

# Instant Pot®

## DUO™ NOVA

### Multi-Use Pressure Cooker

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## Getting Started Guide



Full manual and instruction videos available at [instantpot.com.au](https://instantpot.com.au)  
Register your product today at [instantpot.com.au/support/register](https://instantpot.com.au/support/register)



## Welcome to the world of Instant cooking.

Hello! Thank you for welcoming us into your kitchen.

Having families ourselves, we developed the Instant Pot® Duo™ Nova to allow busy families and professionals alike to cook healthy, delicious meals more easily and in less time.

We have partnered with chefs, authors and bloggers to compile a collection of recipes that we hope you enjoy!



Robert J. Wang  
Founder & Chief Innovation Officer

Download the Instant Pot App

- 1000+ Recipes
- New User Tips
- Getting Started Videos





# Initial Setup

## Initial Setup

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- Read all Important Safeguards in the included Safety, Maintenance & Warranty booklet before use. Failure to do so may result in property damage and/or personal injury.
- Remove all packaging material from in and around the cooker, and verify that all parts are accounted for.
- Use only the Instant Pot® Duo™ Nova lid with the Instant Pot® Duo™ Nova pressure cooker. Using any other pressure cooker lids may cause injury and/or damage.
- Place the cooker on a stable, level surface, away from external heat sources.
- Follow Care & Cleaning instructions in the included Safety, Maintenance & Warranty booklet to wash the cooker before first use.
- Do not remove safety warning stickers from lid, serial number from bottom, or rating label from back of cooker base.



Never use the cooker on a stovetop. Do not place appliance on or in close proximity to a hot gas or electric burner, or a heated oven. Heat from an external source will damage appliance.



