting field on the control panel to toggle to Pulse.</p> 	<p>When cooking finishes, the multicooker releases a short burst of steam every 15 seconds.</p> <p>When pressure is fully released, the Pressure indicator light turns off. Then it is safe to open the lid.</p>

PRESSURE CONTROL FEATURES

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

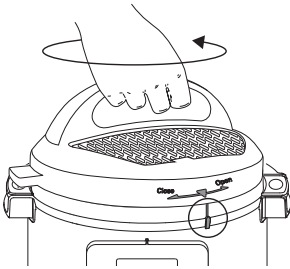
PRESSURE COOKING LID

When it's plugged in, the Pro Plus plays a little jingle when you open and close the lid.

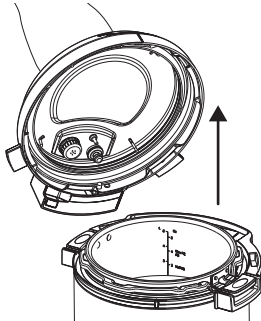
What we love about it	What you should know about it
<p>When you close the lid, it automatically gets ready to seal for <i>seriously</i> easy pressure cooking.</p> <p>It closes over the handles on the new inner pot.</p> <p>The lid handle is comfortable to use whether you're left or right-handed, and, stands up in the multicooker base!</p>	<p>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 pressurised.</p> <p>Try not to remove the lid unnecessarily.</p>

REMOVING THE LID

- 01 Grip the handle and turn it counter-clockwise to align the ▼ on the lid with the I on the rim of the multicooker base.



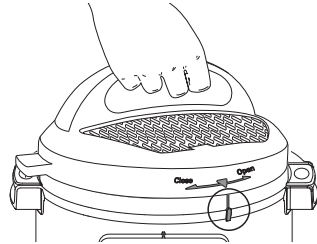
- 02 Lift the lid up and off the multicooker base towards your body.



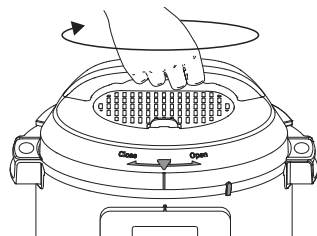
See **Releasing pressure** for safe depressurisation techniques.

CLOSING THE LID

- 01 Align the ▼ on the lid with the I on the multicooker base, then lower the lid onto the track.



- 02 Turn the lid clockwise until the ▼ on the lid aligns with the middle of the control panel.



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 multicooker 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.

CAUTION

The lid will be hot during and after cooking. **DO NOT** touch the exposed metal with bare skin to avoid burn injury.

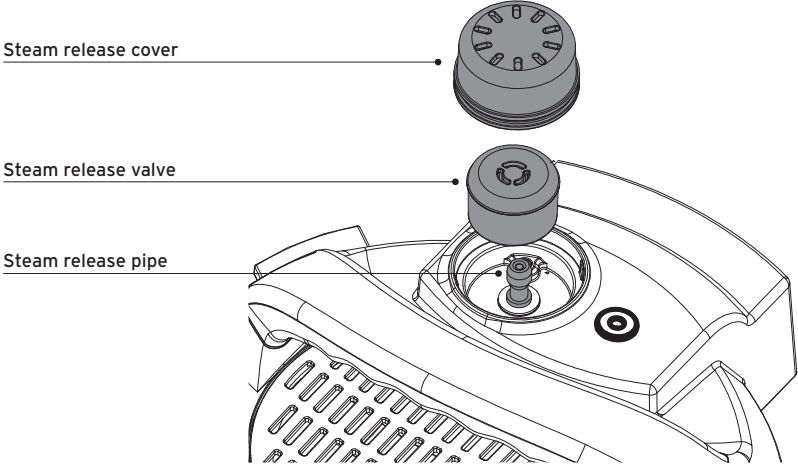
CAUTION

The QuickCool tray is not intended to serve food or liquid. To avoid risk of personal injury, do not consume food or liquid from the QuickCool tray.

PRESSURE CONTROL FEATURES

STEAM RELEASE ASSEMBLY

The steam release assembly must be fully installed before use.



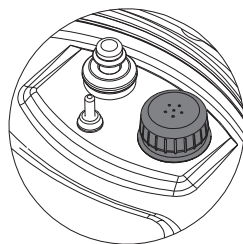
What we love about it	What you should know about it
<p>The steam release cover disperses the steam, so the pressure releases gently.</p>	<p>The steam release valve sits loosely on the steam release pipe.</p> <p>When releasing pressure, steam travels up from the inner pot, through the steam release pipe and steam release valve, and out the top of the steam release cover. It's important to keep the area clean and clear.</p>
<p>⚠ WARNING</p>	
<p>Do not cover or block the steam release assembly in any way to avoid personal injury and/or property damage.</p>	

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.

