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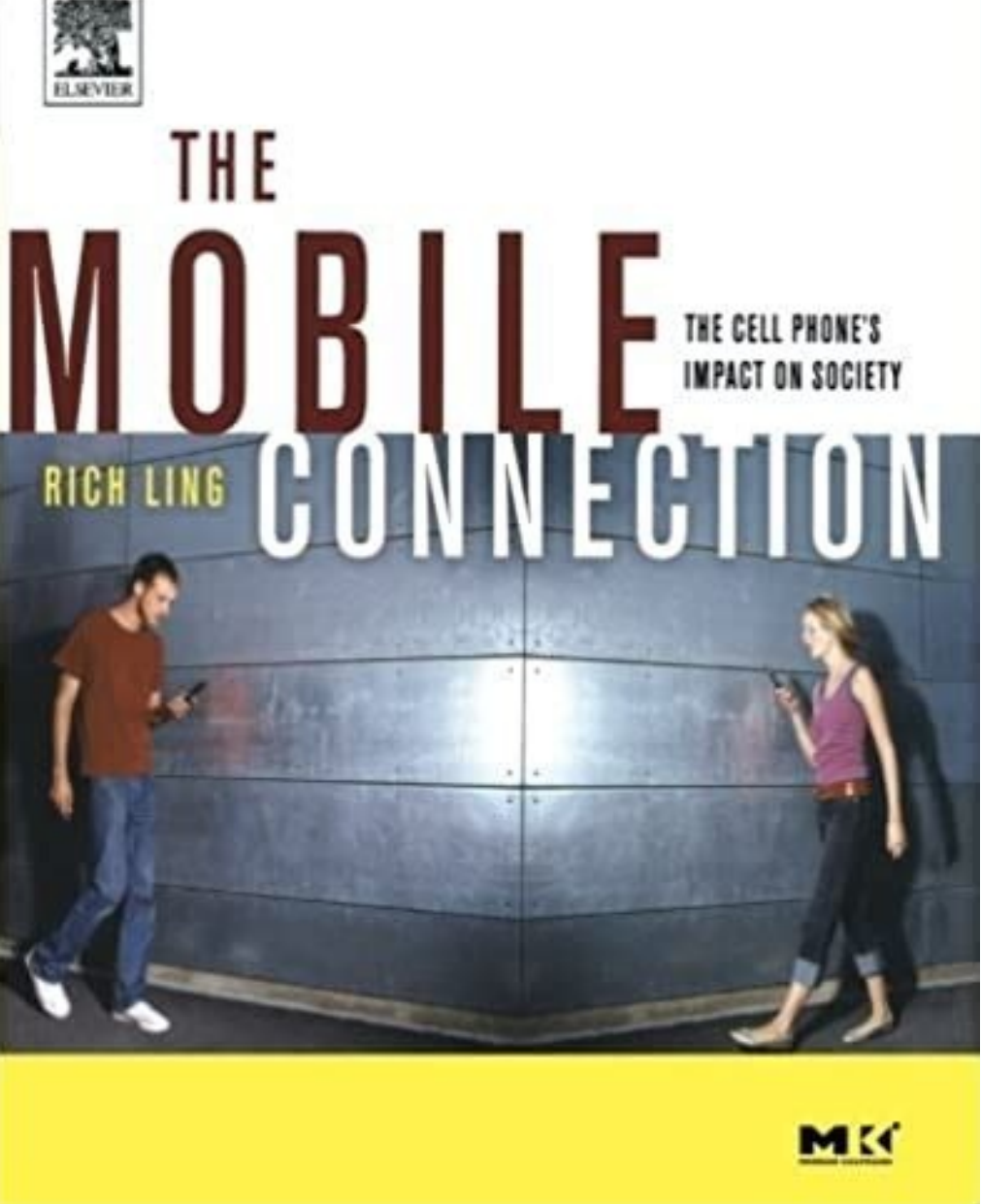
19 EXPLOSIVE GAMES FOR THE ZX 81

TIM HARTNELL

USE THIS BOOK WITH YOUR
TIMEX[®] **sinclear** 1000™ COMPUTER!

