

Instant™

ZEST™ PLUS Rice & Grain Cooker

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Getting Started Guide



Full manual and instruction videos available at instantappliances.com
Register your product today at instantappliances.com/support/register

Welcome to the world of Instant cooking.

Thank you for welcoming us into your kitchen.

Having families ourselves, we developed the Instant™ Zest™ Plus 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!

Happy cooking,



Robert J. Wang
Founder & Chief Innovation Officer

Download the Instant Pot App

- Original Recipes
- New User Tips
- Getting Started Videos



Initial Setup

- Remove all packaging material from in and around the cooker, and verify that all parts are accounted for.
- Place the cooker on a stable, level surface, away from external heat sources.
- 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.
- 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 or rating label from back of cooker base.



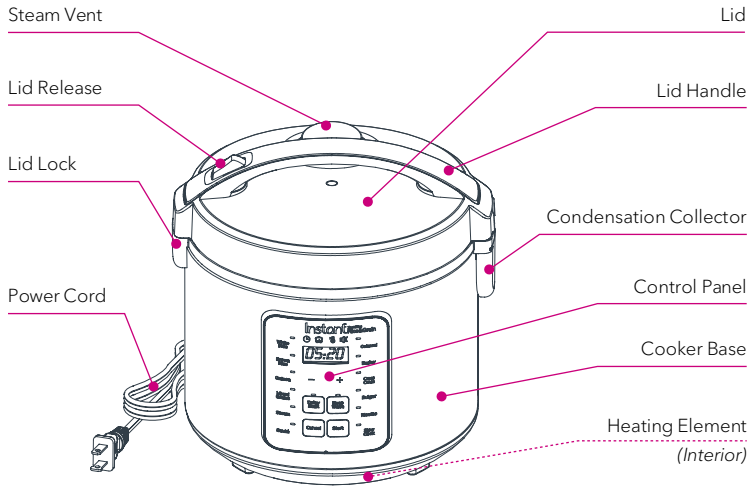
CAUTION

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

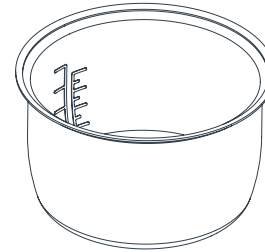
A top-down view of a dark brown ceramic bowl filled with creamy oatmeal. The oatmeal is garnished with fresh blueberries, raspberries, blackberries, and sliced almonds. Two small sprigs of green mint leaves are placed on top. The bowl sits on a piece of light brown burlap fabric, which is placed on a light-colored, weathered wooden surface. Scattered around the bowl are more blueberries, raspberries, blackberries, and sliced almonds.

Product Overview

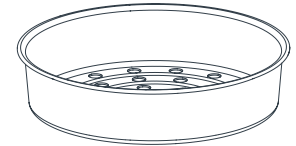
Product Overview



Inner Pot



Steamer Tray



Rice Spoon



Measuring Cup



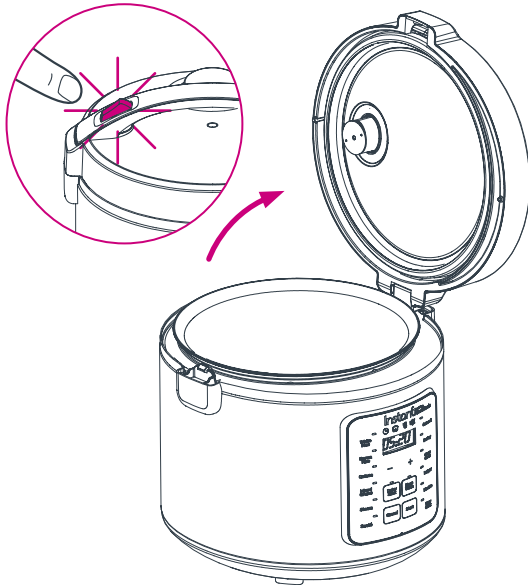
Images are for reference only. Refer to actual product.

A top-down view of several burlap sacks filled with different types of rice. The sacks are arranged in a cluster, showing a variety of colors and textures. In the center, a sack is filled with reddish-brown rice. To its left and right are sacks of white rice. In the foreground, two wooden spoons are placed horizontally, one above the other. The top spoon is empty, while the bottom spoon is filled with white rice grains. The background is a soft, out-of-focus mix of rice grains.

Getting Started

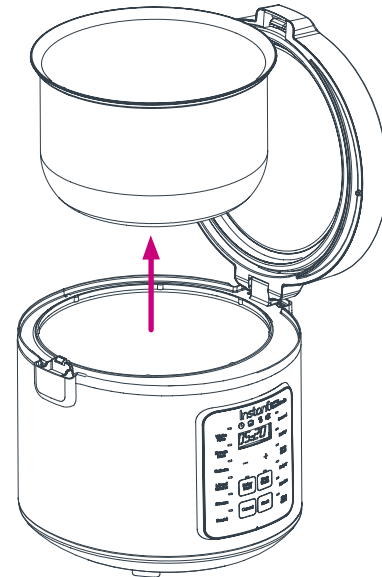
1

Press the lid release button on the lid handle down, then open the lid.



