

## How to adapt conventional pressure cooker recipes to your Instant Pot DUO or LUX

### Conventional pressure cooker speak:

“Close the lid and bring to high pressure. Cook for 30 minutes, then allow to drop pressure naturally”

### Instant Pot language:

“Lock the lid in. Press the Manual button. Programme 30 minutes. Put your feet up and let it go automatically to Keep Warm until you’re ready to eat”

*There’s no need to wait for your Instant Pot to reach pressure in order to set a timer, neither do you have to switch anything off at the end. Unlike stove-top pressure cookers, the Instant Pot does it all automatically*

Conventional pressure cookers tend to have a higher psi, the Instant Pot has a psi of 10.2 ~ 11.6 psi (70 ~ 80 kPa) so, when following conventional pressure cooking recipes you may want to increase the cooking time by 1 or 2 minutes.

With a bit of practice, you will soon get used to it and will adapt recipes without even thinking.

## Terminology

Fast / Quick release  
(QR)

Let the steam out as soon as your Instant Pot beeps to indicate that it has finished the pressure cooking cycle. This basically means sliding the steam release handle to the Venting position to let the steam out, until the float valve drops down. We refer to this as Quick Release in our Manuals.

Natural / slow release  
(NR or NPR)

Let your Instant Pot cool down naturally at the end of the pressure cooking cycle, until the float valve drops down. Your Instant Pot automatically goes to Keep Warm at the end of the pressure cooking cycle which means that, once the float valve has dropped back down, it will keep its contents warm so there is no need for you to rush to it if you're doing other things. Some recipes may specify "slow release for 10 minutes and do a fast release". All you need to do is let the Instant Pot go to Keep Warm and then 10 minutes later (the screen will count the minutes for you) slide the steam release handle to release the steam that may be left inside the pot. We refer to this as Natural Release in our Manuals.

It's easy to adapt conventional pressure cooker recipes,  
all you really need to do is simplify them.  
Your Instant Pot makes the rest easy.

## Recipe wording

## What to do in your Instant Pot

*Heat gently in  
the pressure cooker*

Press the Sauté button of your Instant Pot. If you were already sauteing something you will have to press the Keep Warm / Cancel button followed by the Sauté button and then the Adjust button twice to set your Instant Pot to Low.

*Bring up to **high** pressure  
for five minutes*

Press the Manual button of your Instant Pot and then press the - (minus) button to programme 5 minutes. After a few seconds your Instant Pot will start heating up, when it reaches pressure it will continue the high pressure programme automatically. No need for you to hang around.

*Bring up to **low** pressure  
for five minutes (DUO only)*

Press the Manual button followed by the Adjust button to select Low Pressure. After a few seconds your Instant Pot will start heating up the contents, when it reaches pressure it will continue the low pressure programme automatically. No need for you to hang around for this one either.

*Slow-release the pressure /  
Release the pressure slowly*

At the end of the pressure cooking cycle, let the Instant Pot go automatically to Keep Warm and let the float valve drop down on its own.

*Fast release /  
Fast-release the pressure*

When your Instant Pot beeps to indicate it has finished the pressure cooking cycle, slide the steam release handle. When the float valve drops down, the lid will be ready to open.

The safety mechanisms of your Instant Pot will not let you open the lid until all steam has been released and it's safe to open

[instantpot.co.uk](http://instantpot.co.uk)

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