ZX81





WARNING Do not open the appliance until it has depressurized and all internal pressure has been released. 9. Failure to follow these instructions may result in injury or property damage. The use of attachments not recommended by the manufacturer, may cause a risk of injury, fire or electric shock. [End] indicates that a Smart Program has ended. Failure to follow these CAUTION instructions could result in property damage and/or personal injury. over steam release valve. Note: When cooking begins, pressure cooking settings adjustments will be saved and remembered the next time the Smart Program is selected. Do not place on a hot stove. Keep Warm With a Smart Program selected, press Keep Warm to toggle ON and OFF. Press Keep Warm to deactivate the Keep Warm option. [HH:MM] displays one of the following: • When Delay Start is selected, displays a countdown until the Smart Program begins; • When a Smart Program is running, displays the cooking time remaining in that Smart Program; • When Keep Warm is selected, displays the length of time that food has been warming. Proof of original purchase date and, if requested by an authorized representative of Instant Brands Inc. valve. 36. Check for scorching on bottom of inner pot; remove if necessary. 18. Less - Normal - More indicate the selected Smart Program cooking time or temperature. All pressure must be released and float valve must be down. Page 40 Non-Pressure Cooking With the Duo Nova Smart Program - Yogurt Smart Setting Suggested Use Note Program For Jiu Niang, a sweet Default fermentation time is "24:00" hours. 45. Page 28 Depressurizing the Cooker (Venting Methods) Quick Release Important: Do not use quick release when cooking high starch foods (e.g., soups, stews, chilis, pasta, oatmeal and congee) or when cooking foods that expand when cooked (e.g., beans and grains). Table of Contents Welcome 3 IMPORTANT SAFEGUARDS 4-9 Specifications 9 Getting Started 10-20 Initial Setup 10 Product, Parts and Accessories 11-12 Control Panel 13-14 Status Messages 15 Status Icons 16 Settings 17-19 Cleaning Before First Use 20 Pressure Cooking Basics 20-29 Pressure Control Features 21 Depressurizing the Cooker 27-28 Initial Test Run 29 Cooking with the Duo Nova 29. Overized foods and/or metal utensils must not be inserted into the inner pot as they may cause risk of fire and/or personal injury. Failure to read and follow Important Safeguards may result in damage to the appliance, property damage or personal injury. Add liquid and food to the inner pot. Wang Founder & Chief Innovation Officer Download the Instant Pot App + 1000+ Original Recipes + New User Tips + Cooking Started Videos Find helpful how-to videos, download the app, or visit our recipe site. Turn the appliance off if steam escapes from the steam release valve/handle and/or float valve in a steady stream for longer than 3 minutes. Control Panel Duo Nova Multi-Use Pressure Cookers feature an intuitive control panel with LED display to help make cooking fast and easy. Natural Release (NR) and Quick Release (QR). Page 32 Cooking With the Duo Nova 4. The removable inner pot can be extremely heavy when full of ingredients. Troubleshooting Register your product today at instantpot.com/support/register. CAUTION Before inserting the inner pot into the appliance, clean the outer surface of the inner pot and the heating element located on the inner surface of the outer pot with a clean dry cloth. *6 & 8 Quart only - Mini use Pressure Tough grains or a More mixture of grains and beans Cook. Depressurization time varies with volume of food and liquid in the cooker and can take 10-40 minutes or longer. The Anti-Block Shield prevents food particles from entering the Steam Release Valve and affecting the performance of the cooker. 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. Do not attempt to operate the pressure cooker without the Steam Release Valve cover installed. Natural Release Important: Use Natural Release to depressurize the cooker after cooking high starch foods (e.g., soups, stews, chilis, pasta, oatmeal and congee) or when cooking foods that expand when cooked (e.g., beans and grains). CAUTION The cooker base contains electrical components. Do not touch the metal portion of the lid when the appliance is in operation; this could result in injury. Do not operate the pressure cooker without the Condensation Collector installed. 42. Place the Steam Rack in the bottom of the Inner Pot. Failure to follow these instructions may result in injury or property damage. Steam Release Valve The Steam Release Valve (located in the top of the lid) opens to allow the release of pressure within the cooker when the Quick Release Button is pressed. Cancel - Press cancel at any time to return the cooker to Standby mode. Page 24 Pressure Control Features Remove the Float Valve by pulling the Float Valve Silicone Cap off the Float Valve pipe (on the underside of the lid) and removing the float valve from top of lid. See Default Settings on next page. See "Troubleshooting" for more information on error codes. Refer to Depressuring the Cooker in this manual. The Yogurt Smart Program will begin automatically after 10 seconds and the Display will show the elapsed cooking time. Problem Possible Reason Solution Sealing ring not properly Reposition sealing ring, ensure it is snug behind installed sealing ring rack Float