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HITACHI MRO-W1C K

Hitachi Healthy Chef Superheated Steam Oven Range MRO-W1C User Manual

Model: MRO-W1C K

1. Introduction

Thank you for purchasing the Hitachi Healthy Chef Superheated Steam Oven Range MRO-W1C. This appliance combines microwave, oven, superheated steam, and grill functions to offer versatile cooking options. This manual provides essential information for safe and efficient operation, maintenance, and troubleshooting.
Please read this manual thoroughly before using the appliance and keep it for future reference.

2. Safety Information

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

- Do not attempt to operate this oven with the door open as this can result in harmful exposure to microwave energy.
- Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- Do not operate the oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.
- The oven should not be adjusted or repaired by anyone except properly qualified service personnel.
- Ensure the appliance is placed on a stable, level surface.
- Keep children away from the appliance during operation.

3. Product Overview

The Hitachi Healthy Chef MRO-W1C is a versatile kitchen appliance designed for various cooking needs. It features a spacious 30L capacity and advanced cooking technologies.

3.1 Components

Key components of the oven range include:

- **Control Panel:** Intuitive buttons and display for selecting functions and settings.
- **Oven Cavity:** 30L capacity, designed for efficient heat distribution.
- **Ceramic Plate:** Removable and washable, used for direct cooking and heat retention.
- **W Scan Sensor:** Combines a weight sensor and a center infrared sensor to detect food weight and surface temperature for precise heating.
- **Double Light-Speed Heater & Fan:** Circulates hot air throughout the cavity for even cooking.



Figure 3.1: Front view of the Hitachi Healthy Chef MRO-W1C oven range in Frost Black.



Figure 3.2: Illustration of the W Scan sensor system, showing how it measures both weight and surface temperature of food for optimal cooking.

4. Setup

Proper setup ensures optimal performance and safety of your oven range.

4.1 Unpacking

- Remove all packaging materials from the oven cavity and accessories.
- Inspect the oven for any damage. Do not operate if damaged.

4.2 Placement

Place the oven on a flat, stable surface that can support its weight. Ensure adequate ventilation around the appliance.

- Maintain a minimum clearance of 10 cm above the oven.
- The oven can be placed flush against the back and side walls, but ensure proper air circulation.