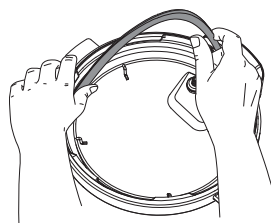



SEALING RING

When the pressure cooking lid is closed, the sealing ring creates an airtight 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 flavours. Keep extra sealing rings on hand to limit the transfer of those aromas and flavours between dishes.

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 authorised 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

PRESSURE INDICATOR

The pressure indicator on the control panel indicates when the lid is safe to open.

- **PRESSURISED**
The pressure indicator icon will highlight in red indicating it is not safe to open the lid.
- **DEPRESSURISED**
When the pressure indicator icon is not lit the unit is safe to open.



The float valve and silicone cap work together to seal in pressurised steam. Do not attempt to operate the Instant Pot without the float valve properly installed.

DANGER

DO NOT attempt to remove the lid while the pressure indicator is lit 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

The Instant Pot Pro Plus is amazingly versatile in the kitchen.

If you need to make changes to the cooking time, pressure level, venting or temperature after a programme has started, just touch the related field, customise the Smart Programme as you like, then touch **Start!**

CAUTION

Always inspect the lid and inner pot carefully to make sure they are clean and in good working condition before use.

- To avoid personal injury or damage to the appliance, replace the inner pot if it is dented, deformed, or damaged.
- Use only authorised Instant Pot inner pots made for this model when cooking.

Always make sure the heating element is clean and dry before inserting the inner pot into the multicooker base.

Failure to follow these instructions may damage the multicooker. Replace damaged parts to make sure safe function.

WARNING

DO NOT fill inner pot higher than the **Max PC Fill** line as indicated on the inner pot.

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.

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 insert the inner pot into the multicooker base.

CAUTION

When cooking meat, always use a meat thermometer to ensure the internal temperature reaches a safe minimum temperature.

COOKING

Pressure Cook, Rice and Canning

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

For the best pressure cooking results, always follow an authorised 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 3 pressure levels, depending on the Smart Programme.

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.	
Max (15 psi) (95 - 115 kPa)	Canning of low-acid foods, tough cuts of meat and for flavourful broths.	

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*
5.7 Litres	1 ½ cups (375 mL)

*Unless otherwise specified in recipe.

 **Instant Tip:** Use the stainless steel 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.


CAUTION

To avoid scorching or scalding injury, be cautious when pressure cooking with more than 1/4 cup (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 (60 mL) of oil or fat content.

COOKING

PRESSURE COOK, RICE AND CANNING

Smart programme	Default cooking time	Cooking time range	Default pressure	Pressure levels available
Pressure Cook	10 minutes (00:10)	0 minutes to 4 hours (00:00 to 04:00)	High	Low High Max
Rice	12 minutes (00:12)	0 minutes to 1 hour (00:00 to 01:00)	Low	Low High
Canning	30 minutes (00:30)	0 minutes to 4 hours (00:00 to 04:00)	Max	Low Max

- 01 Add food and liquid to the inner pot as indicated in your recipe.
- 02 Insert the inner pot into the multicooker base.
- 03 Place and close the pressure cooking lid as described in **Pressure control features: Pressure cooking lid.**
- 04 Touch the Smart Programme you want to use: **Pressure Cook, Rice** or **Canning.**
- 05 Touch the **hours field** or the **minutes field**, then turn the dial to adjust the cooking time in hours and/or minutes.
- 06 Touch the **Pressure field** to toggle between available **Low, High** and **Max** pressure levels.
- 07 Touch the **Venting field** to toggle between **Natural, Pulse** and **Quick** release options.
- 08 Touch **Start** to begin.
-  The display shows **On** and the cooking progress bar shows Pre-heating.
- 09 When the Smart Programme finishes the display shows **End** if Keep Warm is turned off. If not, the timer begins counting from **00:00** up to 10 hours (**10:00**).

Keep Warm comes on automatically. If you don't want the Pro Plus to Keep Warm after cooking, press **Keep Warm** to turn it off any time.

A delay start timer can be set to automatically start pressure cooking. To set a delay start timer, see **Control panel: Settings.**

ABOUT CANNING

The Canning Smart Programme is a pressure cooking function based on traditional canning principles. Following proper canning processes, canning can be an easy, economical way to preserve quality food at home.

The Pro Plus uses 2 pressure canning settings:

Low	Perfect for canning high-acid fruit, including sauces, jams and chutneys.
Max	Store your amazing vegetarian sauces and high-acid vegetables, as well as low-acid foods such as sauces and soups containing meat.