valve in the Gently press the float valve downward with a long Difficulty popped-up position utensil closing lid Turn steam release handle towards "Venting" Contents in cooker are position, then lower lid onto cooker base slowly, still hot allowing heat to dissipate Release pressure according to recipe; only open Pressure inside the lid after float valve has dropped down cooker Ensure steam is completely released by quick Float valve stuck at the releasing pressure, then press float valve Difficulty popped-up position due gently with a long utensil. This appliance is NOT to be used by children or by persons with reduced physical, sensory, or mental capabilities. Pressure Level Indicator shows the selected Smart Program pressure level. The Steam Release Valve will also open automatically to regulate and maintain optimal pressure while cooking. CAUTION Before each use, check the steam release valve/handle, steam release pipe, anti-block shield and float valve for clogging. Adjust and Save Non-Pressure Cooking Time Select a non-pressure cooking Smart Program and press "+/+" to adjust cooking time. Do not cover or obstruct the steam release valve/handle and/or float valve with cloth or other objects. Illuminated when Keep Warm is in progress. Follow a trusted Instant Pot yogurt recipe when using yogurt as a starter culture. Page 19 Settings Relocating Smart Programs to Factory Default Settings Relocating Individual Smart Programs With the cooker in Standby mode (Display reads "OFF"), press and hold the Smart Program control you wish to reset to factory default for 10 seconds. Page 25 Pressure Control Features Anti-Block Shield The Steam Release Valve includes an Anti-Block Shield located on the underside of the lid. Yogurt Normal culture has been "yogt" will be displayed on-screen when added completed. Place the cooker lid on the base, align the with the and turn clockwise to lock in place. Place the sealed yogurt cups on the Steam Rack and add water to the Inner Pot until the cups are submerged halfway. Leave the Quick Release Button in the closed position. Initial Setup + Read all of the Important Safeguards in this User Manual before using the appliance. Press Slow Cook. The Sauté Smart Program will begin automatically after 10 seconds and the Display will read "On" to indicate that heating is in progress. Page 36 Pressure Cooking Tips Smart Setting Suggested Use Note Program Select "Less" or "Normal" based on Brown rice, wild rice, black Less type of grain and desired texture. 32. Always use oven mitts or Instant Pot Mini Mitts when CAUTION handling a hot inner pot. With the cooker in Standby mode, press Keep Warm. Press the Smart Program key repeatedly to cycle through and select a Smart Program cooking time/temperature setting. Failure to follow these instructions may result in burns, injury and/or property damage. Temperature is too high Add thin, water-based liquid to inner pot because there is no based on size: water in inner pot 3 Qt - 1 cup | 6 Qt - 1 1/2 cups | 8 Qt - 2 cups Error code Heat element has failed Contact Customer Care appears on display and Add thin, water-based liquid to inner pot; cooker beeps based on size; continuously Not enough liquid 3 Qt - 1 cup | 6 Qt - 1 1/2 cups NoPr 8 Qt - 2 cups Steam release handle is... Opening appliance while it is still pressurized may lead to sudden release of hot contents and may cause burns or other injuries. All Smart Program pressure levels, cooking times and temperatures will be restored to the factory defaults. Setting Suggested Use Less 4.5 hours to 97-100°C / 207-212°F Normal 3.5 hours to 97-100°C / 207-212°F More 2.5 hours to 97-100°C / 207-212°F Time to reach target temperature can be +/- 30 minutes from set time. Do not use the appliance in electrical systems other than 120V/60Hz for North America. [Hot] indicates that the Sauté Smart Program has reached cooking temperature and food may be added to the inner pot. Page 7 IMPORTANT SAFEGUARDS appliance, as this may cause electric shock, fire or injury, and will void the warranty. 1. Press Yogurt. Improper use, including moving the cooker base, may result in personal injury. Reset All Time and Temperature Settings With the cooker in Standby mode (Display reads "OFF"), press and hold Cancel for 10 seconds. The Display will read "End" when the Smart Program is complete. Page 35 Pressure Cooking Tips Smart Setting Suggested Use Note Program Liquid remains clear due to lack of Less Soup without meat boiling motion. Adjust and Save Pressure Cooking Smart Program Cooking Time Select a pressure cooking Smart Program and press the Smart Program key again to toggle through the "Less," "Normal" and "More" cooking time settings. Ensure they are dry and free of food debris. SAVE THESE INSTRUCTIONS. To lock the lid and seal the cooker, turn the lid clockwise until the is aligned with the on the cooker base. Use only the Instant Pot® Duo Nova lid with the Instant Pot® Duo Nova pressure cooker. When the cooker is safely depressurized, the Float Valve drops into the lid. Pressure will be released through the Steam Release Valve. + Use extreme caution when disposing of hot grease. Intended for countertop use only. CAUTION Use caution when removing the lid. Note: When cooking begins, the setting will be saved and remembered the next time the Smart Program is selected. Also shows certain "Status Messages" as