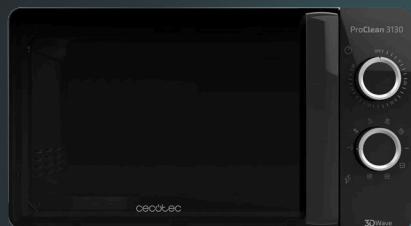




**PROCLEAN 3120/3110/3130/  
3140 MIRROR/3150/3160 MIRROR**

Microondas de 20 litros de capacidad/20-litre capacity microwave



Manual de instrucciones  
Instruction manual  
Manuel d'instructions  
Bedienungsanleitung  
Manuale di istruzioni  
Manual de instruções  
Instructiehandleiding  
Instrukcja obsługi  
Návod k použití

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## SAFETY INSTRUCTIONS

Read these instructions thoroughly before using the product. Keep this instruction manual for future reference or new users.

- Make sure that the mains voltage matches the voltage stated on the product marking and that the wall outlet is grounded.
- Do not use outdoors.
- This appliance is designed for domestic use only and is not intended for bars, restaurants, farmhouses, hotels, motels, and offices.
- WARNING: if the door or door seals are damaged, do not operate the appliance until it has been repaired by a qualified person.
- WARNING: it is dangerous for anyone other than a qualified person to perform maintenance or repair tasks involving the removal of a cover that provides protection against exposure to microwave energy.
- WARNING: liquids and other foods should not be heated up in sealed containers, as they may explode.
- WARNING: when the appliance is being used in combined mode, children should only use it under adult supervision due to the temperatures generated.
- Use this appliance only for its intended purpose, as described in this manual. Do not use corrosive chemicals or vapours in this appliance. It is not designed for industrial or laboratory use.
- This appliance is intended for heating beverages and food. Drying of food or clothing and heating of pillows, shoes, sponges, wet clothes, and similar items may involve risk of injury, ignition, or fire.
- Heating up beverages may cause them to boil. For this reason, precautions must be taken when handling the container.

- The contents of bottles and jars of baby food should be swirled or shaken and the temperature should be checked before consumption to avoid burns.
- Eggs in their shell and whole hard-boiled eggs should not be heated in microwaves, since they may explode even after microwave heating has ended.
- Do not operate the microwave when empty.
- This microwave is not intended to be built-in or installed in furniture. It must be freely positioned ensuring the following separation distances:
  1. Top: at least 20 cm apart.
  2. Between the appliance and any adjacent wall: at least 5 cm.
  3. Rear: leave 10 cm of separation.
- Check the power cord regularly for visible damage. If the cord is damaged, it must be replaced by the official Cecotec Technical Support Service or by similarly qualified personnel to avoid hazards or injuries.
- Do not operate this appliance if it has a damaged cord or plug or if it is not operating properly. If the cord is damaged, it must be replaced by the official Cecotec Technical Support Service to avoid any type of danger.
- You must be careful to ensure that the rotary plate does not shift when the containers are removed from the appliance.
- Only use utensils that are suitable for microwave use. Make sure utensils do not touch the interior walls during operation.
- Do not use the cavity for storage purposes.
- Do not attempt to fry food in this oven.
- In order to reduce fire risk:
  - A. Do not overcook food.
  - B. Remove wire twist-ties from paper or plastic bags before placing them inside the microwave.
  - C. The microwave should be watched when heating food in plastic or paper containers.

- In case of smoke or fire inside the device, keep the door closed, turn the product off, and disconnect it from the power supply.
- Do not place hot or frozen food or utensils on the turntable to prevent breakage.
- After operation, the container is likely to be very hot. Use gloves in order to avoid burns and injuries.
- The appliance must be cleaned regularly and you must remove any food remains. You must clean the door sealings, cavities, and adjacent parts of the microwave as indicated in the cleaning and maintenance section.
- The appliance cannot be cleaned with steam.
- Failure to keep the microwave clean could lead to deterioration of the surface and could adversely affect the shelf life of the appliance and cause hazards.
- This appliance can be used by children aged 8 years and above and persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children must not play with the appliance. Children must not play with the appliance. Cleaning and user maintenance should not be carried out by children unless they are over 8 years of age and under supervision. Keep this appliance and its power cord out of reach of children under the age of 8.
- This product is a Group 2 Class B ISM equipment. The definition of Group 2 which contains all ISM (Industrial, Scientific and Medical) equipment in which radio-frequency energy is intentionally generated and/or used in the form of electromagnetic radiation for the treatment of material, and spark erosion equipment. Class B equipment is suitable for

domestic use and in establishments directly connected to a low voltage power supply network, which supplies buildings used for domestic purpose.

- Metal food and beverage containers must not be used during microwave cooking.
- The appliance is not intended to be operated by means of external timers or separate remote control systems.

elements, leave the microwave open to ensure good ventilation. In such case, it is recommended to heat a glass of water at high power for several times.

## Warning

Do not try to remove the mica plate. This component is essential for the proper functioning of the device. The mica plate must be clean to ensure its proper operation.

