



HITACHI
Inspire the Next

Microwave Oven

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AUTHENTICALLY
Japan Made



The Hitachi Story



00915

The Hitachi Story

Leading the way for quality Japanese design and technology, Hitachi's Superheated Steam Microwave Oven creates delicious culinary dishes while retaining nutrients. With the Auto Bakery function, go from knead to bake in about 90 minutes, producing loaves that are rich in flavour and soft and fluffy on the inside. Make the healthier choice in Steam-grill mode, a uniquely Hitachi innovation, using a combination of cooking methods. Generating large volumes of steam to retain Vitamin C and moisture in foods, keeping cooking time at a minimum. Enhance your culinary skills with Hitachi.



2007

Convenient Installation

The new cooling structure has a slim depth with sufficient internal wideness. Able to be installed flushed against the wall from the back and sides.

2010

Steam-grill Lid Cooking

A technology that integrates "grill" and "steam" through combination of the "Steam-grill Lid" and "double-sided measuring grill plate". Possible to cook delicious grilled dumplings that could not be cooked in microwave in the past.



2005

Nano Steam Cooking

Ultrafine Superheated Steam dissolves fat in food and significantly cuts down calories*.
*Comparison with normal cooking on frying pan



2008

Double-sided Measuring Grill

The Triple Weight Sensor measures the weight and position of the food and automatically controls the heating of the food. The double-sided measuring grill plate (aluminum grill plate) promotes good browning and grilling on both sides.



2012

Auto Bakery

High-performance microwave oven that can bake bread automatically without the need to set the time and temperature for "kneading", "fermentation" and "grilling".



MRO-NBK5000E

Auto Bakery

Baking made easy with the Convection Oven function, producing rich flavours and soft fluffy breads.



Healthy Cooking

Choose the healthier option with Superheated Steam mode, using over 100°C of steam inside the oven heater to reduce fat and salt content in food.



Steam-grill

Uniquely Hitachi, using a combination of Superheated Steam, Oven, Steam and Microwave, this method of cooking cooks food using a grill plate and steam lid.



LCD Touch Menu

Convenient Auto Menu for easy recipes and simple to use both automatically and manually.



Auto Bakery

Auto Bakery (21 Menus)

For delicious and quick-to-bake breads using the Convection Oven

Approx. 90 Mins
to bake a loaf!
(Menu: Bread)



Kneading dough is made easier

Preparing bread dough is now less hassle with the Auto Bakery function of Hitachi's Superheated Steam Microwave Oven. Simply add ingredients in the Baking Pan and set in the oven.



Simple to Bake

Baking with the Convection Oven function set to a high temperature, bread will have rich flavours and soft fluffy insides as the loaf retains moisture.

Knead to Bake in approx. 90 minutes!

The dough goes through a strong kneading and rising process using steam, followed by an additional rising step. With a baking process that is unique to the Superheated Steam Microwave Oven, it only takes approx. 90 minutes to bake a loaf of bread.



Special Dispenser for yeast and other ingredients

The kneading to baking process is fully automated in this high-performance oven, with separate dispensers for yeast and other dry ingredients, like raisins and nuts, so that they can be automatically added during the kneading process. Wet and sticky ingredients, like cheese and chocolate, should be added manually and not through these dispenser units.



Raisin Bread



Walnuts



Bacon Bits

Bake Timer Setting (8 Menus)

For the Auto Bakery menu, a convenient Bake Timer Setting is available. Simply add ingredients and set the preferred time for completion of baking. You can save two settings of completion time, 'Timer 1' and 'Timer 2' for different Menus used.

(The Auto Bakery menu for set up of timer is possible for 8 Menus. Recipes that contain perishable foods, such as milk or eggs, and baking powder should not be used with the timer function.)

Auto Bakery

Handmade Bakery (13 Menus)

This mode has several preset baking timings and temperatures to suit the different types of bread that needs forming after kneading, allowing you to bake bread easily without having to set your own time and temperature.

(Oven trays need to be taken out and put back in during forming and pre-heating.)



Add baking ingredients.



STEP 1
First phase of kneading, resting and rising of dough.



Take out bread dough, roll it out and form it into desired shapes such as rolls or buns.



STEP 2
Second phase of allowing dough to rise.



Remove oven tray before pre-heating the oven.



STEP 3
Pre-heat oven; Bake delicious bread.