⚠ CAUTION

Recipes must be closely followed when canning. Modifying cooking times, ingredients or temperatures can be dangerous. Use the exact time, temperature/pressure and method specified in the recipe to protect the food from harmful bacteria, moulds and enzymes.

Improper canning may cause preserves to spoil, which may result in illness. Do not pressure can at altitudes above 2000m.

STERILISING JARS FOR CANNING

Your preserves must be placed into sterile, empty jars.

NOTICE

Always check your jars, lids, and seals for chips and other imperfections. Sterilisation of jars should occur just before filling. Excess contact with the air should be avoided for safe canning.

- 01** Wash the jars with hot water and dish soap, then rinse them thoroughly.
- 02** Place the inner pot into the cooker base, then lay the steam rack on the bottom of the inner pot.
- 03** Place the jars on the steam rack.
The pressure cooker will hold up to 4 x 500 mL jars.
- 04** Fill the inner pot to the first line (1) with water.
- 05** Follow steps **03** to **07** in **Pressure Cook, Rice** and **Canning** to programme the following:
 - a. Pressure level: **Low**
 - b. Time: 10 minutes (**00:10**)
 - c. Venting method: **Quick**
- 06** Touch **Start** to begin sterilisation.

CANNING 101

FILLING JARS FOR CANNING

Choose a recipe that has been pre-tested and approved for pressure canning. Though ingredients may vary, the process will be the same!

- 01** Fill warm, sterilised canning jars with food and liquid.

Follow your recipe to allow for the required headspace.

- 02** Use a sterilised, flexible, non-porous spatula, to remove trapped air bubbles.

- 03** Place a sterilised lid on top of the jar, then add a screw band. Hand tighten the band. **Do not over tighten.**

Place the filled and sealed jars on the steam rack in the inner pot.

- 04** Pour hot water into the inner pot until the jars are $\frac{1}{4}$ of the way immersed (approximately 6 cups [1½ L]).

- 05** Follow the steps in **Cooking: Pressure Cook, Rice and Canning** (starting at step 02) to set the appropriate canning time and pressure levels for your recipe.

COOKING

NUTRIBOOST™

NutriBoost is a mid-cooking Pulse release setting that can be activated during the Pressure Cook and Rice Smart Programmes. The boiling motion effect helps to break down food, which adds nutrients, enhances flavours, and improves textures. Amazing for rich bone broth and creamy risotto!

NutriBoost is super easy to use – just touch the **NutriBoost field** to turn it **On** and **Off**, as you like.

Smart Programme	What you should know about it
Pressure Cook	The multicooker will release puffs of steam during the last 15 minutes of the Cooking stage.
Rice	The multicooker will release puffs of steam during the first 3 minutes of the Cooking stage.

CAUTION

To avoid spatter and food ejection, do not use NutriBoost when cooking starchy or foamy food like porridge, oatmeal or pasta. The multicooker should be closely monitored when using NutriBoost.

COOKING

STEAM

The Steam programme works like a regular stovetop steamer, boiling liquid in the inner pot to cook food with hot steam. When steaming, use the stainless steel steam rack to keep food out of the boiling liquid.

Smart Programme	Default time	Time range	Default temperature
Steam	10 minutes (00:10)	1 minute to 1 hour (00:01 to 01:00)	98°C Not adjustable.

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 personal injury and/or property damage.

NOTICE

The lid is removable throughout the cooking process for easy access. The product keeps releasing steam under steam mode to avoid pressure building inside the inner pot.

NOTICE

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

- 01 Add water to the inner pot.
- 02 Insert the inner pot into the multicooker base.
- 03 Place and close the pressure cooking lid as described in **Pressure control features: Pressure cooking lid.**
- 04 Touch **Steam**.
- 05 Turn the dial to adjust the cooking time.
- 06 Press **Start** to begin.
The display shows **On** and the cooking progress bar shows **Pre-heating**.
- 07 When the Pro Plus reaches the target temperature, the progress bar moves over to **Cooking** and the timer counts down.
- 08 When the Smart Programme finishes the display shows **End**.

Automatic Keep Warm cannot be used with Steam.

A delay start timer can be set to automatically start steaming while you're in bed, working, running errands or busy with other dishes. To set a delay start timer, see **Control panel: Settings**.

COOKING

SLOW COOK

The Slow Cook programme is comparable to a traditional slow cooker, so you can keep using all your family favourite recipes!

Cooking time range	Temperature level	Suggested use	Notes
30 minutes to 24 hours (00:30 to 24:00)	Low	For that low and slow, all-day kind of cooking.	You can use the pressure cooking lid, or, if you want to watch your food while it cooks, any glass lid with a venting hole will do.
	High	Slow cooking, but a little bit faster.	Dishes should cook for at least 3 hours (03:00) unless otherwise stated in your recipe.