## 3. OPERATION

- Connect the appliance to a power outlet. Before connecting it, make sure the timer is set on Zero position (OFF).
- Do not block the microwave ventilation screen.
- Place the food on the glass tray and close the door. Food must be placed on a container, never directly on the rotary plate.
- Select power level.
- Program timer. If the cooking time is less than 10 minutes, turn the timer knob passed 10 minutes and then take it back to the desired number of minutes.
- Once the timer is programmed the microwave will start operating. If pausing is needed during operation, open the door at any time.
- Once the door is closed again, the product will resume operation.
- When the timer times out and the cooking is finished, a bell will ring and the inside light will automatically turn off. If food is removed from the microwave before the bell rings, make sure you put the timer back to Zero position in order to avoid it from operating empty.

Fig. 2

1. Low power
2. Defrost
3. Medium power
4. Medium-High power
5. High power
6. Grill
7. Combi 1
8. Combi 2
9. Combi 3

### Timer

- The maximum cooking time that can be set is 30 minutes.
- Each setting is 1 minute.
- A bell will ring when the cooking process finishes and the timer will go back to Zero position.

### Power selector

There are 5 power levels:

High power	100% power output	Quick cooking
Medium-High power	81% power output	Normal cooking
Medium power	58% power output	Simmer
Defrost	36% power output	Defrost
Low power	18% power output	Keep warm

The following table shows different food's approximate defrosting time:

Food type	Weight	Defrosting time (minutes)
Meat	0.1~1.0 kg	1:30~26:00
Poultry	0.2~1.0 kg	1:30~22:00
Seafood	0.1~0.9 kg	1:30~14:00

These timeframes are approximate and depend on a number of factors.

### Functions

- Grill: During this function, only heating elements operate. Perfect for broiling sausages, chicken wings, meat, sandwiches etc.
- Combination: magnetron (microwave) and heating elements operate in an alternate way. According to food properties, select mode in order to obtain the best result:
- Combi 1: Operating time: 30 % magnetron, 70 % heating elements.
- Combi 2: Operating time: 49 % magnetron, 51 % heating elements.
- Combi 3: Operating time: 67 % magnetron, 33 % heating elements.

## 4. TIPS

- Food arrangement: place the thickest food parts towards the edge of the turntable. If possible, do not overlap food.
- Watch cooking time: Cook for the shortest amount of time at first, and add more minutes in case it is necessary. Over-cooking may result in smoke and burns.
- Cover food while cooking: covering the food you are going to cook avoids spattering and allows for a more even cooking.
- Flip or stir food once during the cooking process.
- Respect pre-heating time. Pre-heating time specified on the food's label must not be exceeded.

Container material	Microwave	Warnings
Browning dish	Yes	Follow the manufacturer's instructions. The bottom of the browning dish must be at least 5 mm above the turntable. A misuse may break the turntable.
Dinnerware	Yes	Suitable for microwaves only. Follow the manufacturer's instructions. Do not use cracked or chipped dishes.
Glass jars	Yes	Always remove the lid. Use them only to slightly heat food. Most glass jars are not heat resistant and may break.
Glassware	Yes	Heat-resistant microwave glassware only. Make sure there is no metallic trim. Do not use cracked or chipped dishes.
Microwave cooking bags	Yes	Follow the manufacturer's instructions. Do not close with a metal tie. Make slits to allow steam to escape.
Paper towels	Yes	Use to cover food for reheating and absorbing fat. Use with care for short-term cooking/warming only.
Baking paper	Yes	Use as a cover to prevent splattering or a wrap for steaming.
Plastic	Yes	Microwave-safe only. Follow the manufacturer's instructions. It must be labelled as "Microwave-safe". Some plastic containers soften, as the food inside gets hot. Boil-in bags and closed plastic bags should be cut or punctured slightly if indicated on the product.

Plastic wrap	Yes	Microwave-safe only. Use it to cover food during cooking and retain moisture. Do not allow plastic wrap to touch food.
Thermometers	Yes	Microwave-safe only (meat and candy thermometers).
Aluminium tray	No	May cause arcing. Move food into a microwave-safe dish or container.
Food carton with metal handle	No	May cause arcing. Move food into a microwave-safe dish or container.
Metal or metal-trimmed utensils	No	Metal shields the food from microwave energy. The metal trim could cause an electric arc.
Metal twist ties	No	May cause arcing. Move food into a microwave-safe dish or container.
Paper bags	No	May cause a fire in the microwave.
Plastic foam	No	Plastic foam may melt or contaminate the liquid inside when exposed to high temperature.
Wood	No	Wood may dry out inside the microwave and may split or crack.