Reduce your calorie intake with these healthy recipes



Blueberry Bread



Spinach Bread



Tofu Bread

Dishes and applications in kneading mode

Different kneading and baking modes for various dishes and applications

Dough Mode (5 Menus)



Pizza Dough (24cm)



Rice Cake (300g or 450g)



Pasta (serves 3-4 pax)

Cakes & Sweets Mode (9 Menus)



Sweet Potato



Soft Caramel



Baked Cheesecake



Rich Chocolate Cake

Healthy Cooking

Reduce fat and salt content with these healthy cooking options

Superheated Steam Mode (3 Menus)

Select a healthier cooking option with the Superheated Steam Mode, using over 100°C of steam inside the oven heater to reduce fat and salt content in food.



Herb Chicken (Healthy) : Reduced fat



Hamburg Steak (Healthy) : Reduced fat

Estimated reduced calorie count (for 500g of ingredients)

- Herb Chicken (Healthy) – approx. 756 kcal. Approx. 16% calorie reduction compared to Auto Menu (approx. 903 kcal)
- Hamburg Steak (Healthy) – approx. 753 kcal. Approx. 19% calorie reduction compared to Auto Menu (approx. 934 kcal)
- Fried Chicken – approx. 902 kcal. Approx. 6% calorie reduction compared to Auto Menu (approx. 959 kcal)

Data based on the MRO-NBK5000 model



Lightly Salted Salmon : Reduced Salt

*Estimated reduced salt (amount before and after cooking)

- Lightly Salted Salmon – approx. 1.55g. Approx. 8% salt reduction compared to uncooked salmon (approx. 1.68g)

* Amount of salt reduction per slice of salted salmon (80g)

Data based on the MRO-NBK5000 model

Oil-free Deep-frying Mode (18 Menus)

Superheated Steam Microwave Oven cooks food that is crispy on the outside and juicy on the inside

Optimize your cooking by selecting the Auto Menu function. It combines the microwave, oven, grill and superheated steam to give you the best dishes.

Simple Cooking Steps

(For Fried Chicken using the Auto Menu function, please refer to the recipe booklet for more information.)

1. Coat flour on meat
2. Select Auto Menu function to cook



Calorie count for non-fried foods using Oil-free Deep-frying Mode

Fried Chicken (500g)
1,321kcal



Deep Fried Shrimp (16 pcs)
592kcal



Healthy Fried Shrimp (16 pcs)
544kcal

Calorie count for fried foods

1,643kcal

1,056kcal

944kcal

Reference: Basic data on cooking (Publishing Division, Kagawa Nutrition University)

Data based on the MRO-NBK5000 model (serves 4)

Enjoy healthy fried food, made without using oil.



Healthy Cooking

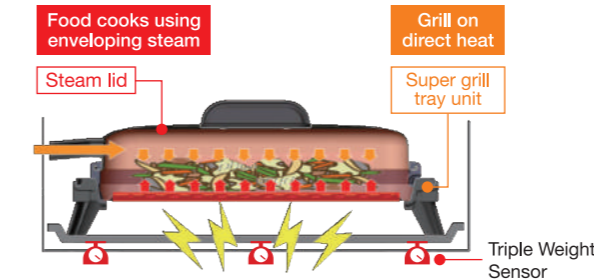
Oil-free Stir-frying on Steam-grill Mode (7 Menus)

Prepare healthy stir-fried food without having to use cooking oil.



Fried Noodles

In this mode, food is grilled while being steamed, so they do not turn brown easily, even without using oil while stir-frying.



Fermented Food Mode (13 Menus)

Prepare fermented food dishes on this mode.



Salt Rice Malt Spinach Saute

Preserve Vitamin C while cooking on Steam-grill Mode (2 Menus)

Grilled vegetables cooked using this method retains more Vitamin C in comparison to those cooked in a conventional oven.



Steam Baked Pumpkin

Steam-grill cooking uses large amounts of steam to drive out oxygen. As a result of the low oxygen conditions, more Vitamin C is retained.

Menu to preserve Vitamin C

- Cabbage
- Pumpkin

Healthy Bread Mode (10 Menus)

Bake healthier breads by using healthy ingredients or the reduced calories menu.



Spinach Bread

Steam-grill

Healthy cooking with heat control is now made simple

Hitachi's unique Steam-grill function found on the Auto Menu uses a grill tray and steam lid to cook food. Using a combination of Superheated Steam, Oven, Steam and Microwave, this method of cooking allows you to cook dishes that require complex heat control, healthy oil-free stir-fried dishes as well as Vitamin C retention in your food.



