

HITACHI
Inspire the Next

Minutes To A Healthy Diet

Superheated Steam Microwave Oven

made in JAPAN 極上のCUSTOMER CARE



The secret to the success of Hitachi's renowned "Made in Japan" products isn't just superior technology, but also our definitive philosophy to enhance our customer's life through continuous refinement. Using innovations that reduce fats, salt and calories, Hitachi's advanced Microwave Ovens let you and your family enjoy the benefits of healthy living effortlessly.



MRO-AV200E



MRO-AV100E



MRO-AS7E*

*Made in Thailand

COOK HEALTHY MEALS USING SUPERHEATED STEAM

Superheated steam reduces calories by removing excess fats.

Grilled Chicken With Herbs

Reduce calories by approx. 39%



500g grilled chicken with herbs
Superheated Steam approx. 685kcal. Frying pan approx. 1,131kcal.
(MRO-AV200E/Research by Hitachi)

Fried Chicken

Reduce calories by approx. 21%

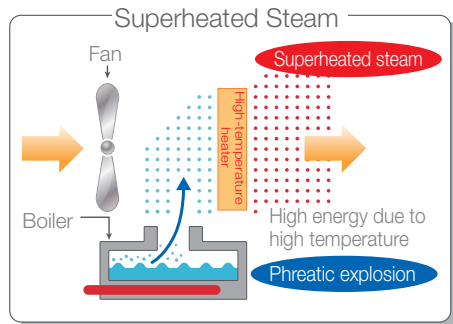


500g fried chicken
Superheated Steam approx. 811kcal. Deep fried approx. 1,021kcal.
(MRO-AV200E/Research by Hitachi)

SUPERHEATED STEAM MECHANISM

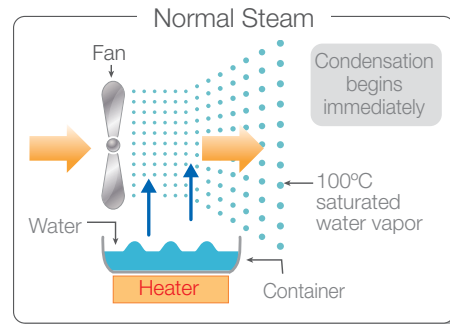
Superheated Steam is generated by instantaneously reheating 100°C steam.

It contains approximately 11x more thermal energy than a conventional oven's hot air.

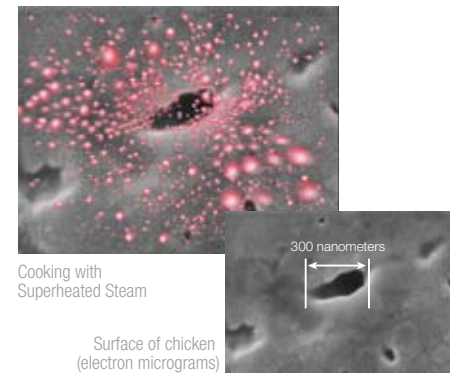


Steam generated in the boiler is heated immediately by the high-temperature heater.

Note: MRO-AS7E generates Superheated Steam differently.



Pooled water in the container is heated by the heater.

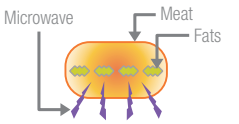
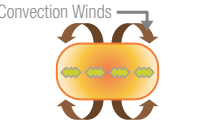

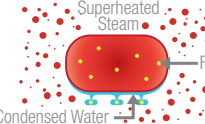
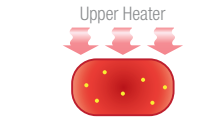


HOW SUPERHEATED STEAM REDUCES CALORIES

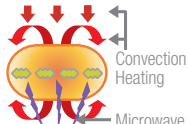
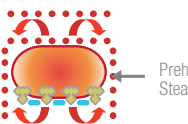
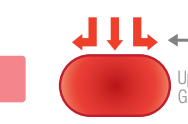

When cooking meat, ultrafine and high-temperature Superheated Steam immediately envelops the meat. At this moment, the high thermal energy of the Superheated Steam quickly gets inside the meat and melts fats. This highly liquid fat is forced to the surface of the meat where it drips off together with water created by the difference in the meat's inner and outer temperatures. As a result, Superheated Steam achieves significant calorie reduction compared to typical pan cooking.