## 5. CLEANING AND MAINTENANCE

- The device, as well as food rests, must be cleaned and removed regularly.
- Disconnect the power cord from the wall socket before cleaning. Do not immerse the product in water or any other fluid during cleaning.
- Failure to maintain the product in clean conditions could lead to surface deterioration and could adversely affect the product's shelf life.
- Never use strong detergents, abrasive powders, or a metal brush to clean any part of the product.
- Do not remove the mica plate.
- When the microwave has been used for a long time, some strong odours may arise from inside. To eliminate these odours, follow one of the below methods:
  - o Fill a 300-ml cup with water and add some lemon slices. Place it inside the microwave and heat it at high power for 5 minutes.
  - o Place a cup of red tea inside the microwaves and heat it at high power for 2 or 3 minutes.
  - o Use a soft, damp cloth to clean the gaskets, door, interior walls, and turntable.

## 6. TECHNICAL SPECIFICATIONS

Product reference: 01521/ 01523/ 01525/ 01527/ 01529/ 01531

Product: ProClean 3120/ ProClean 3110/ ProClean 3130/ ProClean 3140 Mirror/ ProClean 3150/ ProClean 3160 Mirror

Microwave power: 700 W

Power consumption: 1150 W

Microwave frequency: 2450 MHz

Grill power: 800 W

Voltage and frequency: 230 V AC, 50 Hz

Capacity: 20L

Technical specifications may change without prior notification to improve product quality.

Made in China | Designed in Spain

## 7. DISPOSAL OF OLD ELECTRICAL AND ELECTRONIC APPLIANCES



This symbol indicates that, according to the applicable regulations, the product and/or batteries must be disposed of separately from household waste. When this product reaches the end of its shelf life, you should dispose of the cells/batteries/accumulators and take them to a collection point designated by the local authorities.

Consumers must contact their local authorities or retailer for information concerning the correct disposal of old appliances and/or their batteries.

Compliance with the above guidelines will help to protect the environment.

## 8. TECHNICAL SUPPORT AND WARRANTY

Cecotec shall be liable to the end user or consumer for any lack of conformity that exists at the time of delivery of the product under the terms, conditions, and deadlines established by the applicable regulations.

It is recommended that repairs be carried out by qualified personnel.

If at any moment you detect any problem with your product or have any doubt, do not hesitate to contact the official Cecotec Technical Support Service at +34 963 210 728.

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## 7. RECYKLACE ELEKTRICKÝCH A ELEKTRONICKÝCH ZAŘÍZENÍ



Tento symbol označuje, že v souladu s platnými předpisy musí být produkt a/nebo baterie zlikvidovány odděleně od domovního odpadu. Po skončení životnosti tohoto výrobku byste měli baterie/akumulátory vyjmout a odnést na sběrné místo určené místními úřady.

Podrobné informace o tom, jak správně likvidovat elektrická a elektronická zařízení a/nebo baterie, by měli spotřebitelé získat od místních úřadů.

Dodržování výše uvedených pokynů přispěje k ochraně životního prostředí.

## 8. ZÁRUKA A TECHNICKÝ SERVIS

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Pokud zjistíte problém s výrobkem nebo máte jakékoli dotazy, obraťte se na oficiální technickou podporu společnosti Cecotec na čísle +34 96 321 07 28.

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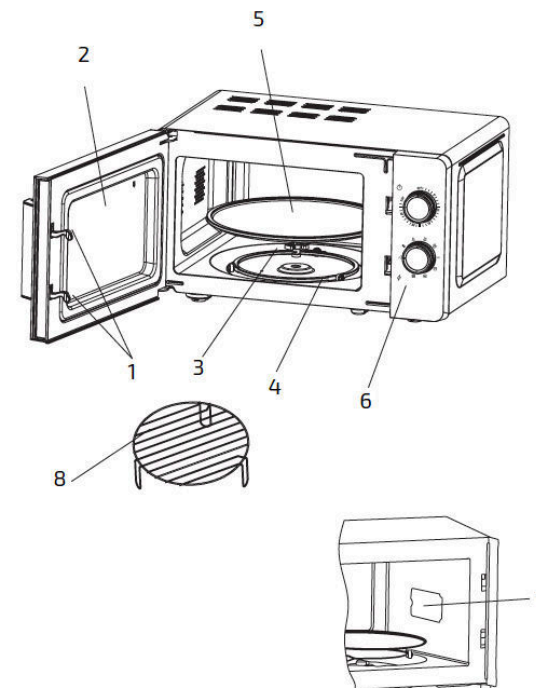


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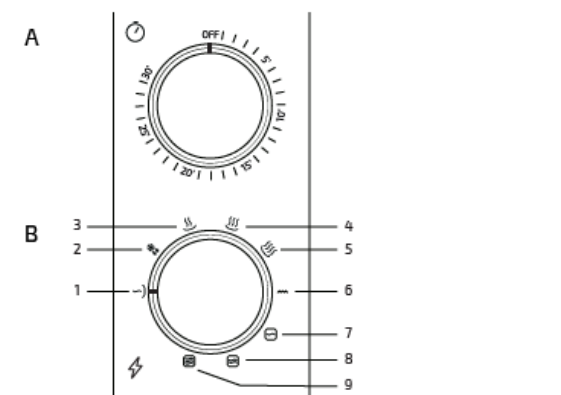


Fig./Img./Abb./Rys./Obr. 2



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EA01221215