Using the Steam-grill

Select Steam-grill on Auto Menu to enjoy delicious stir-fry dishes (without oil) and more. This function generates a large volume of steam, retaining Vitamin C and moisture in food, and cooking time is minimal.

Stir-fry food	7 Menus	Healthy as no oil is used (details on page 6)
Steam vegetables	2 Menus	Healthy by preserving Vitamin C through low oxygen cooking (details on page 6)
Steam-grill	16 Menus	Professional flame control that produces complex dishes that are delicious
Other steamed foods	4 Menus	Full steaming with large volume of steam

Steam Lid
Traps the steam within, allowing it to circulate in oven

Super Grill Tray Unit
Generates heat using Microwave

Professional Flame Control keeps cooking simple

Steam-grill cooking traps a large volume of steam using the steam lid, and controls the flame professionally by steaming to prevent a decline in the temperature of the hot tray. Ingredients where heat cannot penetrate easily can also be thoroughly heated. There is also a good browning effect as heat from the microwave causes the grill tray to generate heat.



Prepare delicious fried dumplings that are crispy on the outside, and juicy on the inside.



Full steaming using large volume of steam



Sake-steamed Clam



Steam Whole White Fish

Quick and simple 10-minute or less recipes (7 Menus)

With 7 different menus, cooking is quick and simple with Steam-grill. (Total of 19 Menus in 10-minute or less recipes, with 7 Menus for Steam-grill.)



Eggplant Mushroom Salad



Chicken Breast in Plum Sauce



Vegetables with Fried Garlic



Salt Rice Malt Spinach Saute

Convenient Features

Easy to clean and maintain

As cooking is done using the steam lid and grill plate, dirt cannot easily get into the machine, which makes the clean-up hassle free. After cooking, the grill plate and steam lid can be washed and cleaned as a whole.



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



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



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



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

Convenient Features

Easy-to-use Touch Screen LCD panel

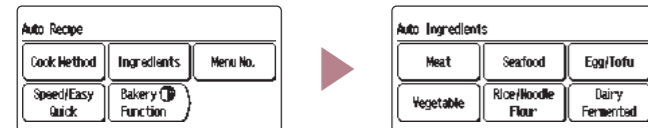


Frequently used functions can be selected conveniently from the first display screen. The functions are conveniently accessed via the touch panel.



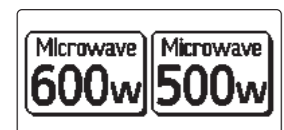
By pressing the "Back" button, you can go back to previous operation.

Recipes



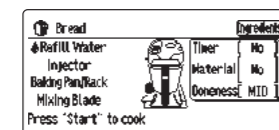
Easy-to-use menu and ingredients selection panel.

Microwave



Conveniently displayed 500W and 600W buttons on the panel are used for lunch box and frozen food respectively.

Accessories Display



Display accessories in Auto Menu. You can prepare without looking at the cooking guide.

Used Menus

Lists the 20 most recent menus used.

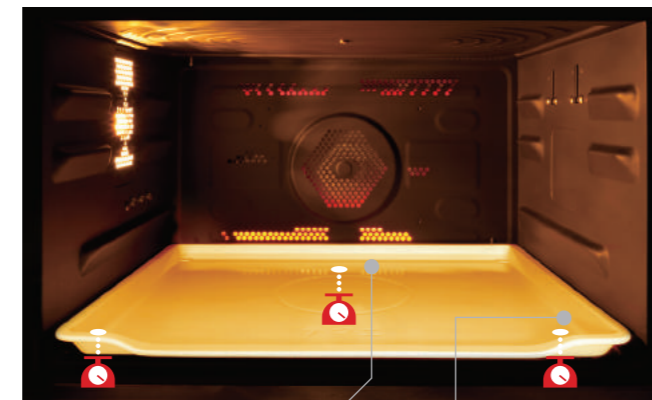
Triple Weight Sensor

About the Triple Weight Sensor

The Triple Weight Sensor uses a three-point measuring system to weigh the food and automatically detects the optimum temperature and cooking time. The Sensor also detects the food's position, allowing precise focusing of microwaves for more efficient reheating.

Continuous Cooking / Reheating

Even when temperature is high after use, auto cooking and reheating can still be performed thanks to the Triple Weight Sensor.



