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Hitachi MRO-S7Z

Hitachi MRO-S7Z Healthy Chef 22L Superheated Steam Oven Range User Manual

Model: MRO-S7Z

1. INTRODUCTION

Thank you for purchasing the Hitachi MRO-S7Z Healthy Chef 22L Superheated Steam Oven Range. This manual provides essential information for the safe and efficient operation, maintenance, and troubleshooting of your new appliance. Please read it thoroughly before use and keep it for future reference.

商品特長 (おすすめ世帯)	予熱が早い! 本格調理向き! ファミリー/多彩な料理を 楽しみたい方	スチーム機能付き ヘルシー調理&簡単お手入れ ファミリー	シンプル機能 お手入れ簡単 少人数	
型式	MRO-W1Z	MRO-S8Z	MRO-S7Z	MRO-HE4Y
商品				
タイプ	過熱水蒸気 オーブンレンジ ヘルシーシェフ ポイラー 熱風式	過熱水蒸気 オーブンレンジ ヘルシーシェフ ポイラー 熱風式	オーブンレンジ	オーブンレンジ
庫内容量	30L	31L	22L	
オーブン ^{*1}	300℃/2段/熱風式	250℃/1段/ヒーター式		
2品(冷凍+冷蔵) 同時あたため	○	—		
センサー	Wスキャン+ 温度センサー 大火力 制御	重量センサー+蒸気・温度センサー		温度センサー
操作性	○ (ダイヤル式・ホワイト バックライト液晶)	—		
簡単お手入れ	◎ (スチーム機能・上下平面ヒーター・外して丸洗いテーブルプレート)	○ (上下平面ヒーター・外して丸洗い・テーブルプレート)		
オートメニュー /レシピ数	244/289	97/144	90/117	12/29
スマホ連携	○(ヘルシーシェフアプリ)	—		

*1 オーブン最高温度での運転は5分間です。その後は自動的に切り替わります。

Image: The Hitachi MRO-S7Z Healthy Chef Oven Range, showcasing its sleek design.

2. SAFETY INFORMATION

Always follow basic safety precautions when using electrical appliances to reduce the risk of fire, electric shock, or injury. This appliance is for household use only.

- 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, as they may explode.
- Always use oven mitts when handling hot dishes or components.
- Keep children away from the appliance during operation.

3. PRODUCT FEATURES

The Hitachi MRO-S7Z offers a variety of advanced features designed for convenient and healthy cooking:

- **Multiple Heating Methods:** Utilize Microwave, Oven, Grill, Steam, and Superheated Steam functions for diverse cooking needs.
- **Smart Sensor Technology:** Equipped with a Weight Sensor and a Steam/Temperature Sensor for automatic cooking, eliminating the need for manual quantity settings.
- **High Power Microwave Output:** Up to 1000W (automatic) and manual settings (800W, 600W, 500W, 200W, 100W equivalent).
- **Easy-to-Clean Design:** Features a removable and washable ceramic table plate for effortless maintenance.
- **Versatile Cooking Plate:** The single table plate can be used for both reheating and oven cooking.
- **Crispy Frozen Food Function:** Achieve perfectly crispy results for various frozen foods using a combination of microwave and oven heating.
- **Healthy Menu Options:** Prepare non-fried dishes and stir-fries without oil using superheated steam, reducing excess fat.

冷凍から焼き上げ

下ごしらえして冷凍したおかずをオートで解凍から焼き上げ。忙しい平日の調理時間と手間を短縮できます。



鶏のから揚げ



塩づけ



塩さば

※対象のレシピで下ごしらえしたものを。市販の冷凍食品には対応していません。

Image: Illustration of the automatic cooking function, showing the weight sensor measuring food and the steam/temperature sensor detecting conditions for optimal heating.

種類豊富なスイーツやパンが、自宅で手軽に作れます。



スポンジケーキ



シフォンケーキ(プレーン)



バターロール(ロールパン)

Image: Examples of healthy dishes prepared using the superheated steam function, such as non-fried chicken and oil-free stir-fries.

4. SETUP

Proper setup ensures optimal performance and safety.

1. **Unpacking:** Carefully remove all packaging materials and accessories from the oven.

2. **Placement:** Place the oven on a stable, level surface. Ensure there is at least 4.5 cm clearance on the left and right sides, and 10 cm or more above the unit for proper ventilation. Do not place it near heat sources or in direct sunlight.
3. **Initial Cleaning:** Wipe the interior and exterior with a damp cloth. Wash the table plate, water tank, and drip tray with mild detergent and warm water, then dry thoroughly.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet. Ensure the voltage matches the appliance's requirements (100V).

食品の重さにあわせて オートで調理

重量センサーで重さをはかって^{*1}
加熱量を算出し、
分量設定不要で調理します。



*1 食品(容器を含む)の重さをはかります。

Image: Diagram showing the external dimensions (Width 48.3cm x Depth 38.8cm x Height 34.0cm) and internal dimensions (Width 29.5cm x Depth 32.3cm x Height 21.3cm) of the oven, along with the included accessories: table plate, water tank, and drip tray.

5. OPERATION

5.1 Basic Microwave Operation

To use the microwave function:

1. Place food in a microwave-safe dish inside the oven.
2. Close the oven door securely.
3. Select the desired microwave power level (e.g., 800W, 600W) using the control panel.
4. Set the cooking time.
5. Press the Start button.

