

Which Setting to Use

Instant Pot Ultra

Cooking Programs	Default Setting	Normal	Adjusted to High	Adjusted to Low
Pressure Cook	High or Low Pressure	Use Pressure Level to switch between High and Low Pressure and [+] or [-] to adjust cook time. When pressure is reached, time will begin to count down.		
Soup/Broth	High Pressure	30 minutes	40 minutes	20 minutes
Meat/Stew	High Pressure	35 minutes	45 minutes	20 minutes
Bean/Chili	High Pressure	30 minutes	40 minutes	25 minutes
Slow Cook	Non-Pressure Cooking	Adjust to slow cook on Low (180-190°F), Med (190-200°F), or High (200-210°F). You can also choose a customized cooking temperature.		
Sauté	Non-Pressure Cooking	Wait until display says "Hot" to add ingredients to the pot. Use Med for sautéing veggies, adjust to High for browning meats, adjust to Low to simmer.		
Warm	Non-Pressure Cooking	Used to reheat food (different from Keep Warm). You can warm on Low (180-190°F), Med (190-200°F), or High (200-210°F) or set a custom cooking temperature.		
Rice	Low Pressure	Made for white rice only. This fully automatic program adjusts the cooking time depending on the amount of water and rice in the cooking pot.		
Porridge	High Pressure	20 minutes	30 minutes	15 minutes
Multigrain	High Pressure	40 minutes	45 minutes of warm water soak, then 60 minutes	20 minutes
Cake	High Pressure	30 minutes	40 minutes	25 minutes
Egg	High Pressure	5 minutes	6 minutes	4 minutes
Sterilize	High Pressure	230°F	239°F	181°F
Yogurt	Non-Pressure Cooking	Adjust to High for boiling the milk, use Normal setting for incubating the yogurt. (Making yogurt is fairly technical, see this post for details: https://goo.gl/C3ag3z)		
Ultra	N/A	Allows you to control every part of the cooking process—whether to cook at High/Low/No Pressure, custom temperatures, and set to any time you'll need.		
Pressure	Function	Switch between High and Low Pressure settings for pressure cooking programs. Works with all settings that cook at High or Low Pressure.		
Temp	Function	Allows you to select the default Low Normal High settings or you can select Custom and turn the dial to select a custom cooking temperature.		
Delay	Function	Select a cooking function and set adjustments, then press Delay Start and set amount of time to wait for the Ultra to start cooking.		
Cancel	Function	End a cooking program at any time. This button also works like a back button to take you to the previous step while selecting cooking program.		
Start	Function	Begins the cooking process at any time.		