Ceramic Tray Triple Weight Sensor



- 1. Measures weight at 3 points**
Sensors that measure the weight of the food are placed in three locations at the base.
- 2. Determines the position**
Data from the 3 sensors can determine the position of the food.
- 3. Intelligent heating**
Keep watch on temperature, controls microwaves and steam volume.

*As a rule of thumb, the proportion of food shall be 80% the size of the container. Please use a container that matches the proportion of the food.

Determines the weight and position of food

Controls flame and heating time. Perfect grilling based on food proportion such as whether there are 2, 3 or even 4 hamburger patties.



2 to 4 hamburger patties

Reheating two dishes at the same time

The Sensor detects the weight of each dish, also determining the temperature, either one dish at normal temperature and the other chilled, or one dish chilled while the other is frozen, and is able to cook both perfectly and at the same time.



Microwave heating (Microwave)

Convenient Features

High Performance Microwave Oven

Superheated Steam

Large volume of steam above 100°C
A more healthy cooking method with reduced fat and salt content.



Microwave

Maximum output on Auto is 1,000W (maximum 3 minutes)
Triple Weight Sensor determines weight and position of foods, thus enhancing effectiveness of reheating.

Manual microwave setting (5-step selection is possible)
700W | 600W | 500W | Approx. 200W | Approx. 100W



Steam

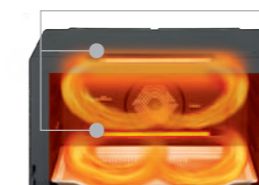
Steam at approx. 100°C
Recommended for steaming eggs (Chawanmushi) and chicken. Rice can be reheated without losing moisture.



2-layer Oven

Maximum 300°C Convection Oven
The powerful 2-layer oven has a large capacity of 33L. You and your family can enjoy authentic dishes prepared in the oven such as large roast chicken, hand-made bread and pizza as well as sweets.

*Approx. 5 minutes of operation at 300°C. This is followed by a switch to 250°C.



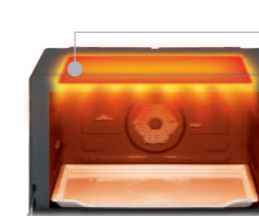
Double Radiant Heater

Far Infrared Ray Grill

Intense heat of up to 1,300W
Use far infrared rays to grill.

Dual surface grilling

Hamburger patties and salted mackerel/pike fish can be grilled on both sides without being flipped over because the grill plate generates heat via microwaves.



High Power Grill Heater

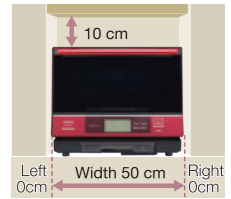
Simple Setup

Soft Closing Door



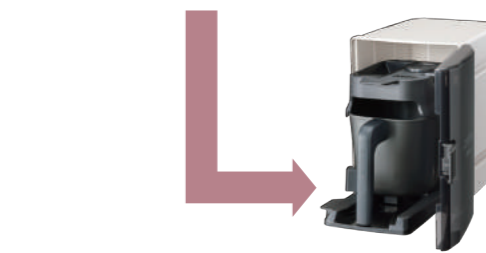
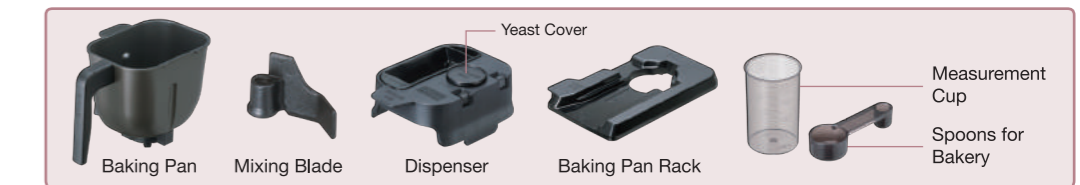
Convenient Installation

Installs flushed against wall (back)
(Sides 0cm, Back 0cm, Top 10cm)



Convenient Storage

As the "Baking Pan", "Dispenser" and other accessories are conveniently stored inside a storage case, it can be easily stored away as well as withdrawn from the cabinet.



Storage Case Dimensions (mm)
Width 187 X Depth 263 X Height 264

MRO-NBK500E

- Auto Bakery
- Healthy cooking with Superheated Steam
- Steam-grill
- Touch Screen LCD Panel
- Big Capacity – 33-litre
- 10-minute or less recipes (19 Menus)



232 Recipes
200 Auto Modes

Healthy Cooking

Superheated Steam

Cook healthy meals using Superheated Steam that reduces calories by removing excess fats.