The lid is removable throughout the cooking process for easy access. The product keeps releasing steam under slow cook mode to avoid pressure building inside the inner pot. See **Releasing pressure** for safe venting techniques.

- 01 Add food and liquid ingredients to the inner pot according to your recipe.
- 02 Insert the inner pot into the multicooker base.
- 03 Place and close the pressure cooking lid as described in **Pressure control features: Pressure cooking lid**.
- 04 Touch **Slow Cook**.
- 05 Touch the **hours field** or the **minutes field**, then turn the dial to adjust the cooking time in hours and/or minutes.
- 06 Touch the **Temperature field** to toggle between **High** and **Low** temperatures.
- 07 Press **Start** to begin.
The progress bar shows **Pre-heating** and the timer starts counting down immediately.
- 08 When the Pro Plus reaches the target temperature the progress bar moves over to **Cooking**.
- 09 When the Smart Programme finishes the display shows **End** if Keep Warm is turned off.
If not, the timer begins counting from **00:00** up to 10 hours (**10:00**).


Keep Warm feature comes on automatically after Slow Cook finishes. If you don't want the Pro Plus to Keep Warm automatically, press **Keep Warm** to turn it off any time.

A delay start timer can be set to automatically start slow cooking while you're in bed, working, running errands or busy with other dishes. To set a delay start timer, see **Control panel: Settings**.


COOKING

SAUTÉ

Like using a frying pan, griddle or flat-top grill, use Sauté to simmer, reduce and thicken liquids, stir-fry meals and to caramelize vegetables and sear meat before or after using other cooking methods.

 Instant Tip: If you prefer, you can use the inner pot on any electric, ceramic, gas and induction cooktop. The easy grip handles make it easy to hold on to and stir without slipping!

Default time	Time range	Default temperature	Temperature range
30 minutes (00:30)	1 minute to 1 hour (00:01 to 01:00)	High	High Low Custom: Levels 1 to 6

- 01 Insert the inner pot into the multicooker base. **Do not use a lid.**
- 02 Touch **Sauté**.
- 03 Turn the dial to adjust the cooking time.
- 04 Touch the **Temperature field** to toggle between **Low**, **High** and **Custom** temperatures. To set a custom temperature, turn the dial to select your preferred temperature level. There are 6 levels of custom temperatures to choose from, shown as **LE 1** (the lowest temperature) through **LE 6** (the highest temperature). These levels are similar to the temperature levels on your stovetop.
- 05 Touch **Start** to begin. The display shows **On** and the cooking progress bar shows **Pre-heating**.
- 06 When the Pro Plus reaches the target temperature the progress bar moves over to **Cooking** and the display shows **Hot** for a few moments before switching over to the countdown timer.
- 07 Add ingredients to the inner pot.
 If your food ingredients are added before the inner pot has reached the target temperature, the Hot message may not appear. This is normal.
- 08 If the ingredients finish cooking before the time runs out, touch **Cancel** to end the Smart Programme, otherwise, when the Smart Programme finishes the display shows **End**.

Delay Start and automatic Keep Warm cannot be used with Sauté.

COOKING

DEGLAZING

Sautéing meat and vegetables before pressure cooking is the perfect way to boost flavours, as sugars caramelize from the high heat of the Sauté Smart Programme. Deglazing the inner pot lets you unlock those flavours 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.

CAUTION

The Sauté Smart Programme 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.

YOGURT

Made for easy fermenting dairy and non-dairy yogurt recipes that you can make again and again.

Instant Pot size	Minimum milk volume	Maximum milk volume
5.7 Litres	4 cups (1 L)	~3.8 L

Temperature level	Temperature range	Default time	Time range	Suggested use
Low	Not adjustable	8 hours (08:00)	30 minutes to 99 hours and 30 minutes (00:30 to 99:30)	Fermentation
High	Not adjustable	boil	Not adjustable	Pasteurisation
Custom Default: 33°C	25 to 85°C	8 hours (08:00)	30 minutes to 99 hours and 30 minutes (00:30 to 99:30)	Non-dairy fermentation

COOKING

Starting with...	Do this!
Pasteurised or unpasteurised milk	Follow all the steps below
Ultra-pasteurised milk	Skip to Step 2: Add starter culture. This is the “cold start” method of yogurt making.

What You'll Need:

- Food Thermometer
- Milk or a non-dairy alternative
- Active yogurt culture


Step 1: Pasteurise milk

01 Add milk or milk alternative to the inner pot, and any other ingredients that your recipe calls for.

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

03 Touch **Yogurt.**


04 Touch the **Temperature field** to toggle to **High.**

 The pasteurisation time and temperature are preset and cannot be adjusted.