OPTIMISED COOKING ACCORDING TO FOOD TYPE

Auto Menu Employs A Combination Of Five Heating Methods To Ensure A Delicious Meal

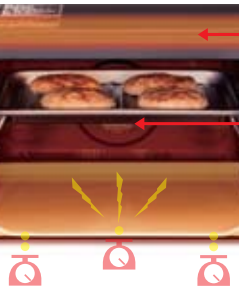



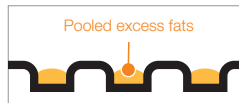
<p>Microwave</p>  <p>Microwave heats quickly from inside the ingredients. Triple Weight Sensor adjusts heating according to weight of ingredients.</p>	<p>Oven</p>  <p>Heats up inside the oven cavity and cooks with Far Infrared effect. Warms up quickly with "Double Radiant heater".</p>	<p>Steam</p>  <p>100°C saturated water vapor can steam as well as normal steaming to keep food deliciously moist.</p>	<p>Superheated Steam</p>  <p>Removes fats and salt from inside the food and drains them off with saturated water vapor.</p>	<p>Grill</p>  <p>Direct heat from upper heater has Far Infrared effect like charcoal cooking. Entraps taste inside and makes the surface crispy.</p>
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Example of Grilled Chicken

<p>Step 1 Preheating Cooking</p> <p>QUICK!</p> <p>Microwave + Oven</p>  <ul style="list-style-type: none"> • Cook center of food & melt fats by microwave • Preheat compartment by convection 	<p>Step 2 Heat Burst</p> <p>DRIP EXCESS FATS</p> <p>Superheated Steam</p>  <ul style="list-style-type: none"> • Cooks food with 11x higher thermal energy than a conventional oven • Drips excess fats from food 	<p>Step 3 Cook by Upper Grill</p> <p>CRISPY!</p> <p>Grill</p>  <ul style="list-style-type: none"> • Crispy finish by radiation heating • Dries food surface & condenses taste inside 	
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SUPER GRILL TRAY MFO-AV200E only

Delicious oven-grilled food can be easily achieved with the Super Grill Tray's dual-level adjustable height which allows different food to be cooked at their most suitable level.

 <p>Grill The surface of the Super Grill Tray Unit is coated with fluorine.</p> <p>Grill With Microwave A heating element (ferrite rubber) that absorbs microwave and generates heat is attached to the back surface.</p> <p>Triple Weight Sensor can be used to adjust the amount variance.</p> <p>Triple Weight Sensor</p>	<p>Steaming / Baking</p> <p>Low</p>  <ul style="list-style-type: none"> • Roast Chicken • Steamed Whitefish • Baked Potato, etc. <p>Food which needs continuous modest heating.</p>	<p>Auto cooking is a convenient function that first weighs the food then adjusts cooking temperature and time accordingly. For example, if you want to add two more hamburger patties to two that you are preparing to cook, the cooking temperature and time are recalculated based on the new weight. The microwave heating element is at the back of the Super Grill Tray Unit. This allows food on the unit to be cooked at high temperature from the bottom.</p>
<p>Grilling</p> <p>High</p>  <ul style="list-style-type: none"> • Hamburg Steak • Lasagna • Fried Chicken, etc. <p>Food which needs high grilling heat.</p>	 <p>Back view</p>	 <p>Corrugated tray</p>

TRIPLE WEIGHT SENSOR

MRO-AV200E and MRO-AV100E only

Uniquely Hitachi

Reheat Two Dishes At The Same Time

The Sensor detects the weight of each dish and focuses more microwaves on the heavier one.

*A single serving of food is approximately 100g to 300g. As a rough guide, make sure the servings are within 0.7 to 1.3 the weight of each other. Use a setting that corresponds to the type of food you are reheating. If the two food do not correspond to this setting, you can reheat manually, keeping an eye on the food as it heats.

About The Triple Weight Sensor

The Triple Weight Sensor weighs the food and automatically detects the optimum temperature and cooking time. The Sensor also uses a three-point measuring system to detect the food's position, allowing precise focusing of microwaves for more efficient reheating. Even when temperature is high after use, auto cooking can still be performed thanks to the Triple Weight Sensor.

HIGH HEAT OVEN/GRILL



Max. 300°C Heater Oven/Grill

Enjoy oven-cooked dishes such as roast chicken, homemade bread, pizza and sweets with the high heat, dual-level airflow and large 33-liter capacity.

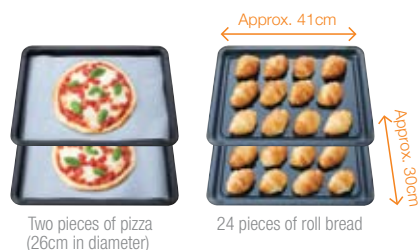
MRO-AV200E: Max. 300°C, MRO-AV100E: Max. 250°C
MRO-AS7E: Max. 250°C (22-liter capacity)

Far Infrared Convection Oven

Far Infrared Rays generated by the Far Infrared black coating and ceramic tray envelop food to evenly and quickly cook it.

