

Quick Start Guide – Instant Pot Duo

1. Get your Instant Pot out of the box

[Click here](#) to download the 'what's in the box guide' to see everything that is included with your Instant Pot Duo.

You can also download the full product manual [here](#).

2. Do the "Water Test" (Initial Test Run)

This will help you become familiar with how your Instant Pot works and ensure the cooker is operating correctly. You can find the details of this in the Getting Started Guide that comes with your Instant Pot.

3. Learn the basics of pressure cooking

- Pressure cooking relies on steam, and to generate steam your Instant Pot needs liquid. The recommended minimum liquid quantity for a Duo Mini (3L) is 250ml, Duo 60 (5.7L) is 375ml and Duo 80 (8L) is 500ml.
- If sautéing before pressure cooking, you should always deglaze the bottom of the pot with a wooden spoon and a bit of liquid (water, stock, wine) to remove any burnt-on or caramelised bits.
- The Sauté function can also be used after cooking to reduce a sauce should it be too liquid based.
- Avoid using flour or thickeners and add these at the end of the pressure-cooking program if needed.

4. Cook your first recipe

- Our [Recipes to get you started](#) are simple to follow so you can get know your cooker with a delicious first recipe.
- We also have a wide range of Instant Pot recipes on our [website](#), including meat, vegetarian and vegan, from pasta to curries, breakfast to cake.

5. Want to keep updated?

Sign up to our newsletter on our [website](#) for the latest news, offers and recipes, and keep an eye on our [YouTube channel](#) for new videos. You can also join our Facebook group: [Instant Pot UK Community](#) for tips and tricks from Instant Pot users.