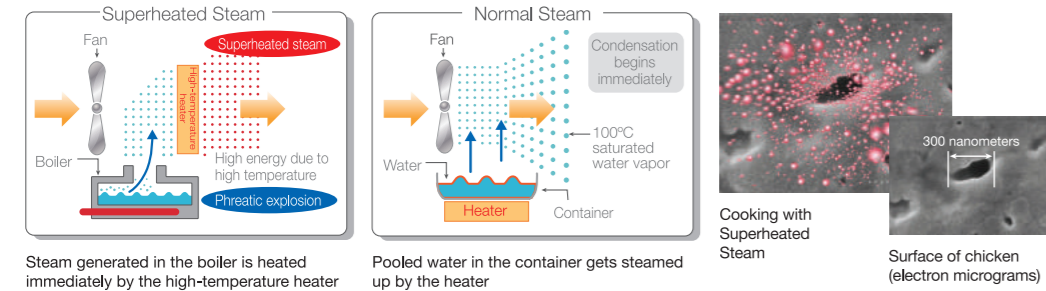
Grilled Chicken with Herbs
Reduce calories by approx. 39%
500g grilled chicken with herbs
Superheated Steam approx. 685kcal
Frying pan approx. 1,131kcal
(MRO-AV200E / Research by Hitachi)



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.

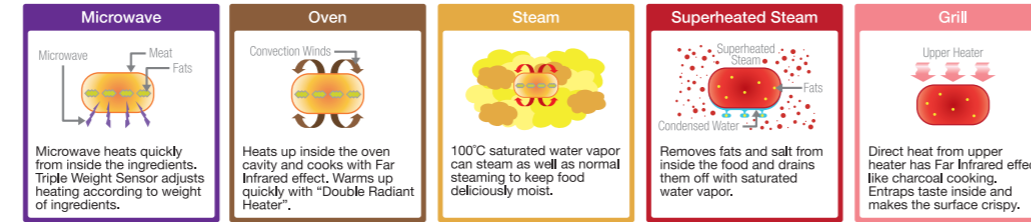


How Superheated Steam reduces calories

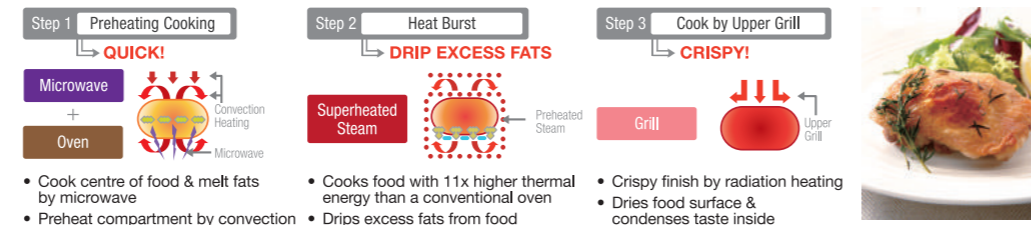
When cooking meat, ultrafine and high-temperature Superheated Steam immediately envelops the meat. At this moment, the high thermal energy of the Superheated Steam quickly gets inside the meat and melts fats. This highly liquid fat is forced to the surface of the meat where it drips off together with 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.

Optimized cooking according to food type

Auto Menu employs a combination of five heating methods to ensure a delicious meal.

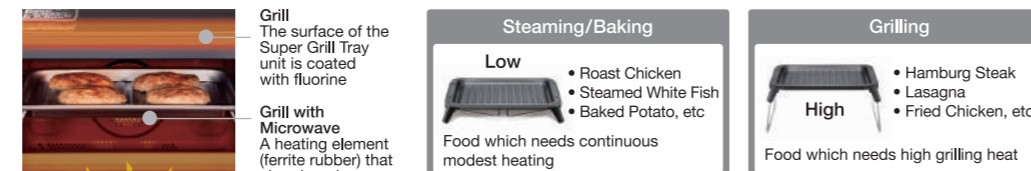


Example of Grilled Chicken



Super Grill Tray MRO-AV200E only

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



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.



Healthy Cooking

Triple Weight Sensor

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 foods 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.