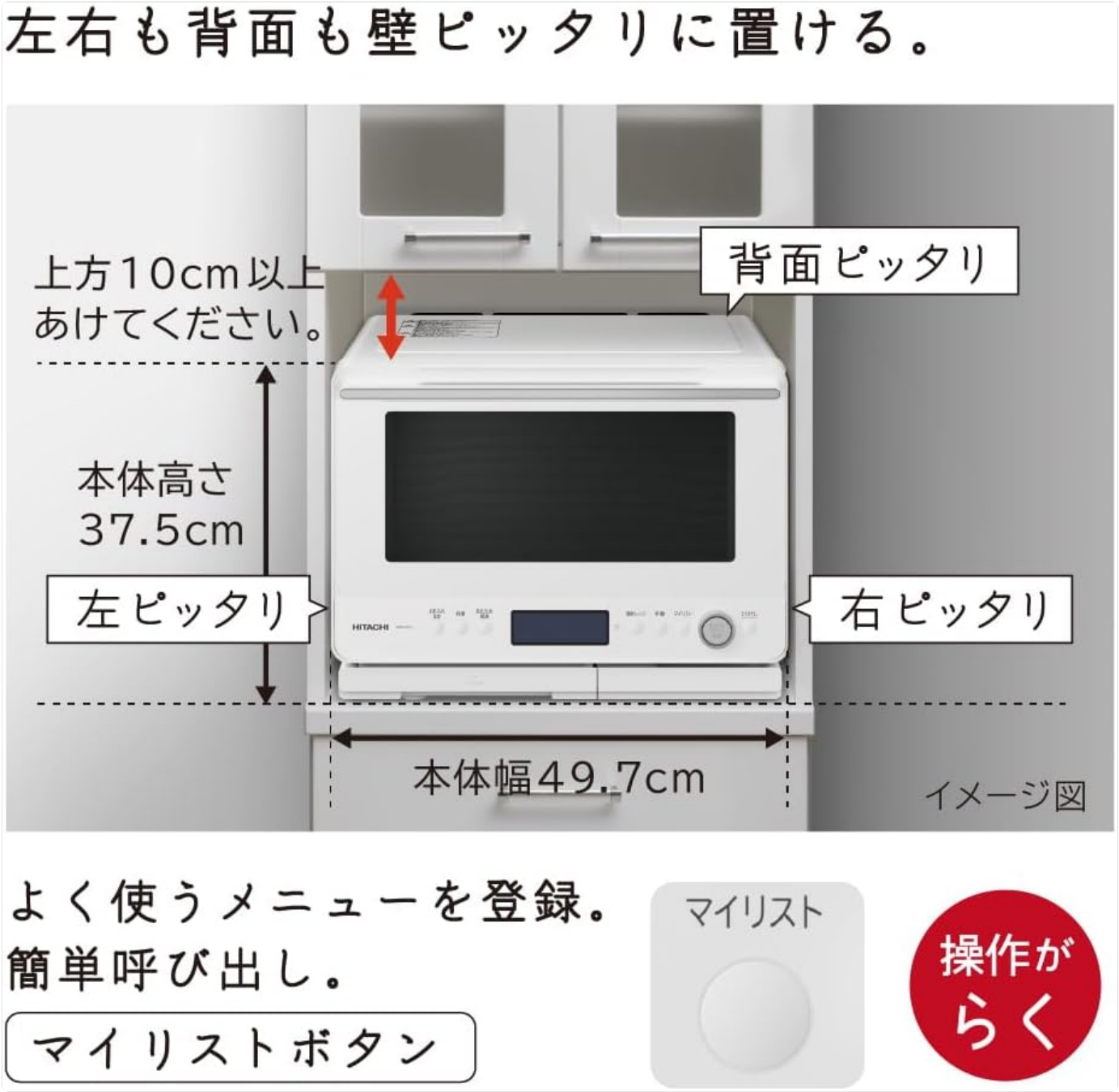


Figure 4.1: Recommended placement dimensions for the oven, showing clearances from walls and overhead cabinets. The unit can be placed flush against the left, right, and back walls, but requires 10cm clearance above.

