

# Instant Pot DUO 7-In-1 Programmable Pressure Cooker

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**Instant Pot 7-in-1 guide** – we are going to review the [Instant Pot DUO 7-In-1 Programmable Pressure Cooker model](#). We are going to tell you about the features of this DUO model and why it will be the best purchase if you are looking for a 7-in-1 electric pressure cooker. You will know that this model comes in 3 sizes. We will also look at customer reviews of the IP-DUO model and tell you what they are saying about it. The reviews will not be biased, you will know both the good and the bad.

[In A Hurry? Click Here To Buy Instant Pot DUO 7-In-1 Programmable Electric Pressure Cooker](#)

After reading this review you will be in a better position to make an informed buying decision. You will know where to [buy Instant Pot DUO](#). If you are in a hurry to purchase, click the link below to go straight to the *Instant Pot IP-DUO 7-In-1 Programmable Pressure Cooker* at Amazon.com

## Instant Pot DUO Features At A Glance

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The list below gives the features of the Instant Pot IP-DUO

1. Microprocessor Controlled Programs: Thermal, Pressure, and Lid Position Sensors
2. Pressure Cooking
3. Slow Cooker: 0.5 – 20 hours at 3 Temperatures
4. Sauté: up to 30 minutes at 3 Temperatures
5. Keep-warm
6. Yogurt Maker: Fermentation up to 99.5 hours at 2 Temperatures. Pasteurizing Milk
7. Pot Size and Heating Element Power
8. Lid Fin Holders on Base, Condensation Collector and Cord Rack, Double Anti-Block Shield
9. Built-in Smart Programs



The **Instant Pot IP-DUO pressure cooker model** is an upgrade of the IP-LUX. Instant Pot is an electric pressure cooker designed to handle tasks of 7 every day kitchen appliances. An instant pot, which is a special kind of a pressure cooker, speeds up cooking by 2 to 6 times the normal cooking period. Not only that, it cooks faster with using up to 70% less energy.

So when you *buy Instant Pot DUO* you will not only save from buying 7 kitchen appliances but you will also save from power consumption as well. Though it is a 7-in-1 kitchen appliance it does not compromise on the quality of the food prepared from it. It produces nutritious healthy food in a convenient and consistent fashion. Read about the [Instant Pot Smart Cooker](#) here!

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## 7-in-1 Multi Cooker Functions

The Instant Pot DUO 7-In-1 Programmable Pressure Cooker is 7 in 1 because it does the work of 7 kitchen appliances being;

1. Pressure Cooker,
2. Slow Cooker,
3. Rice Cooker,
4. Steamer,
5. Sauté/Browning,
6. Yogurt Maker
7. Warmer.

Once you own such an appliance you will be simply replacing 7 appliances with 1. Compare with [Instant Pot LUX 6 in 1!](#)

## 14 Built In SMART Programs

The Instant Pot DUO electric pressure cooker also comes with 14 built-in SMART programs to cook your favorite dishes with the press of a button. These in-built SMART programs are;



1. Soup,
2. Meat/Stew,
3. Bean/Chili,
4. Poultry,
5. Sauté,
6. Steam,
7. Rice,
8. Porridge,
9. Multigrain,
10. Slow Cook,
11. Keep-Warm,
12. Yogurt,
13. Pasteurize
14. Fermented Rice – Jiu Niang

These SMART programs can be easily operated from a fairly large, easy to use control panel. You may also use [Instant Pot Sous Vide Cooker](#) with this pot!

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## Microprocessor Controlled Programs

The [instant pot IP DUO pressure cooker](#) 7 in 1 is equipped with Thermal, Pressure, and Lid Position Sensors using micro-processor controlled programs. These sensors monitor the pressure, keep time and control temperature by adjusting the heating intensity.

### **Pressure Cooking**

This 7-in-1 pressure cooker has dual pressure cooking feature to offer fast and flexible cooking. The dual pressure feature allows for high pressure cooking and low pressure cooking. When using the [Instant Pot 7 in 1 pressure cooker](#) to cook at high pressure you will reduce normal cooking time by up to 70%. The low pressure setting is useful for cooking delicate foods to avoid overcooking.

### **Slow Cooker**

The Slow Cooker function of the Instant Pot DUO can be set for 0.5 to 20 hours at 3 different temperatures.

### **Sauté**

The Sautéing or browning feature on meat or vegetables.

### **Warmer**

The warmer feature can be used to warm leftovers. It comes with a manual keep warm setting and the timer can be set for up to 99 hours and 50 minutes. The automatic keep warm feature can be set up to 10 hours. After cooking, Instant Pot automatically starts the keep-warm function and lasts for up to 10 hours.

### **Yogurt Maker**

The Yogurt maker capability can pasteurize and ferment milk for up to 99 hours 30 minutes at 2 temperatures. You can make yogurt from up to 5qt of milk in jars or the inner cooking pot

### **Pot Size**

The Instant Pot IP-DUO comes in 3 sizes being 5qt, 6qt and 8qt with all other features staying the same. Each is called Instant Pot IP-DUO50, Instant Pot IP-DUO60 and Instant Pot IP-DUO80 respectively.