2

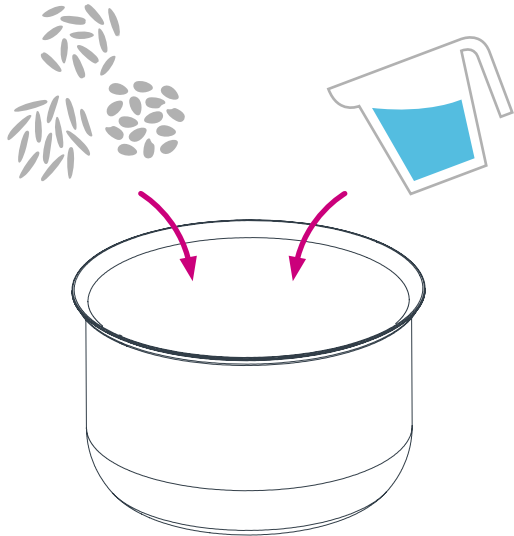
Remove the inner pot from the cooker base.



Note: The lid cannot be removed from cooker base.

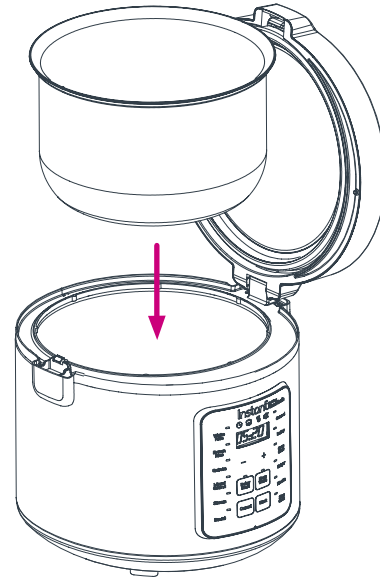
3

Add grain and cooking liquid to the inner pot, according to your recipe.



4

Insert the inner pot into the cooker base.



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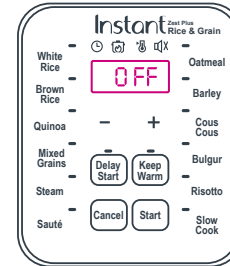
Close the lid. It clicks to indicate that it is closed correctly.



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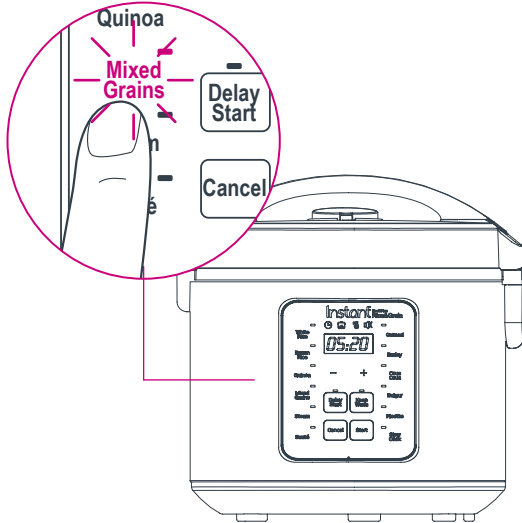
Connect the power cord to a 120V power source.

The cooker is in Standby, and the display indicates "OFF".



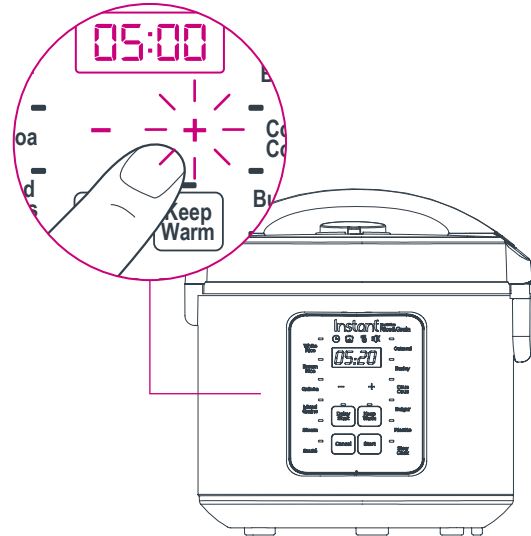
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Select a Smart Program.



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If applicable, use -/+ to manually adjust the cook time.

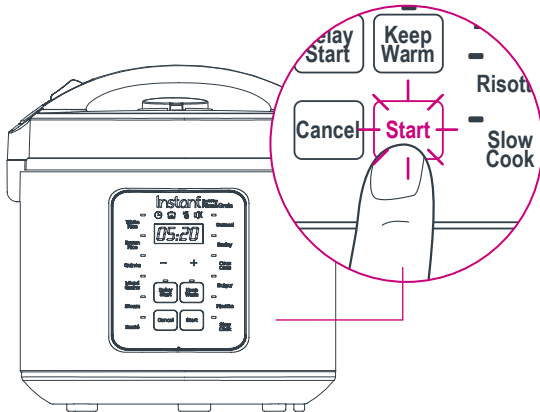


Note: All Smart Programs except Steam, Sauté, Oatmeal and Slow Cook will automatically set the cook time based on the volume of grain in the inner pot.