Two Shelves Oven MRO-AV200E and MRO-AV100E only

Dual-level interior and large metal oven trays allow cooking of multiple dishes at the same time.



Two pieces of pizza
(26cm in diameter)

24 pieces of roll bread

The Microwave Oven Comes Bundled With A Full-color Recipe Book In English, Chinese And Thai Japanese & Western Specialties



Skewered Chicken



Chicken Teriyaki



Chawanmushi



Fried Chicken



Pizza



Apple Pie



Soft Pudding

Asia & Middle East Specialties



Spicy Prawn Rolls



Fish in Spicy
Tamarind Gravy



Spicy Fish Grilled in
Banana leaves



Spicy Bean Soup



Masala Chicken



Fish Kabsa



Stuffed Zucchini



Tom Yam Goong



Baked Crab with
Vermicelli in Clay Pot



Steamed Pomfret with
Pickled Plum



Casserole Stewed Duck



Wanton Soup



Honey Braised Pork Ribs



Pork in Crystal Balls

LINEUP AND FEATURES



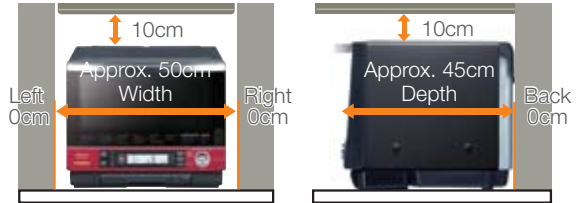
MRO-AV200E

129 Recipes
36 Auto Modes

Superheated Steam
Triple Weight Sensor
Big Capacity – 33-litre

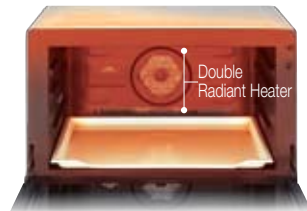
Convenient Installation

Installs flush with wall (back)
(Sides 0cm, Back 0cm, Top 10cm)



Maximum 300°C Convection Oven

Far Infrared Rays generated by the Far Infrared black coating and ceramic tray envelop food to evenly and quickly cook it.



Double Radiant Heater

Light Navigation

Guides you step-by-step using light and LCD for easy operation.

My Menu Reheat

Adjust how you want food cooked from one of five levels depending on the menu setting.

Calorie Display

Weighs food then displays calorie count.

Note: When selecting Healthy and "My Menu Rice" from the auto menu. Calorie counts are approximate.

33-liter Capacity

Easy to insert and remove large dishes thanks to the 33-litre capacity and 42cm width (inside). Space enough for two 18.5cm plates.



White LCD (with Back Light)

Sharp and bright LCD for easy viewing.

Deodorizing Mode

Grime is burned away to prevent odors.

Easy Cleaning



Removable/washable Ceramic Tray
The entire tray is easily washable.



Super Grill Tray Unit
Fluorine finish metal tray assures easy maintenance and cleaning.



Cleaning Mode
Steam softens grime inside the oven for easy cleaning.



Easy-to-Clean Flat Heater
Smooth, bump-free surface assures easy maintenance.



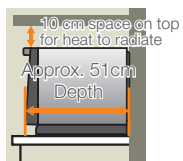
MRO-AV100E

115 Recipes
34 Auto Modes

Superheated Steam
Triple Weight Sensor
Big Capacity – 33-litre

Convenient Installation

Installs flush with wall (back)
(Sides 4.5cm, Back 0cm, Top 10cm)



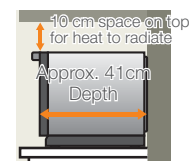
MRO-AS7E

95 Recipes
28 Auto Modes

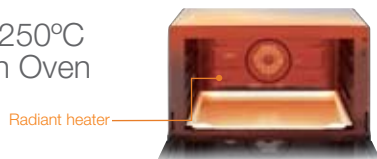
Superheated Steam
Big Capacity – 22-litre

Convenient Installation

Installs flush with wall (back)
(Sides 5cm, Back 0cm, Top 10cm)



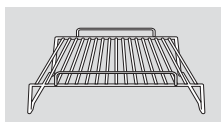
Maximum 250°C Convection Oven



Radiant heater

Rack

Weighs ingredients with the Triple Weight Sensor to automatically cook fried chicken, gratin, etc.



Light Navigation

Guides you step-by-step using light and LCD for easy operation.

My Menu Reheat

Adjust how you want food cooked from one of five levels depending on the menu setting.

Easy Cleaning



Removable/washable ceramic tray

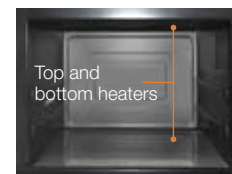


Deodorizing cleaning mode



Easy-to-clean flat heater

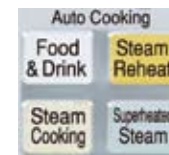
Maximum 250°C Oven



Top and bottom heaters

Convenient Quick Key

Easy selection of Auto Menu settings.