05 Press **Start** to begin.

The display shows **On** and the progress bar shows **Pre-heating.** **Boil** will display as the progress bar switches to cooking.


06 The display shows **End** when pasteurisation is complete.

 Milk must reach a minimum of 72°C to pasteurise properly. Use a thermometer to check the temperature.

Step 2: Add starter culture

01 Using a thermometer, allow the milk to cool to just below 43°C.

02 Add your starter culture to the milk according to the instructions included with the starter culture product.

 Plain yogurt with active cultures can be used as a starter. Follow a trusted Instant Pot yogurt recipe when using yogurt as a starter culture.

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

Step 3: Ferment milk

01 Touch **Yogurt.**

02 Touch the **Temperature field** to toggle to **Low.**

To set a custom temperature, touch the **Temperature field** to toggle to **Cus**, then turn the dial to select a temperature.

03 Touch the **hours field** or the **minutes field**, then turn the dial to adjust the fermentation time in hours and/or minutes.

04 Touch **Start** to begin. The display shows **On** and the progress bar shows **Pre-heating.**

05 The display shows **End** when fermentation is complete.

COOKING

TIPS FOR YOGURT MAKING

- The thicker the milk, the thicker the yogurt!
- For even thicker yogurt, pasteurise your milk twice before fermenting.
- The longer you ferment your milk, the tangier the yogurt will be.
- Use a cheesecloth to strain out liquid whey to get rich Greek-style yogurt.
- Cool your fresh yogurt, then put it in the fridge (covered) for 12 to 24 hours to allow the flavours to develop.
- Honey, nuts, seeds and fresh fruit are perfect toppers for your homemade yogurt!

USING YOGURT CUPS

Yogurt cups are a convenient way to portion out yogurt servings.

- 01** After **Step 2: Add started culture**, carefully pour the milk into your yogurt cups and seal them tightly.
- 02** Place the steam rack on the bottom of the inner pot.
- 03** Position the yogurt cups on the rack and add water to the inner pot until the cups are immersed halfway.
- 04** Follow the steps in **Step 3: Ferment yogurt** normally.

COOKING

SOUS VIDE

Sous Vide cooking involves cooking food underwater, in an airtight, food-safe bag, for a long period of time. Food cooks in its own juices and comes out delicious and unbelievably tender.

⚠ CAUTION

Do not overfill the inner pot to avoid damage to the multicooker. Total contents (water and food pouches) should leave at least 5 cm of headspace between the water line and the brim of the inner pot.

Default cooking time	Time range	Default temperature	Temperature range
3 hours (03:00)	30 minutes to 99 hours and 30 minutes (00:30 to 99:30)	56°C	25 to 90°C

You'll need:

- Tongs
- Thermometer
- Food safe, airtight, re-sealable food pouches, or,
- Vacuum sealer and food-safe vacuum bags

Step 1: Set up the sous vide water bath

- 01** Fill the inner pot to the **Half Fill** mark as indicated on your inner pot, then insert it into the multicooker base.
- 02** Place and close the pressure cooking lid as described in **Pressure control features: Pressure cooking lid**.
- Step 2: Setting up the Pro Plus for sous vide cooking**
- 03** Touch **Sous Vide**.
- 04** Touch the **hours field** or the **minutes field**, then turn the dial to adjust the cooking time in hours and/or minutes.
- 05** To set a custom temperature, touch the **Temperature field** then turn the dial to adjust the water bath temperature.

- 06** Press **Start** to begin heating the water in the inner pot.

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

Step 3: Get food ready


- 01** While the water heats, start by seasoning your food as desired. See **Ingredients and seasonings** for tips!
- 02** When you're ready, separate each serving of food into individual pouches.
- 03** Remove all air from the pouches and seal them tightly.

COOKING

Step 4: Cook 'em up!

01 Once the water bath is ready, the display shows **Hot** for a few moments before switching over to the countdown timer.

02 Remove the lid and carefully immerse the sealed pouches.

 The food in the pouches should be immersed, so add heated water to the inner pot any time it's needed, but, if you're using a re-sealable bag, make sure the seal stays above the water.

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


04 When the Smart Programme finishes the display shows **End**. Open the multicooker and use your tongs to carefully remove the pouches from the hot water.

05 Open the pouches and use a thermometer to check for doneness.

REVERSE SEARING

Searing your meat after low and slow cooking is the easiest way to boost those already-delicious flavours through the roof without overcooking. Try reverse searing for tender, juicy meat with a beautiful burnished crust.

01 After Sous Vide cooking, remove the meat from the cooking pouch and gently pat it dry to remove as much moisture from the exterior of the meat.

