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## Hitachi MRO-S8X

# Hitachi MRO-S8X Healthy Chef Superheated Steam Oven Range - 31L User Manual

Model: MRO-S8X

## 1. INTRODUCTION AND OVERVIEW

This manual provides essential information for the safe and efficient operation of your Hitachi MRO-S8X Healthy Chef Superheated Steam Oven Range. Please read these instructions thoroughly before using the appliance and keep them for future reference.

The Hitachi MRO-S8X is a versatile 31-liter oven range featuring superheated steam technology, a weight sensor, and a steam/temperature sensor for precise cooking. It offers various cooking modes including microwave, oven, grill, and steam, designed to simplify meal preparation and cleaning.

## 2. SAFETY INFORMATION

Always follow basic safety precautions when using electrical appliances to reduce the risk of fire, electric shock, or injury.

- Do not operate the oven if the door is damaged or if the seals are broken.
- Ensure proper ventilation around the appliance.
- Do not heat sealed containers in the microwave mode, as they may explode.
- Use oven mitts when handling hot dishes or components.
- Keep children away from the appliance during operation.
- Unplug the appliance before cleaning or maintenance.

## 3. SETUP

### Unpacking

Carefully remove the oven range from its packaging. Retain all packaging materials for potential future transport or service. Check for any damage during transit.

### Placement

Place the oven range on a stable, level surface capable of supporting its weight. Ensure adequate clearance around the appliance for ventilation. Do not block ventilation openings.

- **Internal Dimensions:** Width 40.1 cm x Depth 34.4 cm x Height 21.8 cm
- **External Dimensions:** Width 48.7 cm x Depth 43.0 cm x Height 36.5 cm (Maximum depth with handle: 46.5 cm; Door open depth: 69.5 cm)

## Power Connection

Connect the power cord to a grounded electrical outlet. Ensure the voltage matches the appliance's requirements.

## 4. OPERATING INSTRUCTIONS

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### Control Panel Overview

The control panel features various buttons and a display for selecting cooking modes, setting time, and adjusting temperature. Refer to the detailed diagram in the full manual for specific button functions.

### Sensor-Based Cooking

The oven range is equipped with a **weight sensor** and a **steam/temperature sensor**. These sensors automatically calculate the optimal heating amount based on the food's weight (including the container) and detect steam and temperature to precisely control the cooking process.

# 食品の重さにあわせた あたため・調理ができます。

2つのセンサーで  
加熱をコントロール



イメージ図

食品の重さ  
(容器を含む)をはかる

重量センサー

蒸気の発生と  
温度を検知する

蒸気・温度センサー

Diagram illustrating the dual sensor system of the oven range. It highlights the weight sensor, which measures the weight of food (including the container), and the steam/temperature sensor, which detects steam generation and temperature. These sensors work together to control heating for optimal cooking results.

## Cooking Modes

- Microwave:** Automatic maximum output of 1,000W. Manual settings include 800W, 600W, 500W, 200W equivalent, and 100W equivalent. Use the 'Easy Microwave Button' for quick 600W/500W manual operation.
- Oven:** Features a 250°C 1-stage wide oven. The included 41x30 cm black tray allows for baking large quantities, such as 48 cut-out cookies at once.
- Grill:** Ideal for browning and crisping dishes.
- Steam:** For gentle cooking and reheating.
- Superheated Steam:** Utilizes steam heated above 100°C to reduce excess fat and salt, promoting healthier cooking.

# 過熱水蒸気調理ができる



ローストビーフ



鶏のハーブ焼き

過熱水蒸気  
調理とは

ボイラーで100°C以上に高めた過熱水蒸気で調理するから、  
余分な脂や塩分を落として、ヘルシーに仕上げます！

※画像はイメージです。

Examples of dishes prepared with superheated steam: roast beef and herb-grilled chicken. Superheated steam cooking, which uses steam heated above 100°C, helps reduce excess fat and salt content in food, promoting healthier meal preparation.

250°C<sup>※1</sup> 1段  
ワイドオーブン



※画像は  
イメージです。

一度にたくさん並べて焼けます。



ここも  
ポイント

オーブン調理後に連続でオートあたため可能です。

※1 250°Cの運転時間は約5分間です。その後は自動的に210°Cに切りかわります。

Image demonstrating the capacity of the 250°C 1-stage wide oven. A baking tray measuring 41cm x 30cm is shown filled with 48 cut-out cookies, illustrating the ability to bake a large quantity at once.

### Automatic Menus

The oven range includes a variety of automatic menus for convenient cooking. These menus combine different heating methods (superheated steam, microwave, oven, grill) to achieve optimal results.

- Healthy Menus:** Features 32 auto menus for oil-free cooking, such as Chicken Nanban, Potato Croquettes, and Stir-fried Beef with Peppers.
- Speed Menus:** Offers 24 auto menus for dishes prepared in under 10 minutes, including steamed clams with sake, meat tofu, and simmered daikon radish.