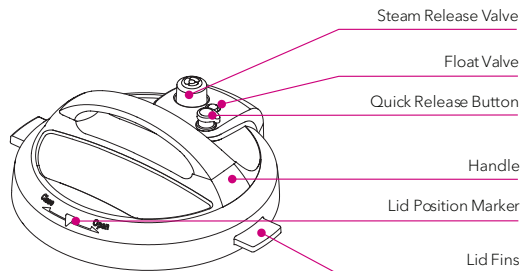
Stainless Steel Inner Pot

# Cooker Parts Overview

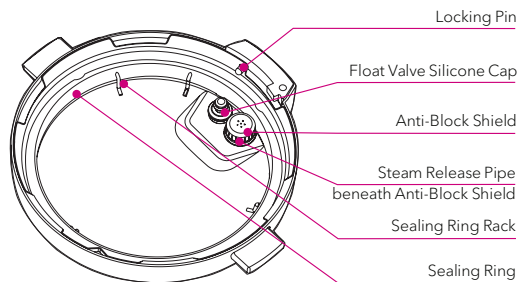


# Cooker Parts Overview

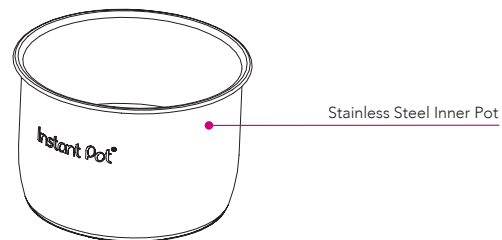
## Top of Lid



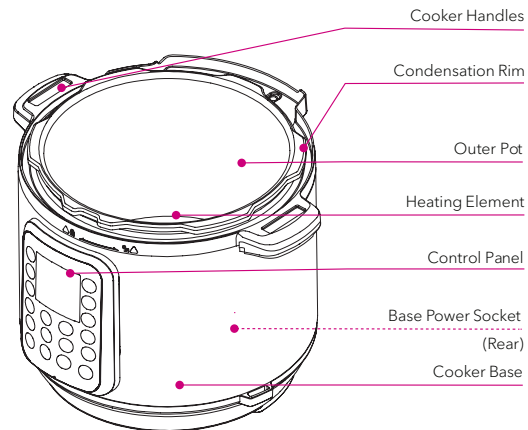
## Bottom of Lid



## Inner Pot



## Cooker Base



*Images are for reference only. Refer to actual product.*



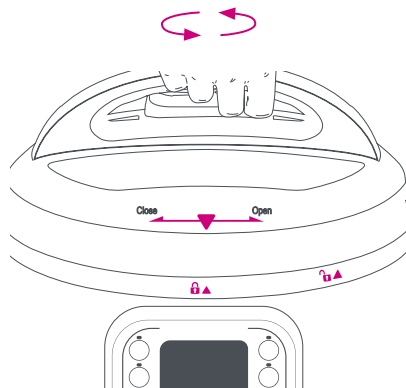
# Getting Started



# 1

## Open & Close Lid

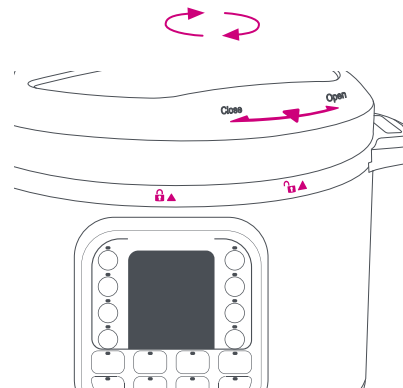
When cooker is plugged in, it will play a jingle when lid is opened and closed.



Open

**Open:** Grip handle and turn lid counter-clockwise until ▼ on lid is aligned with ▲ indicator on the rim of cooker base. Lift lid up and off of cooker base.

*Note: Always check lid for damage prior to cooking.*



Close

**Close:** Grip handle and align the ▼ on lid with ▲ indicator on rim of cooker base. Lower lid into track then turn lid clockwise until ▼ on the lid lines up with ▲ indicator on base.

## 2

### Check Sealing Ring & Sealing Ring Rack

**Remove:** Pull sealing ring out from behind sealing ring rack.

Inspect sealing ring rack. It should be centered in the lid and an even height all the way around.

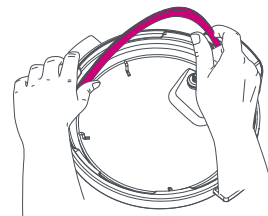
Sealing ring must be installed before use and cleaned after each use.

**Install:** Place sealing ring over sealing ring rack and press into place. Ensure **entire** sealing ring is snug behind sealing ring rack.

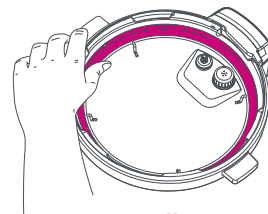
After closing the lid, the sealing ring creates an airtight seal between lid and cooker base. The sealing ring is an integral part of product safety.

**Note:** An extra sealing ring is included with your cooker. Use one for sweet dishes and one for savory.

Only one sealing ring should be installed when using your cooker. Replace your sealing ring every 12-18 months or when deformation or damage is noticed.



Remove



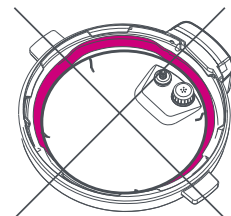
Install



Always check for cuts or deformations in sealing ring prior to cooking. Only use authorized Instant Pot® sealing rings. Failure to follow these instructions may cause food to discharge, which may lead to personal injury or property damage.



Sealing rings may stretch over time. Do not use a stretched or damaged sealing ring. If puckering occurs, replace sealing ring.



### 3

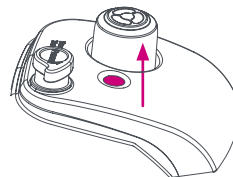
## Remove & Install Float Valve

The float valve has 2 positions. It **pops up** to indicate when the cooker is **pressurized**, and **lowers into the lid** when the cooker is **depressurized**.

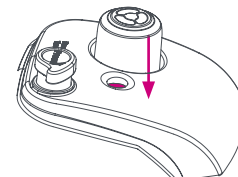
**Remove:** Place one finger on the flat **top** of float valve. Turn lid over. Detach silicone cap from **bottom** side of float valve. Remove float valve from **top** of lid. Do not discard float valve or silicone cap.

The float valve and silicone cap must be installed before use to seal in pressurized steam. Clean after each use.

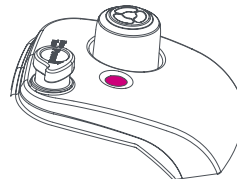
**Install:** Drop float valve into float valve hole on top of lid. Place one finger on the flat top of float valve. Turn lid over. Attach silicone cap to bottom of float valve.



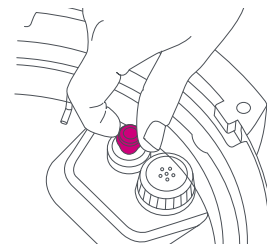
Pressurized



Depressurized



Top



Bottom



**CAUTION** While float valve is up, contents of cooker are pressurized. **Do not attempt to remove lid.** Refer to "Venting Methods" section in this Guide for information on releasing pressure.

