Minutes To A Healthy Diet
Superheated Steam Microwave Oven
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.
COOK HEALTHY MEALS USING SUPERHEATED STEAM

Superheated steam reduces calories by removing excess fats.

Grilled Chicken With Herbs
Reduce calories by approx. 39%

Fried Chicken
Reduce calories by approx. 21%

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.
OPTIMISED COOKING ACCORDING TO FOOD TYPE

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

Example of Grilled Chicken

Step 1 Preheating Cooking
- **QUICK!**
  - Cook center of food & melt fats by microwave
  - Preheat compartment by convection

Step 2 Heat Burst
- **DRIP EXCESS FATS**
  - Cooks food with 11× higher thermal energy than a conventional oven
  - Drips excess fats from food

Step 3 Cook by Upper Grill
- **CRISPY!**
  - Crispy finish by radiation heating
  - Dries food surface & condenses taste inside

SUPER GRILL TRAY (MRO-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.

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.

Grill
- The surface of the Super Grill Tray Unit is coated with fluorine.

Grill With Microwave
- A heating element (ferrite rubber) that absorbs microwave and generates heat is attached to the back surface.

Triple Weight Sensor can be used to adjust the amount variance.
TRIPLE WEIGHT SENSOR
MRO-AV200E and MRO-AV100E only

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.

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 Kabea
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

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

Superheated Steam
Triple Weight Sensor
Big Capacity – 33-litre

Maximum 300ºC Convection Oven
Far Infrared Rays generated by the Far Infrared black coating and ceramic tray envelop food to evenly and quickly cook it.

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.

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 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.

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

Flat Interior
No turntable makes it easy to clean.

Easy-to-Clean Flat Heater
Deodorizing cleaning mode
Easy-to-clean flat heater
Infrared Ray Sensor
Measures food surface temperature.

Double Radiant Heater

Approx. 51cm Depth
Approx. 41cm Depth
10cm Width
10cm Width

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

Approx. 50cm Width
Approx. 45cm Depth
10cm
10cm
Back 0cm
Right 0cm
Left 0cm

129 Recipes
36 Auto Modes

MRO-AS7E
95 Recipes
28 Auto Modes

Superheated Steam
Triple Weight Sensor
Big Capacity – 22-litre
**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)

**Maximum 250ºC Convection Oven**

**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

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**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 250ºC Oven**

**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

<table>
<thead>
<tr>
<th>Model</th>
<th>MRO-AV200E</th>
<th>MRO-AV100E</th>
<th>MRO-AS7E</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Color</strong></td>
<td>Pearl Red</td>
<td>Pearl White</td>
<td>Light Gray</td>
</tr>
<tr>
<td><strong>Oven Capacity</strong></td>
<td>33L</td>
<td>33L</td>
<td>22L</td>
</tr>
<tr>
<td><strong>Sensor</strong></td>
<td>Water Tank</td>
<td>Triple Weight Sensor &amp; Temp Sensor</td>
<td>Infrared Sensor &amp; Temp Sensor</td>
</tr>
<tr>
<td><strong>Steam Function</strong></td>
<td>Superheated Steam</td>
<td>Boiler &amp; Convection</td>
<td>Boiler</td>
</tr>
<tr>
<td><strong>Microwave Function</strong></td>
<td>1000W**/700W/600W/500W/200W/100W</td>
<td>1000W**/700W/600W/500W/200W/100W</td>
<td>1000W**/600W/500W/200W/100W</td>
</tr>
<tr>
<td><strong>Oven/Grill Function</strong></td>
<td>Double Radiant Heater 2 Layer-cooking</td>
<td>Radiant Heater 2 Layer-cooking</td>
<td>Upper &amp; Lower Heater 1 Layer-cooking</td>
</tr>
<tr>
<td><strong>Heat Wrapping Oven</strong></td>
<td>300°C</td>
<td>250°C</td>
<td>250°C</td>
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<tr>
<td><strong>Max Temperature</strong></td>
<td>250°C</td>
<td>Far Infrared Heater</td>
<td>Far Infrared Heater</td>
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<tr>
<td><strong>Total Recipes in Recipe Book</strong></td>
<td>129</td>
<td>115</td>
<td>95</td>
</tr>
<tr>
<td><strong>Metal Trays</strong></td>
<td>2 Trays 41 x 30cm</td>
<td>2 Trays 41 x 30cm</td>
<td>1 Tray 31 x 31cm</td>
</tr>
<tr>
<td><strong>Accessories</strong></td>
<td>Grill</td>
<td>Super Grill Tray Unit</td>
<td>Rack</td>
</tr>
<tr>
<td><strong>Removable Ceramic Tray</strong></td>
<td>1 Tray</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Exterior (mm)</strong></td>
<td>740 500 408 449 (474)</td>
<td>795 501 412 505 (529)</td>
<td>672 503 350 414 (455)</td>
</tr>
<tr>
<td><strong>Dimensions</strong></td>
<td>Back, Left &amp; Right Sides Free</td>
<td>Back Free</td>
<td>Back Free</td>
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<tr>
<td><strong>Installation (mm)</strong></td>
<td>100 0 303 358</td>
<td>100 0 290 435</td>
<td>100 0 346 343</td>
</tr>
<tr>
<td><strong>Oven Cavity</strong></td>
<td>Wide Oven</td>
<td>Wide &amp; Flat (42cm) 400W**x322Dx240H</td>
<td>Wide &amp; Flat (42cm) 400W**x322Dx240H</td>
</tr>
<tr>
<td><strong>Cleaning Mode</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td><strong>Deodorizing Mode</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td><strong>Microwave Power Consumption (max)</strong></td>
<td>1450W</td>
<td>1450W</td>
<td>1450W</td>
</tr>
<tr>
<td><strong>Oven Power Consumption (max)</strong></td>
<td>1420W</td>
<td>1370W</td>
<td>1330W</td>
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<tr>
<td><strong>Oven Temperature</strong></td>
<td>100 – 250°C, 300°C**</td>
<td>100 – 230°C, 250°C**</td>
<td>100 – 210°C, 250°C**</td>
</tr>
<tr>
<td><strong>Grill Power Consumption (max)</strong></td>
<td>1350W</td>
<td>1370W</td>
<td>1330W</td>
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<tr>
<td><strong>LCD Display</strong></td>
<td>White LCD (with Back Light)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Auto Power Off</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Weight (net)</strong></td>
<td>21Kg</td>
<td>20Kg</td>
<td>14Kg</td>
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</tbody>
</table>

*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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