 It may seem counterintuitive, but don't skip this step – you'll end up with more flavour and a great-looking finish!

02 Use the Sauté programme to give it a good sear, or use a cast iron pan, browning torch, or a grill – anything hot to lock in that moisture!

03 In general, after sautéing, steaks need to rest to allow the internal temperature to even out. However, with sous vide cooking, the internal temperature is already consistent. So there's no need to rest - you can serve the steak immediately.

INGREDIENTS AND SEASONINGS

- Salt goes a long way when it has nowhere to go, so it's better to use a little less than you normally would, especially with meats, poultry, and fish. If you find it needs more after cooking, it's easy to salt to taste.
- Use high quality, fresh ingredients when cooking sous vide to ensure the best possible flavour.
- Use fresh garlic instead of garlic powder. Garlic powder can turn bitter when cooked sous vide. Fresh garlic will give you the best results.

COOKING

KEEP WARM

Perfect to reheat meals or warm food for long periods of time.

Default time	Time range	Default temperature	Temperature range
10 hours (10:00)	10 minutes to 10 hours (00:10 to 10:00)	High	High Low Custom: 25 to 90°C

- 01** Touch **Keep Warm**.
- 02** Touch the **hours field** or the **minutes field**, then turn the dial to adjust the warming time in hours and/or minutes.
- 03** Touch the **Temperature field** to toggle between **Low**, **High** and **Custom** temperature levels.

To set a custom temperature, touch the **Temperature field** to toggle to **Cus**, then turn the dial to choose a temperature.
- 04** Touch **Start** to begin. The progress bar shows **Keep Warm** and the timer starts counting down immediately.
- 05** When Keep Warm completes, the display shows **End**.

CAUTION

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

CARE, CLEANING AND STORAGE

Clean your Instant Pot Pro Plus and its parts after each use. Failure to follow these cleaning instructions may result in catastrophic failure, which may lead to property damage and/or 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 • 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 odour of flavourful meals. To eliminate odours, add 1 cup (250 mL) water and 1 cup (250 mL) 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 discolouration) may require scrubbing with a sponge dampened with vinegar or a non-abrasive 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 discolouration may occur after machine washing, but this will not affect the multicooker's safety or performance.

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.

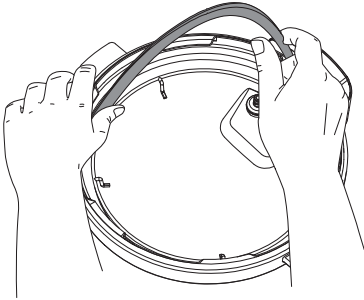
CARE, CLEANING AND STORAGE

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.




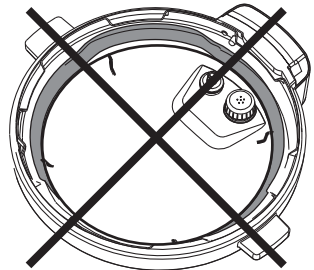
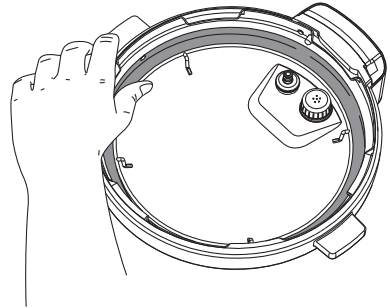
With the sealing ring removed, check the ring rack to make sure it is secured, centered, and an even height all the way around the lid. Do not attempt to repair a deformed ring rack.

 **Instant Tip:** The sealing ring is easiest to remove 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 can wiggle a bit but shouldn't fall out when you turn over the lid.

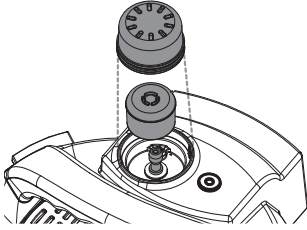


CARE, CLEANING AND STORAGE

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.

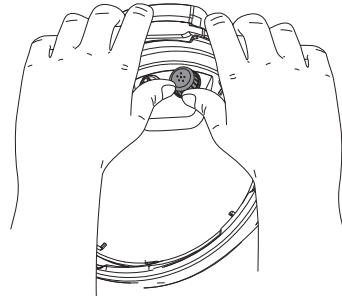
 The steam release valve sits loosely on the steam release pipe but should remain in place when the lid is turned over.

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

ANTI-BLOCK SHIELD

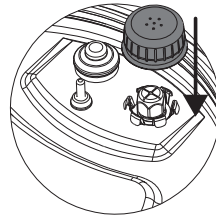
Remove the anti-block shield

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




CARE, CLEANING AND STORAGE

CONDENSATION COLLECTOR

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

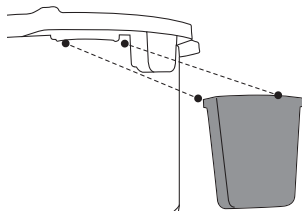
Remove the condensation collector

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.