## 4

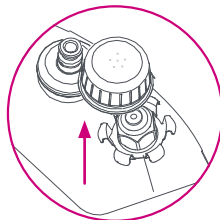
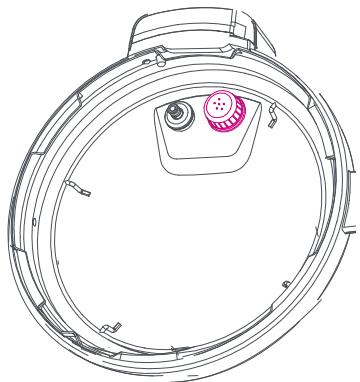
### Remove & Install Anti-Block Shield

**Remove:** Grip lid and press firmly against side of anti-block shield (pressing towards side of lid and up) until it pops off the prongs underneath.

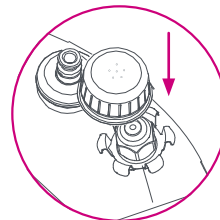
Anti-block shield must be installed before use and cleaned after each use.

**Install:** Place anti-block shield over prongs and press down until it snaps into position.

Anti-block shield prevents food particles from coming up through the steam release pipe, assisting with pressure regulation.



Remove



Install

5

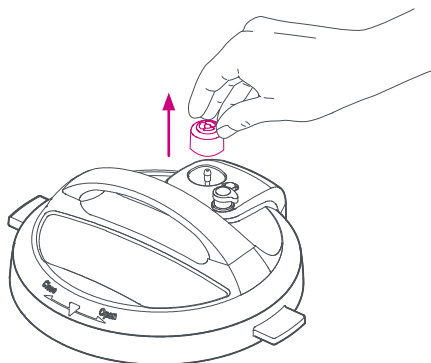
## Remove & Install Steam Release Assembly

**Remove:** Pull steam release valve up and off steam release pipe.

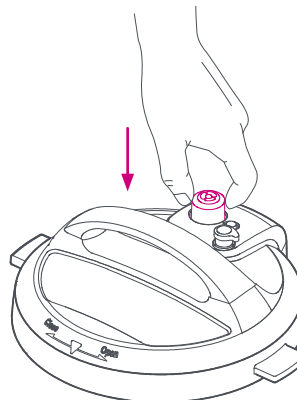
Steam release valve must be installed before use and cleaned after each use.

**Install:** Place steam release valve on steam release pipe and press down.

Fits loosely when installed properly, but will remain in place when the lid is turned over.



Remove



Install



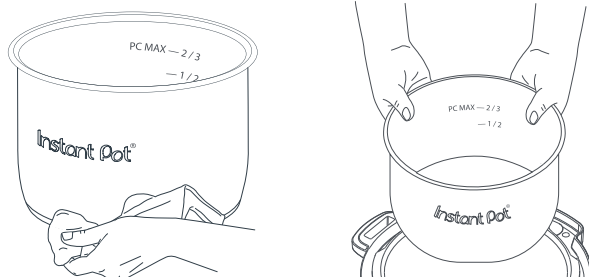
## 6

## Remove & Clean Inner Pot

Remove inner pot from cooker base and wash with hot water and dish soap before first use. Wipe outer surfaces of inner pot and heating element to ensure they are dry and free of food debris. Failure to do so may damage the cooker.

Place inner pot into cooker base before cooking. Food must be placed only in the inner pot, not cooker base.

The inner pot is an integral part of product safety. Always use an authorized Instant Pot® inner pot made for this model when cooking. Failure to do so may cause personal injury or property damage.



### CAUTION

To avoid risk of personal injury and/or property damage, do not pour food or liquid into cooker base.

### WARNING

Do not fill the inner pot higher than the **PC MAX — 2/3 line** (Pressure Cooking Maximum), as indicated on the inner pot.

Exercise extreme caution when cooking and venting food such as applesauce, cranberries, pearl barley, oatmeal, split peas, noodles, etc., as these foods may foam, froth, or spatter, and may clog the steam release pipe and/or steam release valve. Do not fill the inner pot higher than the **1/2** line when cooking these foods.