# ノンフライ・油を使わないため物ができる ヘルシーメニュー



過熱水蒸気 レンジ オーブン グリル の

加熱方法を組みあわせてオートで作れます。

32  
オート  
メニュー

※画像はイメージです。

Examples of 'Healthy Menus' that allow for oil-free cooking, including Chicken Nanban, Potato Croquettes, and Stir-fried Beef with Peppers. The oven offers 32 automatic menus that combine superheated steam, microwave, oven, and grill functions for versatile cooking.

# 10分以内の スピードメニューが充実

24

オート  
メニュー

“もう一品”の副菜から、食卓を彩る“メイン料理”まで。



※画像はイメージです。※下ごしらえの時間は含みません。

Examples of 'Speed Menus' that can be prepared in under 10 minutes, such as steamed clams with sake, meat tofu, simmered daikon radish, and chicken and tofu miso stew. The appliance includes 24 automatic speed menus for quick meal preparation.

## 5. MAINTENANCE AND CLEANING

Regular cleaning ensures optimal performance and extends the lifespan of your oven range. Always unplug the appliance before cleaning.

- Interior Cleaning:** The interior side and back walls feature a bright silicone-based coating, making dirt easy to spot and remove. The flat top surface, without exposed heaters, is also easy to wipe clean.
- Table Plate:** The ceramic table plate is removable and can be washed thoroughly with water.
- Exterior Cleaning:** Wipe the exterior surfaces with a soft, damp cloth. Avoid abrasive cleaners.

# お手入れ簡単、使いやすい。

側面・背面



天面



汚れを見つけやすく、落としやすい<sup>※1</sup>  
明るい色のシリコン系塗装。

フラットで拭きやすい

汚れても外して  
洗えるから清潔

日立  
独自  
外して丸洗い  
テーブルプレート



※1 庫内に食品くずや煮汁などが付いたまま使い続けると壁面に汚れがこびりついて落ちなくなります。こまめにお手入れを行ってください。ご使用に伴い、庫内側面の塗装が削れたり剥がれたりする場合がありますが、性能上問題ありません。

Illustrations of the oven's easy cleaning features. The interior side and back walls feature a bright silicone-based coating for easy dirt detection and removal. The flat top surface is also easy to wipe clean. The ceramic table plate is removable and washable for thorough cleaning.

## 6. TROUBLESHOOTING

If you encounter issues with your oven range, refer to the following common troubleshooting steps. For persistent problems, contact customer support.

Problem	Possible Cause	Solution
Oven does not start	Power cord not properly connected; Door not closed securely; Safety switch issue.	Check power connection; Ensure door is fully closed; If a small black button on the top right corner inside the door is visible, push it in, close the door, and try again.
Food not heating evenly	Incorrect power level or cooking time; Food placed improperly.	Adjust settings; Ensure food is centered and not overcrowded.

Problem	Possible Cause	Solution
Error code displayed (e.g., H32)	Internal malfunction.	Unplug the unit for a few minutes, then plug it back in. If the error persists, contact customer service.

## 7. SPECIFICATIONS

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Detailed technical specifications for the Hitachi MRO-S8X oven range.

Feature	Detail
Model Number	MRO-S8X
Capacity	31 Liters
Internal Dimensions (W x D x H)	40.1 cm x 34.4 cm x 21.8 cm
External Dimensions (W x D x H)	48.7 cm x 43.0 cm x 36.5 cm
Heating Methods	Microwave, Oven, Grill, Steam, Superheated Steam
Sensor Types	Weight Sensor, Steam/Temperature Sensor
Microwave Output	Auto Max 1,000W; Manual 800W, 600W, 500W, 200W equivalent, 100W equivalent
Max Oven Temperature	250°C (for 5 minutes, then automatically switches to 210°C)
Material (Table Plate)	Ceramic
Product Weight	18.6 kg
Annual Power Consumption	79.3 kWh/year

ワイド&フラット庫内

総庫内容量

31L



### ● 庫内サイズ

幅 : 401mm  
奥行 : 344mm  
高さ : 218mm

目標年度2008年度

省エネ基準達成率 100%

年間消費電力量 79.3 kWh/年

Dimensional diagram of the oven range, showing external measurements (width, depth, height) and internal cavity dimensions. Also includes energy efficiency information, indicating 100% achievement of energy saving standards for 2008 and an annual power consumption of 79.3 kWh/year.

## 8. WARRANTY AND SUPPORT

### Warranty Information

This product comes with a manufacturer's warranty of **12 months** from the date of purchase. Please retain your proof of purchase for warranty claims. The warranty covers defects in materials and workmanship under normal use.

### Customer Support

For technical assistance, service, or warranty inquiries, please contact Hitachi customer support. Refer to the contact information provided in your product packaging or on the official Hitachi website.