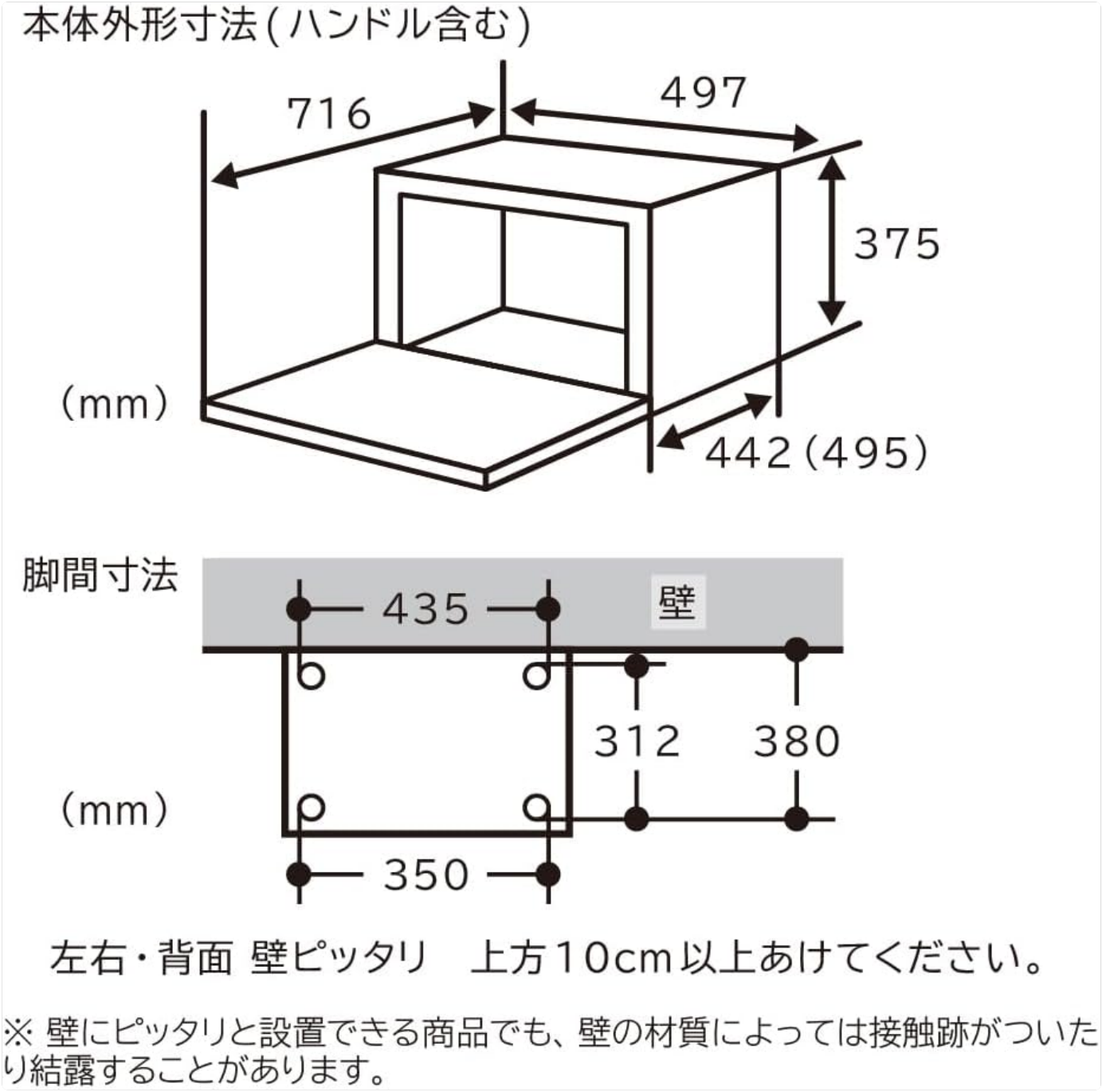


Figure 4.2: Detailed technical diagram showing the external dimensions of the oven (width 497mm, depth 442mm, height 375mm) and recommended clearances for installation.

4.3 Power Connection

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

5. Operating Instructions

This section details the various cooking modes and features of your Hitachi Healthy Chef oven range.

5.1 Cooking Modes

The oven offers multiple cooking modes for diverse culinary needs:

- **Microwave:** For quick reheating and defrosting. Max 1000W (automatic) or manual settings (1000W, 600W, 500W, 200W, 100W equivalent).
- **Oven (Convection):** For baking and roasting with hot air circulation. Features a 2-stage convection oven with temperatures up to 310°C. Preheating to 200°C takes approximately 4 minutes 50 seconds.
- **Superheated Steam:** Utilizes high-temperature steam for healthy cooking and retaining moisture.
- **Grill:** For browning and crisping food surfaces.

5.2 Hot Air Umami Roasting

This unique feature combines a ceramic plate and hot air to seal in flavors and achieve delicious, crispy results. Ideal for meat and fish dishes.



Figure 5.1: Example of meat and fish cooked using the Hot Air Umami Roasting feature, showcasing juicy meat and fluffy fish.

表面をこんがり焼き上げる。[大火力平面グリル]





平面の大火力ヒーターが上から表面に焼き色をつけます。しかもヒーターが露出していないので、お手入れが簡単です。

Figure 5.2: Illustration of the Quattro Heating system, demonstrating how microwave, oven, superheated steam, and grill functions work together for comprehensive cooking.

5.3 Simple Bowl Menu

Prepare main dishes and side dishes easily using just one heat-resistant bowl. The oven automatically detects the type of bowl (plastic or glass) and adjusts settings accordingly.



Figure 5.3: A dish being prepared in a single bowl, highlighting the convenience of the Simple Bowl Menu feature.