*\*Note: Always check inner pot for dents or deformations prior to cooking.*

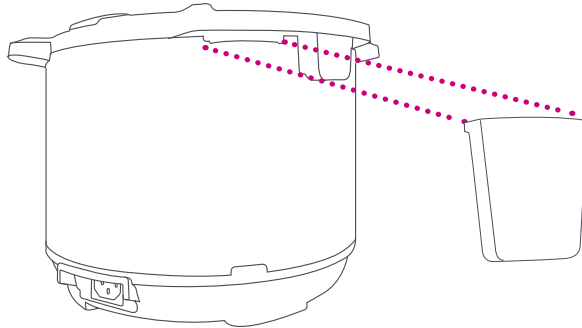
## 7

### Install Condensation Collector

**Install:** On back of cooker base, align grooves on condensation collector over tabs and push condensation collector into place.

The condensation collector accumulates excess water and should be installed before cooking. Clean after use.

**Remove:** Pull condensation collector away from cooker base. Do not pull down on condensation collector.



# Venting Methods

## Venting Methods

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When closing the lid, the quick release button will automatically reset to the popped up “**Seal**” position.



Seal



Vent

## Natural Release (NR)

Leave the steam release in the “**Seal**” position (up). The cooker dissipates heat so pressure releases naturally over time.

This method must be used when cooking food such as soups, stews or chilis, as well as food that expands, such as beans and grains.

**Note:** Depressurization time will vary based upon volume of food and liquid. May take 10-40 minutes, or longer.

## Quick Release (QR)

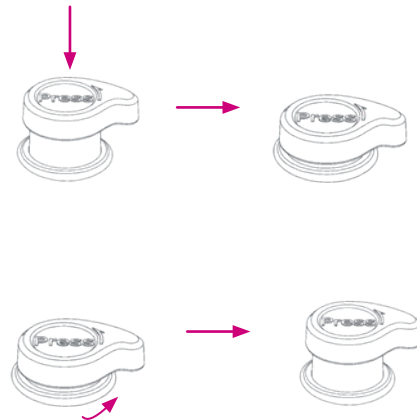
**Vent:** Press quick release button down until it clicks.

When depressed, a continuous stream of steam will be released through the steam release valve until the float valve drops into the lid.

**Note:** It will be loud!

If spatter occurs, flick quick release button to reset it to the “**Seal**” position, and try again after a few minutes. If spatter continues, use NR to vent remaining pressure.

**Seal:** Flick quick release button to reset it to the popped up “**Seal**” position.



### CAUTION

Float valve will drop when cooker has depressurized. Do not attempt to open the lid while the float valve is still popped up.

### WARNING

Do not lean over the steam release valve.

Do not place unprotected skin over the steam release valve.

Do not cover the steam release valve.

A top-down view of a red ceramic bowl filled with a vegetable soup. The soup contains chunks of potatoes, carrots, green beans, and onions in a reddish-brown broth. The bowl sits on a blue and white checkered cloth on a dark wooden surface. A black spoon is visible on the left, and a piece of a shell is at the bottom left. The text "Initial Test Run (Water Test)" is centered over the bowl in white.

# Initial Test Run (Water Test)



## Initial Test Run (Water Test)

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1. Add 3 cups (24 oz / 750 mL) water to inner pot.
2. Insert inner pot into cooker base.
3. **3L & 5.7L**: Secure power cord to base connection socket.  
Ensure connection is tight.  
Connect power cord to a 220-240V~ power source.  
Display indicates **"OFF"**.
4. Align ▼ on lid with ▲ on cooker base.  
Lower lid into track, then turn lid clockwise until jingle sounds.  
Steam release automatically resets to **"Seal"** position when the lid is closed.
5. Select Smart Program: **Pressure Cook**.
6. Use + / - keys to adjust cook time to **"00:05"** minutes.  
*Note: The Instant Pot will save any customization made to cook time.*  
After 10 seconds, display indicates **"On"** and cooker begins **Pre-heating**.
7. Float valve rises when cooker has pressurized.  
Once pressurized, **Cooking** begins and display changes from **"On"** to cook time countdown.
8. When the Smart Program completes, cooker begins **Keep Warm** or display indicates **"End"**.
9. Press quick release button down until it clicks into **"Vent"** position.  
Pressurized steam will release through top of steam release valve.  
**Float valve will drop when pressure has been fully released.**
10. To open, turn the lid counter-clockwise until a jingle sounds.
11. Discard water and dry inner pot.
12. Start cooking!