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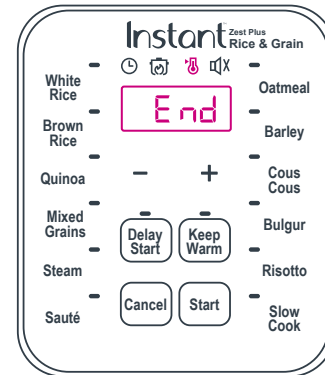
Press **Start** to begin cooking cycle.

Display indicates "On" for automated programs. For manually adjusted programs (**Sauté**, **Steam**, **Slow Cook**, **Oatmeal**) the countdown time is displayed.



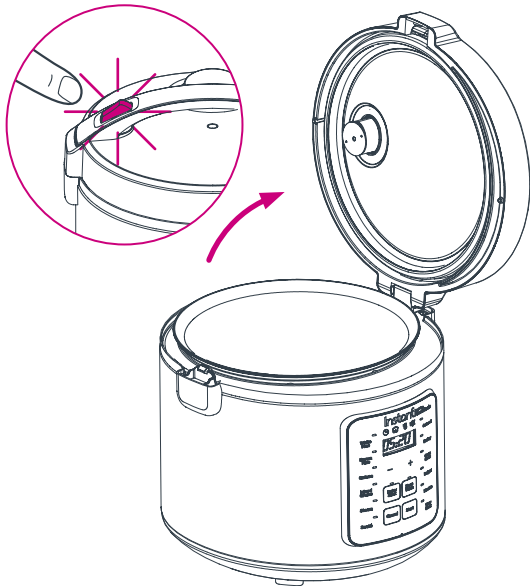
10

When the Smart Program completes, the cooker will go to **Keep Warm** and display "End". To cancel this function, press **Cancel** at any time.



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When ready, press the lid release on the lid handle down, then **carefully** open the lid.



More Controls

- Cancel** Press to stop a Smart Program at any time. Cooker returns to Standby and displays "OFF".
- 🕒 Delay Start** Postpone cooking up to 24 hours. Select a Smart Program and then press **Delay Start** to turn the setting On. Use **-/+** to set the number of hours and minutes and press **Start** to begin cooking. There is no **Delay Start** function on **Sauté** program.
- 🔌 Keep Warm** Setting is on by default on all Smart Programs. Once Smart Program is selected, press **Keep Warm** to turn the setting off.
- 🔊 Sound Off** Sound is automatically set to On. To turn sound off, before choosing a smart program, press and hold **"-"** key until the Sound Off icon lights up.
Note: Error code alerts will be silenced.
- Sound On** To turn sound back on, before choosing a smart program, press and hold **"+"** key until cooker beeps.



For further information on controls and Smart Programs, refer to the full User Manual online at instantappliances.com

Smart Programs

Smart Program	Grain : Water Ratio	Estimated Cook Time	Notes
White Rice	1 cup : 1 ½ cups	25 - 60 minutes	The cooker detects the volume of grain and automatically sets the cook time accordingly.
Brown Rice	1 cup : 2 cups	40 - 90 minutes	
Mixed Grains	1 cup : 2 cups	40 - 90 minutes	
Quinoa	1 cup : 1 ½ cups	30 - 60 minutes	
Barley	1 cup : 2 cups	40 - 90 minutes	
Cous Cous	1 cup : 1 cup	15 - 40 minutes	
Bulgur / Cracked Wheat	1 cup : 1 ½ cups	30 - 60 minutes	
Oatmeal	1 cup : 3 cups	20 - 90 minutes	Manually set cook time.


Note: *Cooking times and ratios are recommendations only. Follow a trusted recipe.*

For the complete cooking timetable, visit [instantappliances.com](https://www.instantappliances.com)

Smart Programs

Smart Program	Temperature	Estimated Cook Time	Notes
Steam	100°C / 212°F	5 - 60 minutes	To preserve vitamins and minerals, use a steamer basket and keep your food out of the boiling water.
Sauté	Low / High	1 - 30 minutes	Do not close the lid when using Sauté. To switch between "Lo" and "Hi" press the Sauté button before pressing Start.
Risotto	Auto	30 - 60 minutes	Sauté dry rice and desired vegetables before adding liquid.
Slow Cook	Low / High	30 minutes - 24 hours	To switch between "Lo" and "Hi" press the Slow Cook button before pressing Start. Compatible with all standard slow cooker recipes.
Manual Keep Warm	Low / High	up to 12 hours	To switch between "Lo" and "Hi" press the Keep Warm button before pressing Start.

Note: Steam, Slow Cook, Sauté and Manual Keep Warm have adjustable cooking times.

A close-up photograph of a light blue ceramic plate with a dark brown rim. The plate is filled with a portion of white rice on the right and a portion of a yellow, creamy sauce with chunks of food on the left. The background is softly blurred, showing a wooden surface and a wooden-handled utensil.

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

Instant[™]

Register your product today at:

instantappliances.com/support/register

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