described below. Refer to "Care & Cleaning." Let the appliance cool to room temperature before cleaning or storage. Provided that this appliance is operated in accordance with written instructions attached to or furnished with the appliance. Instant Brands will, in its sole and exclusive discretion, either: (i) repair defects in materials or workmanship;... When cooking meat with skin (e.g. sausage with casing), the skin can swell when heated. Warranty Limited Warranty This Limited Warranty is effective for one year from the date of original consumer purchase. See "Troubleshooting" for more information. If not resolved, does not rise turn cooker off and remove small parts from lid; Float valve obstructed by clean thoroughly and re-install, then perform lid-locking mechanism "Initial Test Run" to check for function; contact Customer Care Perform "Initial Test Run" to check for function; No heat in the inner pot contact Customer Care Inner pot base may Perform "Initial Test Run" to check for function;... Keep out of direct sunlight. Depressurizing Always follow the Instant Pot pressure cooking recipe for the correct pressure venting procedure. opening lid to food debris or residue Thoroughly clean float valve, surrounding area, and lid before next use. Page 8 IMPORTANT SAFEGUARDS CAUTION Extreme caution must be used when the inner pot contains hot oil, hot food, or hot liquids. 10. Depressurizing the Cooker (Venting Methods) Always follow the Instant Pot pressure cooking recipe instructions for depressurizing the cooker. Seal the pre-measured yogurt cups. If the float valve is still up and/or the lid is difficult to open, this indicates that the appliance is still pressurized - do not force it open. Only use side handles for carrying or moving. 7. + Remove all packaging material and accessories from within and around the appliance. 23. Keep Warm - turns the Keep Warm option on or off. Not for commercial use. Less fermented glutinous Adjust time based on recipe. When the Float Valve is up, the cooker is pressurized. Do not place any combustible materials in the cooker base or inner pot, such as paper, cardboard, plastic, Styrofoam or wood. Heat from an external source will damage the appliance. IMPORTANT SAFEGUARDS WARNING To avoid injury, read and understand instruction manual before using this appliance. The lid will automatically be in the sealed position and the quick release button will be up. Press Sauté again to adjust the cooking temperature. (Lid) indicates that the cooker lid is not properly secured. Page 43 Non-Pressure Cooking With the Duo Nova Smart Program - Keep Warm (Manual) 1. Note: Audible safety alerts (beeps) cannot be turned off. Delay Start With a Smart Program selected, press Delay Start to activate the delay hours. 44. Add starter culture to the milk in accordance with the instructions included with starter culture product. Lock the cooker lid in place, or alternatively you can cover the cooker with an Instant Pot Glass Lid (purchased separately). Page 12 Product, Parts & Accessories Inner Pot Cooker Base Note: Illustrations are for reference only and may differ from the actual appliance. Do not fill inner pot higher than "PC MAX -2/3" line indicated on inner pot. Reinstall the Anti-Block Shield by centering it over the spring tabs and pressing down firmly until it snaps into place. Instant Brands Inc. If Keep Warm is activated, the Display shows the elapsed time after Smart Program cooking has ended. Do not lean over or place your hands or face over the steam release valve/ handle or float valve when the appliance is in operation or has residual pressure. Status Messages [OFF] indicates that the cooker is in Standby mode. Do NOT remove ground. Fermenting milk after Adjust as desired up to "99:30" hours. Any pressure in the appliance can be hazardous. Do not move the appliance while it is in use. Add liquid and food to the inner pot as directed by the recipe. Refer to page 22 in this manual on how to check the sealing ring. The Display will count down the Smart Program cooking time in hours and minutes. WARNING Failure to adhere to safety instructions may result in serious injury. To unplug, grasp the plug and pull from the outlet. cooker base in water power cord at any time. Open lid cautiously. Proper maintenance is recommended after each use. Steam will be released through the Steam Release Valve. Size Minimum Liquid* 3 Quarts / 2.8 Liters 1 cup (8 oz / 250 ml) 6 Quarts / 5.7 Litres 1 1/2 cups (12 oz / 375 ml) 8 Quarts / 7.6 Litres 2 cups (16 oz / 500 ml) 2. Do not use the appliance for anything other than its intended use. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the inner pot over ~ 1/2" line. Read this manual carefully and completely, and retain for future reference. Does this pot also include the rice paddle? Yes, it comes with stainless steel steam rack, rice paddle, soup spoon, measuring cup, instructions, recipes, and cooking time tables Page 1 DUO NOVA 3 QUART, 6 QUART, AND 8 QUART Multi-Use Pressure Cooker User Manual Welcome Important Safeguards Getting Started Pressure Cooking Basics Cooking With the Duo Nova Care & Cleaning Troubleshooting Warranty Contact/Support Information. 