*For details on Smart Programs and operation instructions, view the full manual at [instantpot.com.au](https://instantpot.com.au)*



**More Controls & Smart Programs**

## More Controls

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<b>Cancel</b>	Press to stop a Smart Program at any time. Cooker returns to Standby and displays " <b>OFF</b> ".
<b>Delay Start</b>	Postpone cooking up to 24 hours. Select a Smart Program and if desired, adjust the cook time, then press <b>Delay Start</b> to turn the setting on. Use the <b>+ / -</b> keys to adjust the number of hours before cooking will begin.
<b>Keep Warm</b>	Setting is on by default on all Smart Programs except <b>Sauté</b> and <b>Yogurt</b> . Once Smart Program is selected, press <b>Keep Warm</b> to turn the setting off.
<b>Sound On/Off</b>	When in Standby, press and hold <b>+</b> key until display indicates " <b>S On</b> ". When in Standby, press and hold <b>-</b> key until display indicates " <b>SOFF</b> ".

**Note:** Error code alerts cannot be silenced.

# Smart Programs

Smart Program	Setting	Suggested Use	Note
Soup/Broth	Less	Soup without meat	Liquid remains clear due to lack of boiling motion. Always use NR to release pressure when cooking soup with a high starch content.
	Normal	Soup with meat	
	More	Rich bone broth	
Meat/Stew	Less	Soft texture	Choose setting based on meat texture desired, or adjust cook time manually. Allow meat to "rest" for 5-30 minutes (depending on size), either in the cooker or covered.
	Normal	Very soft texture	
	More	Fall-off-the-bone texture	
Bean/Chili	Less	Firmer texture	Choose setting based on bean texture desired, or adjust cook time manually. When cooking beans or legumes, always use NR to release pressure. Ensure dry beans are completely submerged in water.
	Normal	Soft texture	
	More	Very soft texture	
Poultry*	Less	Soft texture	Choose setting based on meat texture desired, or adjust cook time manually. Allow poultry to "rest" for 5-10 minutes (depending on size), either in the cooker or covered.
	Normal	Very soft texture	
	More	Fall-off-the-bone texture	
Rice	Less	Tender but firm to bite	Depending on the volume of rice, cook time may range from 8-15 minutes. After cooking, wait 10 minutes then use QR to vent.
	Normal	Normal texture white rice	
	More	Softer texture white rice	
Multigrain*	Less	Brown rice, wild rice, black beans, chickpeas, etc.	Select " <b>Less</b> " or " <b>Normal</b> " based on type of grain and desired texture. " <b>More</b> " begins with 45 minutes of warm water soaking time prior to 60 minutes of pressure cooking.
	Normal	Brown rice, wild rice, mung beans, etc.	
	More	Tough grains or a mixture of grains and beans	

\*Not available on 3L size. Use **Pressure Cook** instead.

Smart Program	Setting	Suggested Use	Note
Porridge	Less	Oatmeal—steel cut or rolled	Adjust time as directed in recipe. Always use NR to release pressure when cooking foods that expand.
	Normal	White rice, porridge/congee	
	More	Rice porridge/congee with a mixture of various grains	
Steam	Less	Vegetables	Use steam rack provided to elevate food from cooking liquid.
	Normal	Fish and Seafood	Use QR to prevent food from overcooking.
	More	Meat	
Pressure Cook	Less	Manual programming	Press <b>Pressure Level</b> to toggle between <b>High</b> and <b>Low</b> pressure.
	Normal		Use + / - keys to adjust cook time.
	More		Adjust according to recipe for desired results.
Slow Cook	Less	Corresponds to <b>Low</b> on common slow cookers	Ensure quick release button is set to “ <b>Vent</b> ” position. Optionally, use a glass lid for slow cooking.
	Normal	Corresponds to <b>Medium</b> on common slow cookers	
	More	Corresponds to <b>High</b> on common slow cookers	
Sauté	Less	Simmering & reducing	<b>Do not use the lid on Sauté.</b>
	Normal	Pan searing or sautéing	Maximum 30 minutes to prevent overheating.
	More	Stir-frying or browning meat	When display switches from “ <b>On</b> ” to “ <b>Hot</b> ”, add recipe ingredients. If ingredients are added before “ <b>Hot</b> ” message appears, it may not appear at all.
Yogurt	Less	Low-temperature fermentation (Jiu Niang)	Milk must reach a minimum of 72°C (161°F) for pasteurization to occur.
	Normal	Fermenting yogurt	Allow pasteurized milk to cool to below 43°C (110°F).
	More	Pasteurizing milk	8 hours is standard for fermentation, but a longer period will result in tangier yogurt.





Enjoy time well spent with  
the Instant family of small appliances.

Instant Pot®

Register your product today at:

[instantpot.com.au/support/register](https://instantpot.com.au/support/register)

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