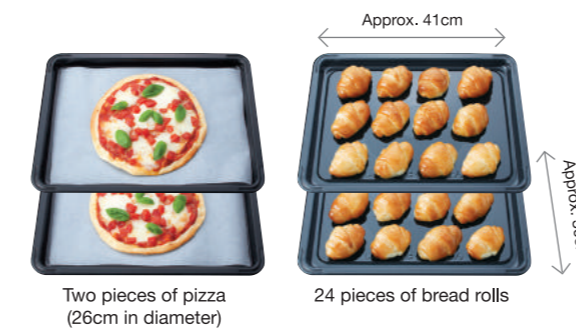
High Heat Oven / Grill

Optimize your cooking by selecting the Auto Menu function. It combines the Microwave, Oven, Grill and Superheated Steam to give you the best dishes.



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-litre capacity.

MRO-AV200E: Max. 300°C, MRO-AV100E: Max. 250°C



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

Full-colour Recipe Book

The Microwave Oven comes bundled with a full-colour recipe book in English, Chinese and Thai.

Japanese & Western Specialities



Skewered Chicken, Chicken Teriyaki, Chawanmushi, Fried Chicken, Pizza



Apple Pie, Soft Pudding

Asian & Middle Eastern Specialities



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

Convenient Features

MRO-AV200E

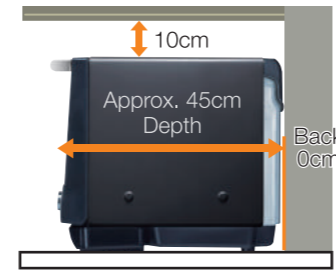
- Superheated Steam
- Triple Weight Sensor
- Big Capacity – 33-litre



129 Recipes
36 Auto Modes

Convenient Installation

Installs flushed against wall (back)
(Slides 0cm, Back 0cm, Top 10cm)



Double Radiant Heater

Maximum 300°C Convection Oven

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



33-litre 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.

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.

White LCD (with Back Light)

Sharp and bright LCD for easy viewing.

Deodorizing Mode

Grime is burned away to prevent odours.

Easy Cleaning



Super Grill Tray Unit
(MRO-AV200E)
Fluorine finish metal tray assures easy maintenance and cleaning.



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



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



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

Specifications



Model		MRO-NBK5000E	MRO-AV200E
Colour		Red	Red
Oven Capacity*1		33L	33L
Sensor		Triple Weight Sensor & Temp Sensor	Triple Weight Sensor & Temp Sensor
Technology & Function	Microwave	Microwave Power 1000W*/700W/600W/500W/200W/100W Inverter	1000W*/700W/600W/500W/200W/100W
	Oven	Heater	Double Radiant Heater 2 Layer-cooking
		Heat Wrapping Oven	●
		Temperature	300°C*/100°C - 250°C Leaven (30/35/40/50)
	Grill	Far Infrared Heater	Far Infrared Heater
Steam	Water Tank Superheated Steam	● Boiler & Convection	
Total Recipes		232	129
Auto Modes*4		200	36
Features	LCD Display	● (with Touch panel)	●
	Cleaning Mode	●	●
	Deodorizing Mode	●	●
	Auto Power Off	●	●
	No-Oil Deep-Fry Menu	●	—
	Soft closing door	●	—
Accessories	Ceramic Tray	●	●
	Metal Trays	2 Trays: 41cm X 30cm	2 Trays: 41cm X 30cm
	Grill	Super Grill Tray Unit, Grill Lid	Super Grill Tray Unit
	Accessories for Bakery	●	—
Dimensions	Exterior [mm]	750 500 418 459 (494) (): Including handle	740 500 408 449 (474) (): Including handle
	Oven Cavity [mm]	400W x 322D x 240H	400W x 322D x 240H
	Installation [mm]	100 0 0 0 303 368 390 Back, Left & Right Side Free	100 0 0 0 303 358 390 Back, Left & Right Side Free
Rated Voltage & Frequency		240V/230V/220V & 50Hz	240V/230V/220V & 50Hz
Max Power Consumption	Microwave	1450W	1450W
	Oven	1420W	1420W
	Grill	1350W	1350W
Net Weight		24kg	21kg

*1: In accordance with "Japanese Industrial Standards (JIS)".

*2: Maximum three minutes with the short duration, high output function. Only works with limited functions such as Auto Reheat.

*3: Operating time is five minutes at maximum heat.

300°C only works with Preheat

Automatically reduces from 300°C to 250°C

*4: Functions include reheat preparation, etc.

Specifications and designs are subject to change without notice. © Colour tones of actual products may differ from those shown in this catalogue.

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