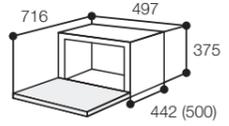
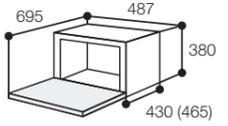
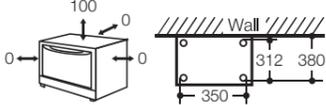
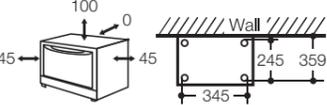


Microwave Oven

HITACHI

Model		MRO-W1000YS	MRO-S800YS
Oven Capacity [L]*1		30	31
Sensor		Triple Weight Sensor Centre Infrared Sensor Temperature Sensor	Weight Sensor Steam / Temperature Sensor
Microwave	Microwave Power [W]	1000*/800/700/600/500/200/100	1000*/700(Max.10min)/600/500/200/100
	Inverter		
Oven	Heater	Double Radiant Heater 2-Layer Cooking	Radiant Heater 1-Layer Cooking
	Temperature [°C]	300*/100-250 Leaven (30/35/40/45)	250*/100-210 Leaven (30/35/40/45)
Grill		High Power Grill Heater	Radiant Heater
Steam	Water Tank		
	Superheated Steam	Boiler & Convection	Boiler
Recipes	Total Recipes	197	130
	Auto Menu	152	104
Features		Full Dot Display (with White Backlight) Auto Cleaning Mode : Cleaning, Deodorising, Draining Washable Ceramic Tray Bright Interior (sides), LED (x2)	LCD Display (without Backlight) Auto Cleaning Mode : Cleaning, Deodorising, Draining Washable Ceramic Tray Bright Interior (sides/back), Incandescent Light
Accessories		Washable Ceramic Tray, Metal Tray x 2, Iron Grid Tray	Washable Ceramic Tray, Metal Tray
Dimensions [mm]	Exterior () : including handle		
	Oven Cavity : WxDxH [mm]	401x322x218	401x344x218
	Installation [mm]*4	 Back, Left & Right Side Free*5	 Back Free*5
Rated Voltage [V] & Frequency [Hz]		230 & 50	230 & 50
Max. Power Consumption [W]	Microwave	1430	1450
	Oven	1400	1240
	Grill	1330	1240
Net Weight [kg]		Approx. 18	Approx. 16
Body Colour		Frost White	Red

*1 In accordance with "Japanese Industrial Standard (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.

Automatically reduces from 300°C to 230°C (MRO-W1000YS)

Automatically reduces from 250°C to 210°C (MRO-S800YS)

*4 Please follow the required spacing between the oven and the wall. Keep away from heat-sensitive furnitures or walls with outlets as they may deform. Keep the cord away from the exhaust vents and hot areas of the oven.

If you intend to place it on top the refrigerator, ensure that the heat resistance of the refrigerator is min. 100°C.

*5 There may be contact marks or condensation depending on the wall material.

Leave a small gap between the wall and the main unit, and place aluminum foil on the wall side to protect it.

If the back is position next to a glass wall, please leave min. 20cm space to prevent the glass from breaking due to temperature differences.



Enjoy the taste of fresh



Home Cooking Made Easy & Delicious

With a combination of 5 different heating methods, Hitachi's microwave oven comes with 197 menus and 152 auto menus. From roasted meat to spaghetti, cook up a storm and impress your family!



Effortless Cooking

Smart W Sensor

Automatically controls the heating power and cooking time by double-scanning the weight of the food and the food surface temperature*1. While the 8-eyed centre infrared sensor swings 15 levels (120 divisions) to detect the surface of the food, the Triple Weight Sensor uses a 3-point measuring system to weigh the food.

*1 Measures the weight of the food (including dishes), the temperature and the temperature changes from before cooking to the prescribed temperatures of each menu.

Quick Auto Menus

Enjoy cooking in just 10 minutes* with the oven quick auto menus. The Smart W Sensor controls the heating power by automatically scanning the amount of food inside the oven. This allows quicker cooking times and the convenience of cooking small side dishes.



* Excludes pre-cooking time.

Roasted Meat Recipe



Season the meat and place it on the Iron Grid Tray.



In microwave mode, the temperature rises quickly to cook the inside of the meat.



Superheated Steam mode bakes the meat surface while the oven mode locks in the flavours inside the meat.