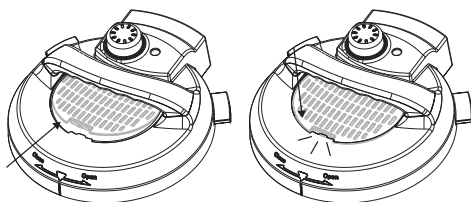
QUICKCOOL PROTECTIVE COVER

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.



TROUBLESHOOTING

Register your Instant Pot Pro Plus today at instantpot.com.au/support/register

If your problem persists or if you have any questions, get in touch with Customer Care by email at support@instantpot.com.au or by phone at **1800 251 643** or **(02) 9317 1000**.

Problem	Possible reason	Try this
Occasional clicking or light cracking sound.	The sound of power switching, or the pressure board may be expanding due to changing temperatures.	This is normal; no action needed.
	Bottom of the inner pot is wet.	Wipe exterior surfaces of the inner pot. Make sure the heating element is dry before inserting the inner pot into the multicooker base.
Difficulty closing the lid.	Sealing ring is not properly installed.	Reposition the sealing ring. Make sure it is snug behind the sealing ring rack.
	Float valve is in the popped-up position.	Gently press the float valve downward with a long utensil.
	Contents in multicooker are still hot.	Lower the lid onto the multicooker base slowly, allowing heat to dissipate.
Difficulty opening the lid.	⚠ DANGER Contents may be under pressure. To avoid scalding injury, DO NOT attempt to force the lid open.	
	Pressure inside the multicooker.	Release pressure according to recipe. Only open the lid after the pressure indicator is off.
	Float valve stuck due to food debris or residue around the float valve.	Make sure steam is completely released by quick releasing pressure. Open the lid cautiously, then thoroughly clean the float valve, surrounding area and lid before next use.
The inner pot is stuck to the lid when the multicooker is opened.	Cooling of the inner pot may create suction, causing the inner pot to adhere to the lid.	Select quick release to release all the pressure from the inner pot.

TROUBLESHOOTING

Problem	Possible reason	Try this
Steam leaks from the side of the lid.	No sealing ring in the lid.	Install a sealing ring.
	The sealing ring is damaged or not installed properly.	Replace the sealing ring.
	Food debris on the sealing ring.	Remove the sealing ring and clean it thoroughly.
	The lid is not closed properly.	Open, then close the lid.
	The sealing ring rack is warped or off-centre.	Remove the sealing ring from the lid, then check the sealing ring rack for bends or warps. Contact Customer Care .
	The inner pot rim may be misshapen.	Check for deformation and contact Customer Care .
Cooker can't build pressure.	Food debris on the float valve or float valve silicone cap.	Run clear water through float valve in the lid. Perform the Initial test run to check for function and record your findings. Contact Customer Care .
	Too little liquid in the inner pot.	Check for scorching on the bottom of the inner pot. Add thin, water-based liquid to the inner pot according to its size.
	Float valve silicone cap damaged or missing.	Contact Customer Care .
	Float valve obstructed by lid-locking mechanism.	Contact Customer Care .
	No heat in the inner pot.	Perform the Initial test run to check for function and record your findings. Contact Customer Care .
	Inner pot base may be damaged.	Perform the Initial test run to check for function and record your findings. Contact Customer Care .
Minor steam leaking or hissing from the steam release valve during Cooking.	The multicooker is regulating excess pressure.	This is normal; no action required.
Steam gushes from the steam release valve during pressure cooking cycle.	Not enough liquid in the inner pot.	Add thin, water-based liquid to the inner pot according to its size.
	Pressure sensor control failure.	Contact Customer Care .