5.2 Oven and Grill Operation

For oven baking or grilling:

1. Place food on the table plate or a suitable oven-safe tray.
2. Select the Oven or Grill function.
3. Set the desired temperature (up to 250°C for oven) and cooking time.
4. Press the Start button. The oven will preheat if necessary.

日立
独自

外して丸洗いテーブルプレート

汚れても外して洗えるから清潔。セラミック製で汚れを落としやすい。



Image: Demonstrates the versatility of the table plate, showing it being used for both reheating a noodle dish and baking a pizza.

5.3 Steam and Superheated Steam Functions

To use steam-based cooking:

1. Fill the water tank with fresh water and insert it into its designated slot.
2. Place food in a suitable dish inside the oven.
3. Select the Steam or Superheated Steam function.
4. Choose a pre-set menu or manually set the cooking time.
5. Press the Start button.

5.4 Automatic Cooking

The oven's sensors detect the weight and condition of the food to automatically determine optimal cooking settings.

1. Place food on the table plate. Ensure the container is suitable for sensor cooking.
2. Select an automatic menu from the control panel.
3. Press the Start button. The oven will automatically adjust cooking time and power.

あたためもオーブン調理もテーブルプレート1枚でできる。

テーブルプレートを庫内から外しておく必要がないので、置き場所に困りません。



Image: A collage of various frozen foods, such as fried chicken, fried rice, takoyaki, imagawayaki, pizza, and taiyaki, illustrating the oven's ability to cook them to a crispy finish.

ヘルシーメニュー

100℃以上に高めた過熱水蒸気を使ったノンフライ・油を使わないいため物ができます。



Image: Shows pre-prepared frozen dishes like salmon, mackerel, and fried chicken, demonstrating the oven's capability to automatically thaw and bake them, saving time on busy weekdays.

6. MAINTENANCE AND CLEANING

Regular cleaning ensures hygiene and extends the life of your appliance.

- 1. Interior Cleaning:** After each use, wipe the interior with a damp cloth to remove food splatters. For stubborn stains, use a mild detergent.
- 2. Removable Table Plate:** The ceramic table plate can be easily removed and washed with water and mild detergent. Ensure it is completely dry before placing it back in the oven.
- 3. Water Tank and Drip Tray:** Empty and clean the water tank and drip tray regularly to prevent mold and mineral buildup.
- 4. Exterior Cleaning:** Wipe the exterior surfaces with a soft, damp cloth. Do not use abrasive cleaners or solvents.

冷凍食品パリッと調理

レンジとオーブンを使った加熱方法で、市販の冷凍食品をパリッと調理します。家庭で冷凍した食品も調理できます。



※包装や容器(トレー)、添付のソース類はすべて取ってから加熱してください。

Image: Shows the removable table plate being taken out of the oven and washed under running water, highlighting the ease of cleaning.

7. TROUBLESHOOTING

If you encounter any issues, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Oven does not start	Power cord unplugged; Door not closed properly; Circuit breaker tripped.	Check power connection; Ensure door is fully closed; Reset circuit breaker.
Food not cooking evenly	Incorrect power/temperature setting; Food placed improperly; Overloading.	Adjust settings; Ensure food is centered; Cook smaller portions.
Steam function not working	Water tank empty; Water tank not inserted correctly.	Fill water tank; Reinsert water tank securely.
Unusual odors or smoke	Food residue inside; New appliance odor.	Clean oven interior thoroughly; Initial odors are normal and will dissipate. If smoke persists, unplug immediately.

If the problem persists after trying these solutions, please contact customer support.

8. SPECIFICATIONS

Detailed technical specifications for the Hitachi MRO-S7Z:

Feature	Specification
Brand	Hitachi (HITACHI)
Model Number	MRO-S7Z
Product Dimensions (D x W x H)	38.8 cm x 48.3 cm x 34 cm
Internal Dimensions (W x D x H)	29.5 cm x 32.3 cm x 21.3 cm
Color	Red
Capacity	22 Liters
Heating Methods	Microwave, Oven, Grill, Steam, Superheated Steam
Sensor Type	Weight Sensor + Steam/Temperature Sensor
Microwave Output (Auto)	Max 1000W
Microwave Output (Manual)	800W, 600W, 500W, 200W equivalent, 100W equivalent
Oven Temperature	Up to 250°C (1-stage)
Power Consumption	70.4 kWh/year (Energy Efficiency Standard Achievement Rate: 100% for FY2008)
Voltage	100 Volts
Frequency	60 Hz
Material	Ceramic
Item Weight	15.03 kg
Controller Type	Button
Defrost System Type	Automatic Defrost

Feature	Specification
Recommended Uses	Home
Installation Type	Freestanding
Country of Origin	Japan

9. ACCESSORIES

The following accessories are included with your Hitachi MRO-S7Z:

- Table Plate
- Water Tank
- Drip Tray Cover
- Instruction Manual (including warranty card)

10. WARRANTY AND SUPPORT

Your Hitachi MRO-S7Z comes with a **one-year warranty** from the date of purchase. Please retain your proof of purchase for warranty claims.

For technical support, service, or warranty inquiries, please refer to the contact information provided in the warranty section of this manual or visit the official Hitachi website.