2. Remove by pressing firmly against the side of the Anti-Block Shield (pressing towards outside edge of lid) until it pops off of the spring tabs. Having families ourselves, we developed the Instant Pot Duo Nova ® Multi-Use Pressure Cookers to allow busy families and professionals alike to cook healthy, delicious meals more easily and in less time. Using Pre-measured Yogurt Cups Pre-measured yogurt cups can be used with the Yogurt Smart Program. It is normal to see some steam escaping through the float valve during this process. Do not pierce the skin while it is swollen; this may result in scalding injury. Do not store any materials in the cooker base or inner pot when not in use. Press the Quick Release Button down to ensure that the Steam Release Valve is open. CAUTION Do not let the power cord hang over edges of tables or counters, or touch hot surfaces or open flame, including the stovetop. 5. [On] indicates that the cooker is preheating. Failure to follow these instructions may result in injury or property damage. To disconnect, select Cancel, then remove plug from power source. Note: Plain yogurt with active cultures can also be used as a starter. + Always place hot accessories on a heat resistant surface or cooking plate. Do not move the appliance when it is under pressure. Press "+/+" to adjust. Care should be taken when lifting the inner pot from the cooker base to avoid burn injury. Inspect inner pot for deformations or damage. Care & Cleaning Clean the pressure cooker after each use. Page 33 Pressure Cooking Default Settings Smart Settings and Default Program Pressure Low (35-55 kPa / 5-8 psi) High (65-85 kPa / 9.4-12.3 psi) Setting Less Normal More Less Normal More Soup/Broth Default Cooking 00:20 00:30 04:00 00:20 00:30 04:00 Time (adjustable) Pressure Low (35-55 kPa / 5-8 psi) High (65-85 kPa / 9.4-12.3 psi) Setting Less Normal More Less Normal More Meat/Stew Default Cooking 00:20 00:35 00:45... The Display will read "00:00" when the Smart Program is complete. (The Float Valve will pop up when the cooker is pressurized.) Release pressure by pressing down on the Quick Release Button to open the Steam Release Valve. Obstructing the steam release valve/handle and/or float valve can create a safety issue and may cause injury. 30. Cooking When the required pressure level is reached, cooking begins. Settings Pressure Cooking Smart Programs Adjusting and Saving Pressure Levels Select a pressure cooking Smart Program and Press Pressure Level to toggle between "Low" and "High" pressure settings. The Float Valve will drop into the lid when the cooker is fully depressurized. Rinse and dry the inner pot before returning it to the cooker. Page 23 Pressure Control Features Quick Release Button When the cooker lid is locked, the Quick Release Button is automatically set to the sealed (up) position, sealing the cooker and allowing pressure to build. The status indicator will be illuminated. Lock the cooker lid in place. Regularly inspect the appliance and power cord. See "Depressurizing the CAUTION Cooker"... CAUTION When pressure cooking food with a doughy or thick texture, or a high fat/oil content, contents may splatter when opening the lid. Choose setting based on bean Less Firmer texture texture desired, or adjust cook time manually. + Follow Care & Cleaning instructions in this manual to clean the appliance before first use. Inner pot will be hot after cooking. Page 6 IMPORTANT SAFEGUARDS 20. or attempt to cycle through dishwasher. Refer to the "Depressurizing the Cooker" in this manual for information on releasing pressure. [boil.] indicates that the Yogurt Smart Program is in the process of pasteurizing milk (i.e., the Yogurt Smart Program is set to More). Failure to follow these instructions may result in injury or property damage. 9. If spatter continues, use the Natural Release procedure to release remaining pressure. Illuminated to indicate the Smart Program selected or running. 12. When the cooker is safely depressurized, the Float Valve will lower into the lid. 26. The Display will count down the remaining cooking time. 11. Children should not play with this appliance. Note: the inner pot is dishwasher safe. 4. Only use CAUTION authorized Instant Pot® sealing rings. Place the inner pot in the cooker. Page 38 Non-Pressure Cooking With the Duo Nova 5. Clean and inspect the Steam Release Valve cover after each cooker use. The Display will read "00:00" (i.e., the default fermentation time). To install the Condensate Collector, align and slide the grooves on either side of the top of the reservoir over the tabs in the reservoir holder at the back of the cooker. Please follow recipe instructions for pressure release method. Never pull from the power cord. Cleaning Method Part Cleaning Tip Never use harsh chemical detergents, powders or scouring Accessories pads on accessories + Steam Rack + Condensation Collector Place on top rack of dishwasher Wash after each use Remove small parts from lid before washing Inspect and clean steam release pipe Small Parts regularly + Anti-Block Shield Wash after each use with hot water + Sealing Ring and mild dish soap + Steam Release Handle Dishwasher Safe + Float Valve All small parts should be removed or Hand Wash + Float Valve Silicone Cap once every few cooking cycles for routine cleaning, and any time there is visible food particles... Cooking With the Duo Nova Pressure Cooking with the Duo Nova Pre-heating and Pressurization Pressure cooking is a fast, thorough and energy-efficient way to cook a variety of foods. DO NOT use an adapter. Never place your face, hands or exposed skin over the appliance opening where heat and steam escapes when removing the lid. Press "+/+" to adjust cooking time to "00:05". 