TROUBLESHOOTING

Problem	Possible reason	Try this	
The display remains blank after connecting the power cord.	Bad power connection or no power.	Check outlet to make sure it is powered. Inspect power cord for damage. If you notice damage, contact Customer Care .	
	The multicooker's electrical fuse has blown.	Contact Customer Care .	
Error code appears on the display and the multicooker beeps continuously.	C1 C3 C4 C6	Faulty sensor. Contact Customer Care .	
	C7	Heat element has failed.	Contact Customer Care .
		Not enough liquid.	Add thin, water-based liquid to the inner pot according to its size. 5.7L: 1½ Cups (375mL)
	C8	Incorrect inner pot is used.	Only use a stainless-steel Pro Series inner pot with easy grip handles with the Pro Plus.
	C10	Wifi error.	Contact Customer Care .
	Lid	The lid is not in the correct position for the selected programme.	Open and close the lid. Do not use a lid when using Sauté.
	Alt	The target temperature for safe canning was not reached.	Touch Cancel . Check that all seals are clean, positioned correctly, and undamaged. Make sure that you have at least 1 cup of water in the inner pot before restarting. Do not pressure can at altitudes above 2000 m.
	Food burn	High temperature was detected at the bottom of the inner pot; the multicooker automatically reduces the temperature to avoid overheating.	Starch deposits at the bottom of the inner pot may have blocked heat dissipation. Turn the multicooker off, release pressure and inspect the bottom of the inner pot.
PrSE	Pressure has accumulated during a non-pressure cooking Smart Programme.	Touch Cancel and Quick Release pressure.	

Any other servicing must be performed by an authorised representative.

WARRANTY

Limited Warranty

This Limited Warranty is issued by Instant Brands (Australia) Pty Ltd (Instant Brands Australia) and is effective for one year from the date of original consumer purchase. Proof of original purchase date and return of your appliance is required to obtain service under this Limited. Return of your appliance to us will be done in accordance with our instructions only. Provided that this appliance is operated and maintained in accordance with written operating instructions attached to or furnished with the appliance or published operating instructions on www.instantpot.com.au, Instant Brands Australia 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 12 months from the date of original consumer purchase.

We remind you the appliance you purchased is for personal use only (not commercial use).

Any modification/alteration or attempted modification/alteration to your appliance will void this Limited Warranty, unless such modification/alteration or attempted modification/alteration was expressly authorised by a Instant Brands Australia Representative in writing.

This Limited Warranty only covers Instant Brands Australia's appliances/products and is not extended to any other appliances, products, equipment, components, or devices that you use or may use in conjunction with the Instant Brands Australia's appliances.

To claim under this Limited Warranty:

1. Contact Instant Brands Australia at:
Sydney Corporate Park
Level 1, 182-184 Bourke Road, Alexandria, NSW 2015
Email: sales.australia@instantbrands.com
2. Provide a description of the appliance you believe has malfunctioned due to defective parts or workmanship.
3. If it is necessary for the appliance to be sent to Instant Brands Australia for repair or replacement, Instant Brands Australia will send you a pre-paid shipping label and you must send the appliance and your dated sales receipt to Instant Brands Australia along with the appliance. If you do not have your dated sales receipt, please advise Corelle Brands Australia in advance, and Instant Brands Australia will attempt to verify your purchase.
4. If Instant Brands Australia determines that the appliance has malfunctioned due to defective parts or workmanship, and is covered under this Limited Warranty, Corelle Brands Australia will repair and return the appliance, or send you a replacement appliance, at Instant Brands Australia's cost.
5. Any repaired or replaced appliance will be covered by this Limited Warranty for the remainder of the original warranty period or ninety (90) days following your receipt of the replacement or repaired appliance, whichever is greater.

WARRANTY

6. If Instant Brands Australia confirms the appliance has not malfunctioned due to defective parts or workmanship, and/or is in working order, or if proof of purchase is not verified, Instant Brands Australia reserves the right to return the appliance to you at your pre-paid cost. If this cost is not met, Instant Brands Australia reserves the right to dispose of the appliance after 45 days' notice to you.

Limitation and Exclusions

To the maximum extent permitted by law, the maximum liability of Instant Brands Australia, if any, for any allegedly defective appliance or part shall in no circumstances exceed the purchase price of a comparable replacement appliance or part of the same age.

This Limited Warranty does not cover:

Damage resulting from accident, modification/alteration (unless expressly authorised by a Instant Brands Australia Representative in writing), misuse, abuse, neglect, unreasonable use, use contrary to the written operating instructions attached to or furnished with the appliance or published operating instructions on www.instantpot.com.au, normal wear and tear, commercial use, improper assembly by you or anyone, disassembly by you or anyone, repair by you or anyone, failure to provide reasonable and necessary maintenance, force majeure event including but not limited to fire, flood, acts of God;

Repairs where your appliance is used for other than normal, personal use or when it is used in a manner that is contrary to the written operating instructions attached to or furnished with the appliance or published operating instructions on www.instantpot.com.au ; or

Use of unauthorised parts and accessories, or repairs to parts and systems resulting from unauthorised repairs or modifications/alterations made to your appliance.

The cost of repair or replacement under these excluded circumstances shall be borne by you. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Distributed by Instant Brands (Australia) Pty Ltd.
Sydney Corporate Park
Level 1, 182-184 Bourke Road, Alexandria, NSW 2015.
1800 251 643 or (02) 9317 1000.
Email: sales.australia@instantbrands.com

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