Oven mode continues to bake the meat surface while maintaining a medium-rare finish inside the meat.

* The images are for illustrative purposes only.

Healthy Cooking

Superheated Steam

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

Grilled Chicken with Herbs (Non-Fat) Calories Reduced by Approx. 9%*

* Tested by Hitachi. Tested Model: MRO-VW1 (equivalent performance to MRO-W1000YS). Test results: Approx. 9% reduced calorie rate. Auto menu "Grilled Chicken with Herbs (Non-Fat)" (4 persons)* Approx. 847kcal compared to Auto menu "Grilled Chicken with Herbs (4 persons)"* Approx. 934kcal.



Triple Cooking

You can now serve fresh-cooked dishes all together. With triple-dish cooking, cook one main and two sides at the same time by selecting from 147 variations.



Hot Salad (Side Dish) Spinach Sauté (Side Dish)

Spinach Sauté / Pumpkin Dressed with Sesame Sauce / Grilled Mushrooms Seasoned with Soy Sauce / Hot Salad / Bacon-wrapped Asparagus / Marinated Japanese Mustard Spinach and Enoki Mushrooms / Marinated Mizuna and Shimeji Mushrooms

Chicken Teriyaki (Main Dish)

Chicken Teriyaki / Salted Mackerel / Deep-Fried Horse Mackerel / Meat-stuffed Green Pepper / Yellowtail Teriyaki / Fried Chicken / Ground Meat Outlet

Bake Fresh!

Max. 300°C*1 Convection Oven Grill

With fast preheating and 300°C-heat oven grilling, cook and enjoy a wider variety of dishes from large roast chicken and hand-made pizza to dessert and bread.



*1 Approx. 5 minutes of operation time at 240 to 300°C. This is followed by a switch to 230°C. 300°C setting is available only with pre-heating mode.

Optimal Cooking

Optimal Heating*1

The Smart W Sensor detects the amount and temperature of food / drinks before cooking*2 so that a suitable temperature*1 is achieved in microwave mode.



* Tested by Hitachi. Please follow the user manual for the amount of food needed to be microwaved automatically.

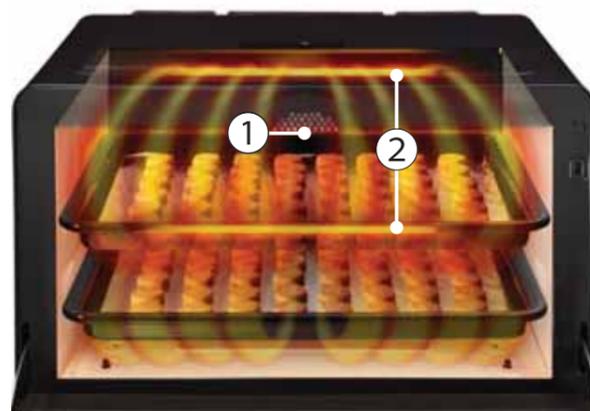
The oven may not detect the surface of drinks depending on the type, share and location of dishes.

*1 The cooked condition may differ depending on the shape of the food, the temperature of inside of the microwave and dishes. The temperature is the average temperature of food cooked with auto menus. The setting temperature differs depending on the type of food / drinks.

*2 Measures the weight of the food (including dishes) and the temperature, and the temperature of the surface of the food before cooking and the temperature changes until it reaches the set temperature for each menu.

Max. 300°C Convection Mechanism

The fan changes its rotation direction to control the flow of the heated air generated from the Double Radiant Heater, adjusting for preheating and cooking. In preheating, it generates a flow into the centre of the oven. During cooking, it generates heated air around the entire oven and the two grill trays.



Fan Double Radiant Heater

* The image is for illustrative purposes only.

Without Troublesome Wrapping

Scanning the weight of the food enables heating up to an optimal temperature*1 both with wrapping and without wrapping.

*1 The cooked condition may differ depending on the shape of the food, the temperature of inside of the microwave and dishes. The temperature is the average temperature of food cooked with auto menus. The setting temperature differs depending on the type of food / drinks.



With Wrapping

Without Wrapping

Easy Grilling

High Power Grill Heater

Delicious oven-grilled food can be easily achieved with the High Power Grill Heater.



* The image is for illustrative purposes only.

Reheating Two Dishes at the Same Time

Convenient when you need to serve two dishes at the same time. The Smart W Sensor detects the weight of each dish, determines an optimal temperature*1 and cooks both ideally at the same time.

