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Cecotec Microwave 20L Proclean 3020 Flatbed User Manual

Model: Proclean 3020 Flatbed (A01_EU01_100515)

1. INTRODUCTION

Thank you for choosing the Cecotec Microwave 20L Proclean 3020 Flatbed. This manual provides essential information for the safe and efficient operation, maintenance, and troubleshooting of your new appliance. Please read it thoroughly before first use and keep it for future reference.

The Cecotec Proclean 3020 Flatbed microwave oven features a 20-liter capacity and 700W microwave power, designed for compact spaces with a flatbed ceramic interior for maximized cooking area and easy cleaning. It incorporates 3Dwave technology for uniform heating and a convenient defrost mode.

2. IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances, basic safety precautions should always be followed, including the following:

- Read all instructions before using the appliance.
- Ensure the voltage indicated on the appliance corresponds to your local mains voltage before connecting.
- Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner.
- Do not heat liquids or other foods in sealed containers since they are liable to explode.
- Only use utensils that are suitable for use in microwave ovens.
- When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
- If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
- Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
- The contents of feeding bottles and baby food jars should be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- Do not use corrosive chemicals or vapors in this appliance.
- Do not store this appliance outdoors. Do not use this product near water.

- Do not use the microwave oven for drying clothes, paper, or other non-food items.
- Do not operate the microwave oven when empty.

3. PRODUCT OVERVIEW

3.1 Components

The Cecotec Proclean 3020 Flatbed microwave oven is designed for ease of use and efficient cooking. Key components include:

- **Flatbed Ceramic Interior:** Maximizes usable space and simplifies cleaning, eliminating the need for a rotating plate.
- **Control Panel:** Features two manual rotary knobs for setting cooking time and power level.
- **Door:** Equipped with a handle for opening and closing.
- **Ventilation Openings:** Located on the sides and rear to ensure proper airflow.

3.2 Controls and Features

The microwave features intuitive manual controls and advanced technologies:

- **Power Selector Knob:** Adjusts microwave power across 6 levels (Low, M. Low, Med, M. High, High).
- **Timer Knob:** Sets cooking time up to 30 minutes with an acoustic alert.
- **3Dwave Technology:** Ensures uniform distribution of microwaves for even cooking results.
- **Defrost Mode:** Dedicated setting for quick and efficient thawing of food.



Figure 1: Front view of the Cecotec Proclean 3020 Flatbed Microwave.



Figure 2: Close-up of the manual control knobs.

4. SETUP AND INSTALLATION

4.1 Unpacking

Carefully remove the microwave oven and all packaging materials. Check the oven for any damage, such as dents or a misaligned door. Do not operate the oven if it is damaged. Contact customer service for assistance.

4.2 Placement

- Place the microwave oven on a flat, stable surface that can support its weight and the heaviest food item likely to be cooked in it.
- Ensure adequate ventilation. Leave a minimum of 20 cm (8 inches) of space above the oven, 10 cm (4 inches) at the rear, and 5 cm (2 inches) on each side for proper airflow. Do not block any ventilation openings.
- Keep the oven away from heat sources, steam, or splashing liquids.
- Do not place the oven near a radio or TV, as microwave operation may cause interference.

4.3 Electrical Connection

- Plug the power cord into a grounded electrical outlet. Ensure the outlet specifications match the appliance's requirements (230 Volt, 1150 Watt total power).
- Do not use extension cords or adapters.



Figure 3: Proper placement of the microwave on a kitchen counter.

5. OPERATING INSTRUCTIONS

5.1 General Microwave Cooking

1. Place the food in a microwave-safe container and place it directly onto the flatbed ceramic interior.
2. Close the microwave door securely.
3. Turn the **Power Selector Knob** to your desired power level (e.g., High for full power, Med for medium power). The microwave offers 6 adjustable power levels.

4. Turn the **Timer Knob** to set the desired cooking time, up to 30 minutes. The oven will start automatically once the timer is set.
5. When the cooking time is complete, an acoustic alert will sound, and the oven will switch off.
6. Carefully remove the food, as the container and food will be hot.