### **Heating Element Power**

The heating element power rating of each is rated as follows;

- Instant Pot IP-DUO50 – 900 W, 120V AC/60Hz
- Instant Pot IP-DUO60 – 1000 W, 120V AC/60Hz
- Instant Pot IP-DUO80 – 1200 W, 120V AC/60Hz

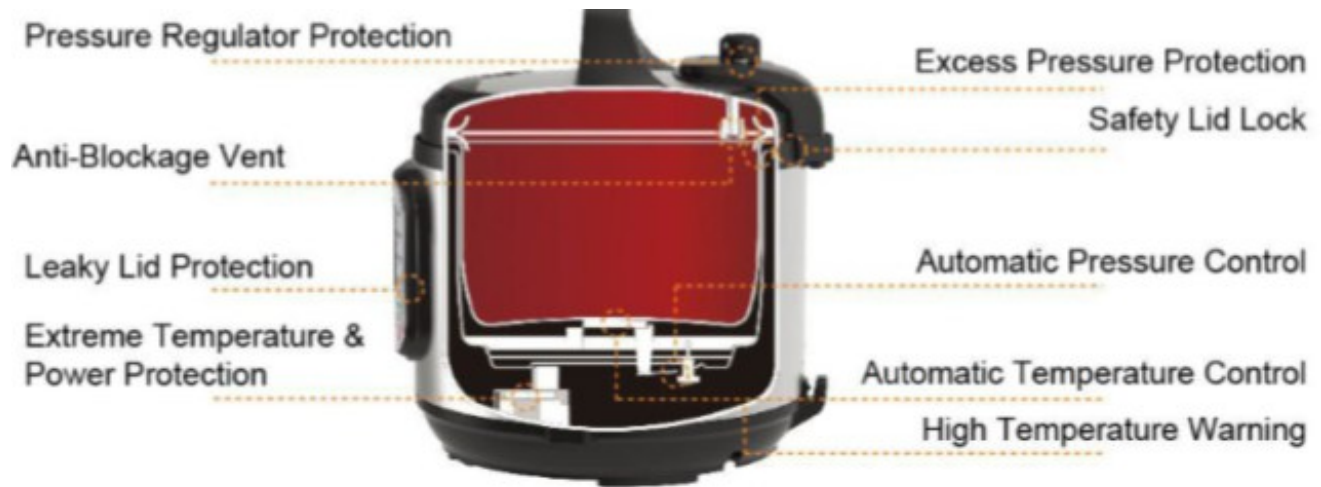
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## **Instant Pot Safety**

The Instant Pot pressure cooker has been designed to reduce or completely eradicate many common errors causing harm to the user or spoiling food. It comes with 10 proven safety mechanisms and patented technologies ULC and UL certified.

The 10 proven safety mechanisms are;






- Safety Lid Lock prevents accidental opening while cooker is pressurized.
- Pressure Regulator ensures working pressure is under the safety limit of 15.23 psi.
- Leaky Lid Smart Detection (e.g. steam release is at open position).
- Anti-Blockage Vent prevents food debris from blocking the vent.
- Magnetic Sensor for Lid Position Detection monitors whether the lid is in an unsafe zone for pressure cooking.
- Automatic Pressure Control keeps pressure in a safe range.
- Excess Pressure Protection releases excess pressure into internal chamber in the event of a dangerous situation.
- Automatic Temperature Control regulates temperatures based on the type of program selected.
- High Temperature Monitoring prevents food from burning.
- Fuse Cuts Off Power when electrical current or temperature exceeds safety limits.

These safety features ensure that you have a peace of mind when cooking or using the Instant Pot. The safety mechanisms are robust.

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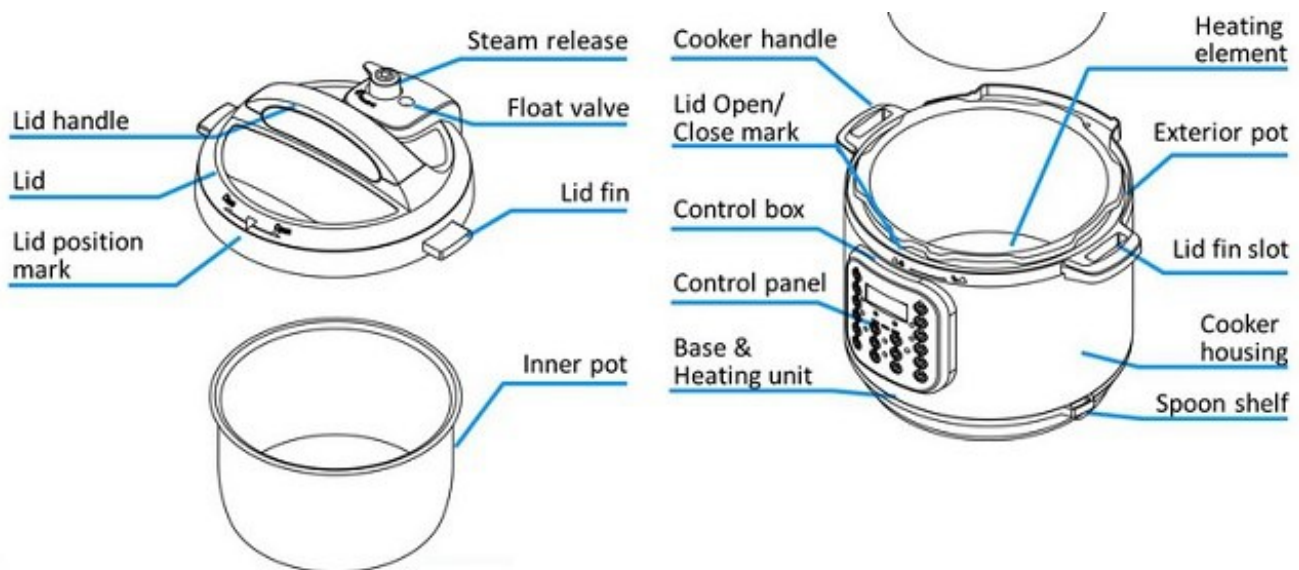
## Other Benefits