*The image is for illustrative purposes only.

* A single serving of food is Approx. 100g to 300g. The amount of one dish needs to be within 0.7 to 1.3 times that of the other dish.

*1 The cooked condition may differ depending on the shape of the food, the temperature of inside of the microwave and dishes. The temperature is the average temperature of food cooked with auto menus.

The setting temperature differs depending on the type of food / drinks.



Defrosting to Suppress Unevenness*1

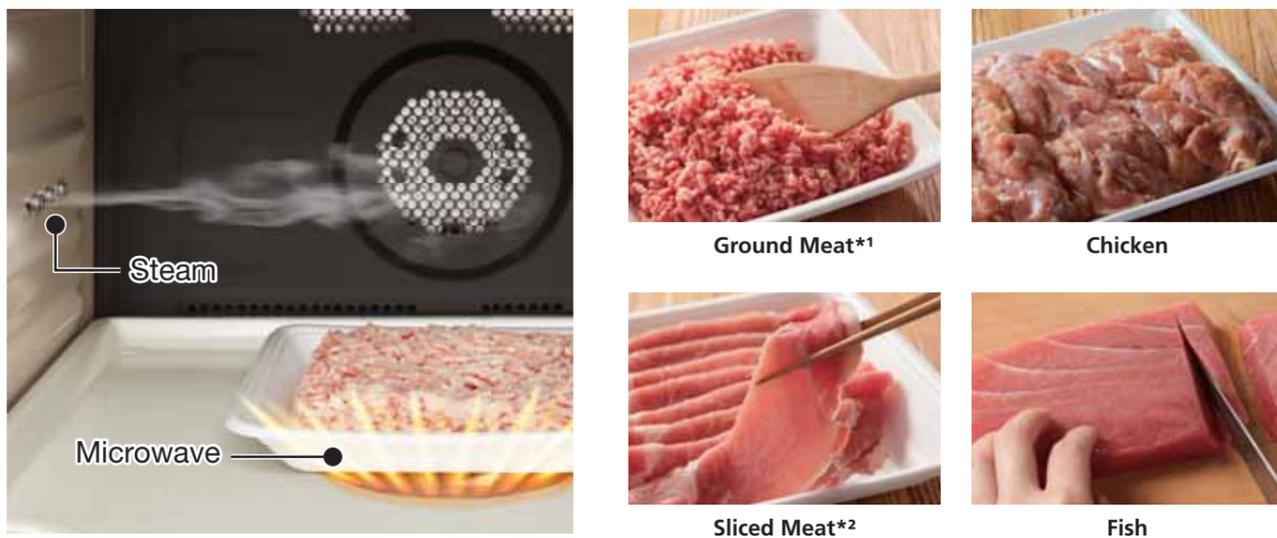
By double-scanning the weight of the food and detecting the food surface temperature*2, it automatically controls the heating power and heats up the food. It controls the heating power according to the shape and type of meat or fish. It defrosts gradually from the surface of the food by combining the steam and microwave modes. In this way, it reduces unevenness in defrosting*1.



*1 The cooked condition may differ depending on the shape of the food, the temperature of inside of the microwave.
 Tested 10 items, e.g., sliced meat and 9 points of each food, to make sure the measured temperature was within a constant difference.
 *2 Tested the weight and temperature of food (including dishes), and the temperature difference from before cooking until it reached the set temperature.

Easy Cooking Preparation

Defrosted meat is easier to cut and prepare for cooking.
 Easy selection from 10 menus according to the type and shape of meat / fish.



* Tested model: MRO-VW1 (equivalent performance to MRO-W1000YS).
 *1 Defrost ground meat with the auto menu "Ground Meat", 100g / Approx. 2min 40sec.
 *2 Defrost sliced meat with the auto menu "Sliced Meat", 100g / Approx. 2min 30sec.



Specially Crafted Recipes Jointly Created by Ajinomoto Co., Inc. and Hitachi

Creating more menu options for your Japanese meals with specially crafted recipes using HON-DASHI®.



Delicious Soup of Chicken Dumplings and Cabbage



Fried Salmon Marinated in Spicy Vinegar Sauce



Boiled Radish and Chicken Wings



Tosa-style Boiled Bamboo Shoots



Simmered Mushrooms Seasoned with Soup Stock

* HON-DASHI® is a registered trademark of Ajinomoto Co., Inc.