Figure 4: Food placed directly on the flatbed ceramic interior.

5.2 Defrost Mode

The defrost mode allows for quick and even thawing of frozen foods.

1. Place the frozen food in a microwave-safe container on the flatbed.
2. Turn the **Power Selector Knob** to the "Defrost" setting (often indicated by a snowflake or water droplet icon, or a specific defrost power level).
3. Set the desired defrosting time using the **Timer Knob**. Refer to food packaging for recommended defrosting times.
4. Mid-cycle, it may be beneficial to turn or separate food items to ensure even defrosting.



Figure 5: Illustrating the defrost function for frozen items like salmon.

5.3 3Dwave Technology

The advanced 3Dwave technology ensures that microwaves are distributed uniformly throughout the oven cavity. This results in more consistent and efficient heating, eliminating cold spots and ensuring your food is cooked perfectly from all angles, even without a rotating plate.



Figure 6: Visual representation of 3Dwave technology ensuring even heating.

6. CLEANING AND MAINTENANCE

Regular cleaning and proper maintenance will ensure the longevity and optimal performance of your microwave oven.

6.1 Cleaning the Interior

- Always unplug the microwave before cleaning.
- The flatbed ceramic interior is designed for easy cleaning. Wipe the interior surfaces, including the flatbed, with a damp cloth and mild detergent after each use.
- For stubborn food spills, place a bowl of water with lemon slices inside and heat on high for 2-3 minutes. The steam will loosen the residue, making it easier to wipe away.
- Do not use abrasive cleaners, steel wool, or harsh chemicals, as these can damage the ceramic surface.



Figure 7: Cleaning the flat ceramic interior.

6.2 Cleaning the Exterior

- Wipe the exterior surfaces with a soft, damp cloth.
- Clean the door and door seals regularly to ensure proper closure and prevent microwave leakage.

7. TROUBLESHOOTING

Before contacting customer service, please refer to the following troubleshooting guide for common issues:

Problem	Possible Cause	Solution
Oven does not start.	Power cord not securely plugged in. Door not closed properly. Fuse blown or circuit breaker tripped.	Ensure plug is firmly in outlet. Close door completely. Check household fuse/circuit breaker.

Problem	Possible Cause	Solution
Food not heating.	Incorrect power level or cooking time set. Door not closed properly.	Adjust power level and cooking time. Ensure door is fully closed.
Sparking inside the oven.	Metal or foil used in the oven. Food residue on the interior.	Remove any metal objects. Clean the oven interior thoroughly.
Uneven cooking.	Food not stirred or rearranged during cooking (for larger items).	Stir or rearrange food halfway through cooking for best results.

8. SPECIFICATIONS

Feature	Detail
Brand	Cecotec
Model	A01_EU01_100515 (Proclean 3020 Flatbed)
Color	White
Product Dimensions	45 x 36 x 26 cm (Length x Width x Height)
Capacity	20 Liters
Microwave Power	700 Watts
Total Wattage	1150 Watts
Voltage	230 Volts
Material	Stainless steel (exterior), Ceramic (interior)
Special Features	Flatbed design, Programmable (timer), 3Dwave Technology, Defrost Mode
Item Weight	11.9 Kilograms
Recommended Uses	Heating food, defrosting food, quick snacks, microwave dishes
Installation Type	Countertop

9. WARRANTY AND SUPPORT

Cecotec products are manufactured to the highest quality standards. For information regarding warranty terms and conditions, or for technical support, please refer to the warranty card included with your product or visit the official Cecotec website. You can also find additional support and contact information on the [Cecotec Store on Amazon](#).

10. PRODUCT VIDEO DEMONSTRATION

Watch the official product video for a visual overview of the Cecotec Proclean Flatbed Microwave features and benefits.

Your browser does not support the video tag.

Video: Official Cecotec Proclean Flatbed Microwave overview, showcasing its flatbed design, ease of cleaning, and cooking capabilities.