- Durability – the pressure cooker is durable because it comes with a 3-ply bottom Food Grade 304 (18/8) stainless steel cooking pot
- It has a finger-print resistant brushed stainless steel exterior
- This 7-in-1 pressure cooker is highly energy efficient with up to 70% reduction in energy consumption.
- It is kitchen friendly because it easily replaces 7 different appliances that will otherwise take up kitchen space.
- It comes with a 24-hour delay start timer.
- It is very easy to clean.
- When in use it produces almost no noise or steam.
- Its ability of cooking ensures that it locks and preserves nutrients from the ingredients used.

Instant Pot DUO	Image	Price	Rating	Instant Pot DUO Review
Instant Pot IP-DUO50		<a href="#">Click Here For The Latest Instant Pot IP-DUO50 Price</a>	★★★★★	<a href="#">Click Here To Read Instant Pot DUO50 Reviews Here</a>
Instant Pot IP-DUO60		<a href="#">Click Here For The Latest Instant Pot IP-DUO60 Price</a>	★★★★★	<a href="#">Click Here To Read Instant Pot DUO60 Reviews Here</a>
Instant Pot IP-DUO80		<a href="#">Click Here For The Latest Instant Pot IP-DUO80 Price</a>	★★★★★	<a href="#">Click Here To Read Instant Pot DUO80 Reviews Here</a>

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### What Is Included In The Instant Pot DUO Box



The Instant Pot comes in a box containing the base unit with power cable, 3-ply bottom stainless steel cooking pot, stainless steel inner pot, stainless steel lid with anti-block shield, Rice paddle, Soup spoon, Measuring cup, Steam rack, Condensation water collector, User manual (in English, Spanish, Chinese and French), Instant Pot Recipe Book English, Spanish, Chinese and French. See [Instant Pot accessories](#).

## Where To Buy Instant Pot DUO 7-in-1

The best place to buy Instant Pot DUO is online at Amazon simply because there is a wealth of information about the product. There are well over 16K reviews that are unbiased covering both the good and the bad of the product. These will help you do your due diligence easily and purchase with an easy mind.

## Instant Pot IP-DUO Reviews

The Instant Pot IP-DUO boasts over 16K reviews down at Amazon at the time of writing. Amazon rates products from 1 to 5 stars, 5 stars being best. Of these 16K reviews 84% are 5 Star, 9% 4 Star and those that may be regarded neutral are 2%. These reviews cover every area of the Instant Pot DUO you can think of. [Click Here to read the reviews!](#)

**Critical reviews** rated less than 3 Stars are about 5% of the 16K reviews and most them complain about customer service and durability. [Click here for these reviews](#)

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- Instant Pot DUO 7-In-1 Programmable Electric Pressure Cooker

### Summary

The Instant Pot Duo 7-in-1 is a multi-functional electric cooker doing the work of a pressure cooker, slow cooker, rice cooker, sauté/browning, yogurt maker, steamer and warmer. It has a large control panel with 14 built-in smart programs, dual pressure, auto keep-warm and 3 temperatures for sauté and slow cook. It can delay cooking time up to 24-hours and has a manual setting up to 120 minutes of cook time.

The Instant Pot Duo 7-in-1 is UL and ULC certified with 10 proven safety mechanisms and as a point of caution, for pressure cooking programs, do not fill the inner pot over 2/3 full. For non-pressure cooking programs, do not fill the inner pot over the MAX line.

When you purchase this model be sure to save on electricity because it is highly energy efficient. You will also save space in the kitchen.

It comes with 3-Ply bottom stainless steel cooking pot, steam rack with handle, manual, recipes and cooking time table in English, Spanish, Chinese and French. It also has a very low learning curve, if you have used a pressure cooker before operating the Instant Pot Duo 7-in-1 will be a breeze. [Click Here To Buy!](#)