Easy to Clean and Maintain

Removable ceramic tray, water tank and drip tray for easy washing. The flat surfaces of the sides and the heater are a breeze to wipe down, too.



Cleaning Mode

With 3 cleaning modes available: Steam to soften grime*1 on the silicon-coating walls inside the oven, deodorise for after baking, and drainage for the remaining water in the supply pipe after steam cooking.

* The image is for illustrative purposes only.
 *1 Please clean the inside often. If you keep using the oven with boiled soup or cooking scraps remaining inside, it becomes hard to clean them off. There might be cases when the coating of the inside walls peels off, but it will not affect the performance and specifications.



Award Winning Design

Winner of the Good Design Award 2019, the modern white matte finish is an excellent fit for your kitchen. What's more, the space-saving design fits seamlessly, flush against the sides and back wall.



Good Design Award office (Home Appliances) MRO-W1000YS

* Requires a 10cm ventilation space above the oven.

Easy to Use Control Panel

Frequently used functions are easily accessible.



Auto Menu

Reheat / Defrost

LCD Display

(Auto Menu Names and Used Accessories are Displayed)

Quick Micro

(Manual Microwave 800W / 500W)

Reheat Start / Enter

* The image is for illustrative purposes only.

Easy View Cooking

Monitor your cooking progress with the transparent window and brightly coloured walls design with LED lights.



* The images are for illustrative purposes only. The LED lights are on to explain the features.

MRO-W1000YS

- 5 Cooking Mode
- Superheated Steam
- Smart W Sensor
- Triple Cooking
- Max. 300°C Convection Oven Grill
- Big Capacity 30L



Home Cooking Made Easy & Delicious

With a combination of 5 different heating methods, Hitachi's microwave oven comes with 130 menus and 104 auto menus. From fried chicken to vegetables, cook up a storm and impress your family!



Auto Cooking

By scanning the amount of food, the oven automatically cooks. While the weight sensor scans the food, the Steam / Temperature Sensor controls heating by detecting steam and temperature to prevent overheating.

Steam / Temperature Sensor Weight Sensor*1



* The image is for illustrative purposes only.
*1 The sensor measures the weight of the food (including dishes). Auto controls 100-900g for heating, 100-1,000g for defrosting and boiling and 100-600g for frozen rice. Please reduce the amount if the heating is not working properly. Please unwrap when defrosting. 100-500g for boiling vegetables.

Bake Fresh!

250°C 1-Layer Oven*1

Enjoy fresh home-made bread and dessert with 250°C heating and a wide 1-layer metal tray. Now you can bake up to 48 cookies*2 at one go!

* The images are illustrative purposes only.
*1 Approx. 5 minutes of operation time at 250°C. This is followed by a switch to 210°C.
*2 Weight per 1 piece: 6.4g (before cooking) / 5.5g (after cooking) and size per 1 piece: Diameter 30mm.



Reheat Two Dishes at the Same Time

Convenient when you need to serve two dishes at the same time. The sensor detects the weight of each dish, determines a suitable temperature*1 and cooks both ideally at the same time.



* The image is for illustrative purposes only.
*1 The cooked condition may differ depending on the shape of the food, the temperature of inside of the microwave and dishes. The temperature is the average temperature of food cooked with auto menus. The setting temperature differs depending on the type of food / drinks. A single serving of food is Approx. 100g to 300g.

Easy to Use Control Panel

Frequently used functions are easily accessible.

* The images are for illustrative purposes only.



Monitor Your Cooking

Monitor your cooking progress with the brightly coloured walls and easy-viewing transparent window.

* The images are for illustrative purposes only.



Easy to Clean and Maintain

Removable ceramic tray, water tank and drip tray for easy washing. The flat surfaces of the sides and the heater are a breeze to wipe down, too.



Cleaning Mode

With 3 cleaning modes available: Steam to soften grime*1 on the silicon-coating walls inside the oven, deodorise for after baking, and drainage for the remaining water in the supply pipe after steam cooking.

* The image is for illustrative purposes only.
*1 Please clean the inside often. If you keep using the oven with boiled soup or cooking scraps remaining inside, it becomes hard to clean them off. There might be cases when the coating of the inside walls peels off, but it will not affect the performance and specifications.



MRO-S800YS

- 5 Cooking Mode
- Superheated Steam
- Steam & Temperature Sensor
- Weight Sensor
- Max. 250°C 1-Layer Oven
- Big Capacity 31L