9. Status Icons Illuminated when the heating element is active, e.g., during preheating mode and when heat is being applied during cooking. 7. Never connect this appliance to an external timer switch or separate remote-control system. Use grounded outlet only. As the temperature within the cooker drops, the cooker will depressurize naturally over time. Reinstall the Float Valve by inserting it pipe-first into float valve hole in the top of the lid. Do not place on anything that may block the vents on the bottom of the appliance. Turn Sounds On and Off Cooker sounds are ON by default. Thank you for welcoming us into your kitchen. Remove the inner pot from the cooker and allow the milk to cool. Do not use with power converters or adaptors. Page 51 Warranty Disclaimer of Implied Warranties AS EXPRESSLY PROVIDED HEREIN AND TO THE EXTENT PERMITTED BY LAW, INSTANT BRANDS MAKES NO WARRANTIES, CONDITIONS OR REPRESENTATIONS, EXPRESS OR IMPLIED, BY STATUTE, USAGE, CUSTOM OR OTHERWISE WITH RESPECT TO THE APPLIANCES OR PARTS COVERED BY THIS WARRANTY, INCLUDING, BUT NOT LIMITED TO, WARRANTIES, CONDITIONS, OR REPRESENTATIONS OF WORKMANSHIP, MERCHANTABILITY, MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE OR DURABILITY. Note: Keep Warm function will count up. CAUTION Do not touch hot surfaces. CAUTION Do not fill over "PC MAX -2/3" as indicated on the inner pot. Page 44 Non-Pressure Cooking Default Settings Smart Program Settings and Defaults Setting Less Normal More Default Cooking 08:00 06:00 04:00 Time (adjustable) Slow Cook Cooking Temperature 97-100°C / 207-212°F (not adjustable) Setting Less Normal More Default Cooking Time (not 00:30 Sauté adjustable) Cooking Temperature 105°C / 221°F 169°C / 156°F 174°C / 345°F (not adjustable) Setting Less Normal More... + Keep the appliance and cord away from children. + Do not place anything on top of the appliance. Press "+/+" to adjust the warming time to a maximum of 99:50 hours. If quick venting creates undesirable steam spatter, close the Quick Release Button by turning it counter-clockwise until it pops up, and try again after a few minutes. Heat and steam escapes as soon as the lid is removed. Turn the appliance off if steam escapes from the sides of the lid and ensure sealing ring is properly installed. Page 46 Care & Cleaning Ensure heating element Do not immerse Do not wet prongs remains dry at all times. + Place the appliance on a stable, level surface, away from combustible material and external heat sources. Close the Steam Release Valve by turning the Quick Release Button counter-clockwise until it pops up into the sealed position. Press a pressure cooking Smart Program key. FAILURE TO FOLLOW THESE SAFEGUARDS AND INSTRUCTIONS MAY RESULT IN INJURY AND/OR PROPERTY DAMAGE, OF POWER CORD. Note: Delay Start is not available with the Sauté or Yogurt Smart Programs. Press Delay Start and the "+/+" controls to set the hours and minutes before the Smart Program begins. + Never drape the power cord over edges of tables or counters. Always operate the appliance on a stable, non-combustible, level surface. To prevent personal injury and damage to the appliance, only use the sealing ring with an authorized Instant Pot® sealing ring. Transfer the milk to the pre-measured yogurt cups. Smart Program Settings Keys "+/+" keys - adjust Delay Start, cooking and Keep Warm times. Page 31 Cooking With the Duo Nova Using the Pressure Cooking Smart Programs Follow these steps when using pressure cooking Smart Programs. ("Instant Brands"), return of your appliance, is required to obtain service under this Limited Warranty. Press to adjust cooking time. Press Delay Start to activate the delay minutes. Page 14 Control Panel Delay Start - enables the delayed start option. Temperature is too high Press Cancel and wait for heating element to because inner pot is not cool; ensure there are no foreign objects in placed in the cooker cooker base; insert or reposition inner pot in base cooker base and re-enter commands. Normal White rice, porridge/congee Porridge Always use NR to release pressure when cooking foods that expand. Page 49 Error Codes Problem Possible Reason Solution Faulty sensor Contact Customer Care. For household use only. 21. Choose setting based on meat Less Soft texture texture desired, or adjust cook time manually. Using any other pressure cooker lids may cause injury and/or damage. Refer to "Care & Cleaning." Failure to do so may result in injury or property damage. 