Flat Interior

No turntable makes it easy to clean.

Infrared Ray Sensor








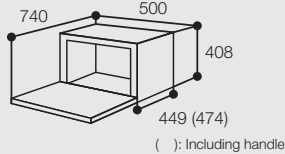
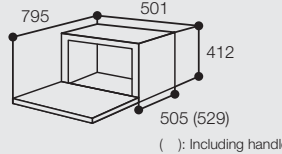
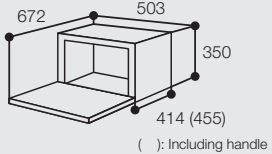
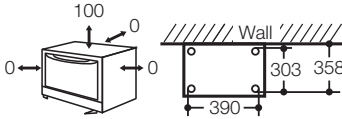
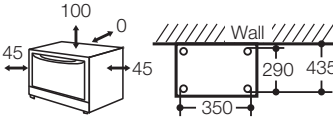
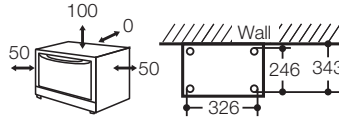
Measures food surface temperature.

Easy Cleaning

- Cleaning mode
- Deodorizing mode
- Easy-to-clean flat heater

Specifications



Model	MRO-AV200E	MRO-AV100E	MRO-AS7E		
Color	Pearl Red	Pearl White	Light Gray		
Oven Capacity	33L	33L	22L		
Sensor	Triple Weight Sensor & Temp Sensor	Triple Weight Sensor & Temp Sensor	Infrared Sensor & Temp Sensor		
Steam Function	Water Tank	●	●		
	Superheated Steam	Boiler & Convection	Boiler & Convection	Boiler	
Microwave Function	Microwave Power	1000W*1 / 700W / 600W / 500W / 200W / 100W	1000W*1 / 700W / 600W / 500W / 200W / 100W	1000W*1 / 600W / 500W / 200W / 100W	
	Inverter	●	●	●	
Oven/Grill Function	Heater	Double Radiant Heater 2 Layer-cooking	Radiant Heater 2 Layer-cooking	Upper & Lower Heater 1 Layer-cooking	
	Heat Wrapping Oven	●	●	●	
	Max Temperature	300°C	250°C	250°C	
	Grill	Far Infrared Heater	Far Infrared Heater	Far Infrared Heater	
Total Recipes in Recipe Book	129	115	95		
Auto Modes*2	36	34	28		
Accessories	Metal Trays	2 Trays 41 x 30cm 	2 Trays 41 x 30cm 	1 Tray 31 x 31cm 	
	Grill	Super Grill Tray Unit 	Rack 	Rack 	
	Removable Ceramic Tray	1 Tray 	—		
Dimensions	Exterior (mm)				
	Installation (mm)	Back, Left & Right Sides Free 	Back Free 	Back Free 	
Oven Cavity	Wide Oven Oven Cavity (mm)	Wide & Flat (42cm) 400W*3x322Dx240H	Wide & Flat (42cm) 400W*3x322Dx240H	Flat (31cm) 295W*3x316Dx220H	
Maintenance	Cleaning Mode	●	●	●	
	Deodorizing Mode	●	●	●	
	Power Source	240V/230V/220V 50Hz	240V/230V/220V 50Hz	240V/230V/220V 50Hz	
	Microwave	Power Consumption (max)	1450W	1450W	1450W
		Power Consumption (max)	1420W	1370W	1330W
	Oven	Temperature	100 ~ 250°C, 300°C*4 Leaven (30/35/40/45°C)	100 ~ 230°C, 250°C*5 Leaven (30/35/40/45°C)	100 ~ 210°C, 250°C*6 Leaven (30/35/40/45°C)
		Grill	Power Consumption (max)	1350W	1370W
	LCD Display	White LCD (with Back Light)	●	●	
Auto Power Off	●	●	●		
Weight (net)	21Kg	20Kg	14Kg		

*1 Maximum three minutes with the short duration, high output function. Only works with limited functions such as auto reheat.
*2 Functions include reheat, preparation, etc.

*3 Size includes Tray Rack.

*4 Operating time is five minutes at maximum heat. Automatically reduces from 300°C to 250°C.

*5 Operating time is five minutes at maximum heat. Automatically reduces from 250°C to 230°C.

*6 Operating time is five minutes at maximum heat. Automatically reduces from 250°C to 210°C.

All models & specifications in content are subject to change without prior notice. Colour tone of actual products may differ from those shown in this catalogue.
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