17. Illuminated when cooker sounds are turned off. Display Status Icons show cooker status as described in "Status Indicators," below. Page 48 Troubleshooting Problem Possible Reason Solution Food debris on float Remove float valve from lid and clean thoroughly; valve or float valve perform "Initial Test Run" to check for function; silicone cap contact Customer Care Too little liquid in the Check for scorching on bottom of inner pot; add inner pot 1 1/2 cups (12 oz / 325 mL) liquid to inner pot Float valve silicone cap Install or replace float valve worn, damaged or missing Float valve Tap float valve with a long utensil. Reinstall the float valve the cover by pressing it firmly downward on to the Steam Release Valve stem until it snaps into place. View the cooking programs options on page 36. Non-Pressure Cooking With the Duo Nova Follow these steps when using non-pressure cooking Smart Programs. It will retain cook-More Fall-off-the-bone texture ing juices for tender, succulent meat. + Use only the Instant Pot® Duo Nova lid with the Instant Pot® Duo Nova pressure cooker. Close suspension is necessary when any appliance is used near children and these individuals, rice dessert Default fermentation time is "08:00" hours. Do not use this appliance for deep frying or pressure frying with oil. Press Sauté. Illuminated when the cooker is using a pressure cooking program. Press Keep Warm again to toggle through the Less / Normal / More temperature settings. Press Yogurt again to adjust the cooking temperature to Normal. Page 34 Pressure Cooking Default Settings Smart Settings and Default Program Pressure Low (35-55 kPa / 5-8 psi) High (65-85 kPa / 9.4-12.3 psi) Setting Less Normal More Less Normal More Steam Default Cooking 00:03 00:10 00:15 00:03 00:10 00:15 Time (adjustable) Pressure Low (35-55 kPa / 5-8 psi) High (65-85 kPa / 9.4-12.3 psi) Pressure Setting Less Normal More Less Normal More Cook Default Cooking 00:20 00:35... Meat/Normal Very soft texture Stew Allow meat to "rest" for 5-30 minutes, depending on size. Always unplug the cooker and let it cool to room temperature before cleaning. To contact Customer Care, call 1 800 828 7280, email support@instantpot.com or chat instantpot.com/#Chat. After 10 seconds, the Display will read "On" to indicate that pre-heating has begun. WARNING Electrical shock hazard. Refer to the "Getting Started Guide." Failure to do so may result in injury or property damage. Overflowing may cause a risk of clogging the steam release pipe and developing excess pressure. 16. A short power- supply cord is provided to reduce the hazards resulting from grabbing, entanglement and tripping. Extreme caution must be used when moving the appliance containing hot liquids. 41. Keep the appliance on a stable, heat-resistant platform. + Do not block the pressure control mechanisms located on the appliance lid. Failure to do so may result in injury. Failure to follow these instructions may result in injury or property damage. Soup Always use NR to release pressure Normal Soup with meat Broth when cooking soup with a high More Rich bone broth starch content. Remove the Steam Release Valve cover by pulling it up and off the Steam Release Valve stem. Note: To avoid personal injury or damage to the appliance, replace a deformed or damaged inner pot. Do not use the included accessories in a microwave, toaster oven, convection or conventional oven, or on a ceramic cooktop, electric coil, gas range, or outdoor grill. Do not rinse the appliance under tap. CAUTION Spilled food can cause serious burns. Never use harsh chemical detergents, scouring pads, or powders to clean any part of the cooker. 8. CAUTION Do not use the appliance near water or flame. Timer/Readout shows countdown to Delay Start, cooking time remaining, and Keep Warm time passed in hours and minutes. Wipe the heating element with dry cloth to ensure that it is dry and free of food particles. The Float Valve will pop up when the cooker has reached the required pressure level. Cooking time, temperature and pressure level can be adjusted while the Smart Program is running. LED Indicators show the selected or active Smart Program including any options selected. Failure to do so may result in personal injury or damage... WARNING Do NOT lean over steam release Do NOT place unprotected skin Do NOT cover steam release valve. Pressurization time varies with the volume of liquid and food in the cooker. For assistance, contact Customer Care at support@instantpot.com or 1-800-828-7280. Do not use a stretched or damaged sealing ring. Page 42 Non-Pressure Cooking With the Duo Nova Step 3 - Ferment 6 Step 1 - Pasteurize Milk 1. [Food Run] indicates that the cooker is overheating due to insufficient liquid. Page 18 Settings Non-Pressure Cooking Smart Programs Adjust and Save Non-Pressure Cooking Temperatures Select a non-pressure cooking Smart Program and press the Smart Program again to toggle through the "Less," "Normal" and "More" cooking temperature settings. Turn the lid counter-clockwise to unlock. Pressure Level - toggles between Low and High pressure levels. Setting Suggested Use Less Simmering, thickening and reducing liquids Normal Pan searing or sautéing More Stir-frying or browning meat Note: Cooking temperature adjustments will be saved to the Smart Program when cooking begins. Lift the lid, remove the inner pot, discard the remaining water and dry the inner pot. Press Keep Warm to turn the Keep Warm option on or off. Failure to follow these instructions may cause food to discharge, which may lead to personal injury or property damage. 34. The status indicator will be extinguished. When the cooker has reached the target cooking temperature, the Display will read "Hot" to indicate that food may be added to the inner pot. Less Oatmeal - steel cut or rolled Adjust time as directed in recipe. Page 22 Always check for cuts or deformations in sealing ring prior to cooking. Page 41 Step 2 - Add Starter Culture 1. Optionally, press "+/+" to adjust fermentation time. To avoid personal injury, + Always use oven mitts when removing accessories, and to handle the inner pot. To reduce the risk of pressure leakage, cook only in an authorized stainless steel Instant Pot® Inner pot. Do not attempt to operate the pressure cooker without the Anti-Block Shield installed. minutes of pressure cooking. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries. More Pasteurizing milk "yogt" will be displayed when completed. Sealing rings may stretch over time. Press Pressure Level to toggle between the Low and High pressure options. Pressure Control Features Locking Lid Place the lid on the cooker with the on the lid aligned with the on the cooker base. CAUTION Do not use any accessories or attachments not authorized by Instant Brands™ Inc. Slow Cook 1. Clean and inspect the Float Valve after each use. [Auto] indicates that the Rice Smart Program is running. Page 5 IMPORTANT SAFEGUARDS WARNING This appliance cooks under pressure. Press and hold the "+/+" for 5 seconds to turn all sounds ON. To end the Smart Program at any time, press Cancel. Do not use outdoors. 11-300 Earl Grey Dr., Suite 383 Ottawa, Ontario K2T 1C1 Canada Register your product today instantpot.com/support/register Contact Customer Care: 1-800-828-7280 support@instantpot.com instantpot.com #Chat instantpot.com store.instantpot.com Copyright © 2019 Instant Brands™ Inc 686-0101-51... Welcome to the world of Instant cooking. Unplug from the outlet when not in use, as well as before adding or removing parts or accessories, and before cleaning. Do not attempt to operate the pressure cooker without the float valve or silicone cap properly installed in the cooker lid. Page 39 Non-Pressure Cooking With the Duo Nova Smart Program - Sauté 1. Press Slow Cook again to adjust the cooking temperature. 31. We have partnered with chefs, authors and bloggers to compile a collection of recipes that we hope you enjoy! Happy cooking. Robert J. Do not place the appliance on a stovetop. 19. Product, Parts & Accessories Top of Lid Underside of Lid Note: Illustrations are for reference only and may differ from the actual appliance. When CAUTION cooking foods that expand such as rice or beans, do not fill the appliance over ~1/2"... DO NOT use the appliance without the removable inner pot installed. See "Settings," below for more information. Tip: Higher pressures create higher cooking temperatures. "boil." will be displayed while Program is running. 3. Do not attempt to remove lid while cooker is pressurized. "More" begins with 45 minutes of Multi-Brown rice, wild rice, mung warm water soaking time prior to 60 Normal grain* beans, etc. Always ensure the inner pot is dry on the outside before inserting into the cooker base and that the cooker base is free of food or debris. Page 26 Pressure Control Features Condensation Collector The Condensation Collector holds the condensate that collects naturally in the Condensation Rim while cooking. Clean the inner pot thoroughly. DO NOT use an extension cord. CAUTION Do not place the appliance on or in close proximity to a hot gas or electric burner, or a heated oven. [C*] indicates that an error has occurred. Press the Quick Release Release button down until it locks into place. There are two ways to release pressure. Make certain the appliance is properly closed before operating. IMPORTANT SAFEGUARDS When using electrical appliances, basic safety precautions should always be followed. READ THE GETTING STARTED GUIDE AND ALL INSTRUCTIONS, SAFEGUARDS, AND WARNINGS BEFORE OPERATING THE APPLIANCE. beans, chickpeas, etc. Hold it in that position while firmly pressing the silicone cap on to the valve pipe protruding from the underside of the lid. DO NOT touch accessories during or immediately after CAUTION cooking. Smart Programs Pressure Cooking Soup/Broth Meat/Stew Bean/Chili Poultry (not available on Duo Nova 3 Quart models) Rice Multigrain (not available on Duo Nova 3 Quart models) Porridge Steam Pressure Cook Non-Pressure Cooking Slow Cook Sauté Yogurt Keep Warm... 22. 37. Refer to the "Getting Started Guide." Read this manual carefully and completely, and retain for future reference. Cooking time adjustments made while cooking is in progress will apply to the current cooking session only and will not be saved. To release pressure quickly, press the Quick Release Button down until it locks into place. Refer to the "Getting Started Guide." 35. 43. Clean and inspect the Anti-Block Shield after each use. Vent (down) Seal (up) Float Valve The Float Valve provides a visual indication of the pressure within the cooker. The Smart Program pressure level, cooking time and temperature settings will be restored to the factory defaults. + Never use below-counter power outlets, and never use with an extension cord. When cooking begins, the setting will be saved and remembered the next time the Smart Program is selected. Heat vaporizes the liquid inside the cooker and activates the float valve, which pops up automatically to seal and allow the cooker to become pressurized. Use only authorized Instant Pot inner pots in your cooker. With the appliance in Standby mode (Display reads "OFF"), press and hold the "+/+" for 5 seconds to turn all sounds except error alerts OFF. 33. To avoid electrical shock, do not put liquid of any kind into cooker base , and do not immerse power cord, plug, or the appliance in water or other liquid. Do not tamper with any of the safety mechanisms.

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