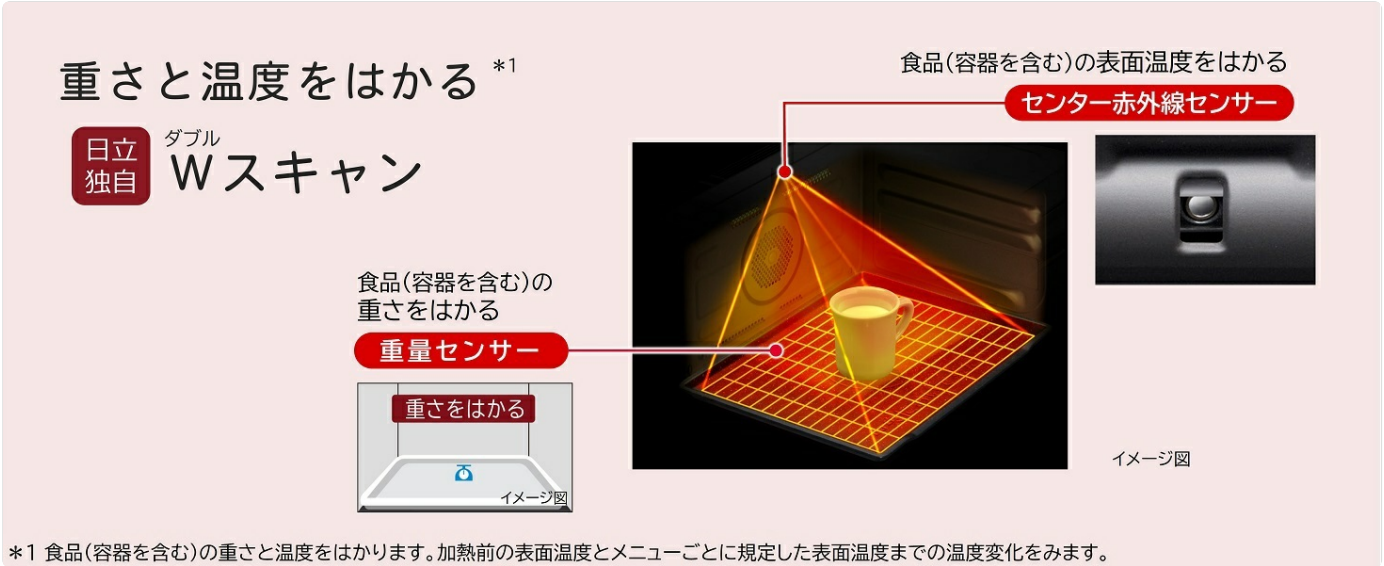


Figure 5.4: Examples of various dishes that can be easily prepared using the Simple Bowl Menu, from main courses to side dishes.

5.4 Reheating and Defrosting

The W Scan sensor accurately measures food weight and temperature to ensure optimal reheating and defrosting without uneven spots.



Figure 5.5: Images demonstrating the oven's ability to optimally reheat rice and defrost minced meat, preventing uneven heating.



Figure 5.6: Visual representation of the even defrosting process for various types of food, including minced meat, sliced pork, and sashimi, ensuring smooth preparation.

5.5 Smart Features (Healthy Chef App)

Connect your oven to the Healthy Chef app on your smartphone for new recipe suggestions and easy automatic menu settings. This expands your cooking repertoire and simplifies meal preparation.



Figure 5.7: A smartphone displaying the Healthy Chef app interface, showing recipe suggestions and how it supports meal planning and automatic oven settings.

6. Maintenance and Cleaning

Regular cleaning ensures the longevity and hygienic operation of your oven range.

6.1 Interior Cleaning

The oven interior is designed for easy cleaning. The side walls are made with a material that allows dirt to be easily wiped off, and the flat top surface prevents food residue from accumulating.

- Wipe the interior with a damp cloth after each use.
- For stubborn stains, use a mild detergent and a soft sponge.

- Utilize the "Cleaning Course" with steam for thorough cleaning.



Figure 6.1: Images demonstrating the ease of cleaning the oven interior, including wiping the side walls and the flat top surface, and the removable, washable ceramic plate.

6.2 Ceramic Plate Cleaning

The ceramic plate is removable and can be washed directly under water.

- Remove the ceramic plate after it has cooled down.
- Wash with dish soap and a sponge.
- Ensure it is completely dry before placing it back in the oven.

7. Troubleshooting

This section provides solutions to common issues you might encounter.

Problem	Possible Cause	Solution
Oven does not turn on.	Power cord not properly plugged in; circuit breaker tripped.	Ensure the power cord is securely plugged into a working outlet. Check your household circuit breaker.
Food is not cooking evenly.	Improper food placement; incorrect power level/cooking time.	Ensure food is placed centrally on the ceramic plate. Adjust power level and cooking time according to recipe or food type. Utilize W Scan for automatic adjustments.
Steam is leaking from the door.	Door seal is dirty or damaged.	Clean the door seals thoroughly. If damage is visible, contact customer support.
Oven smells during first use.	Normal burning off of manufacturing residues.	This is normal. Ensure good ventilation. The smell will dissipate after a few uses.

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

8. Specifications

Feature	Detail
Brand	HITACHI
Model Number	MRO-W1C K
Body Size (W x D x H)	497 x 442 x 375 mm (Depth including handle: 495mm / Depth with door open: 716mm)
Cavity Size (W x D x H)	401 x 322 x 218 mm
Total Cavity Capacity	Approx. 30L
Heating Methods	Microwave, Oven, Grill, Steam, Superheated Steam
Sensor Type	W Scan (Weight Sensor + Center Infrared Sensor), Temperature Sensor
Microwave Output	[Auto] Max 1000W [Manual] 1000W, 600W, 500W, 200W equivalent, 100W equivalent
Oven Temperature Range	Up to 310°C (Convection)
Materials	Glass, Ceramic
Color	Frost Black

Feature	Detail
Product Weight	Approx. 18 kg

9. Warranty and Support

Your Hitachi Healthy Chef Oven Range MRO-W1C comes with a manufacturer's warranty.

- **Manufacturer's Warranty:** 12 months from the date of purchase.
- For warranty claims or technical support, please contact Hitachi customer service. Refer to the contact information provided in your purchase documentation or visit the official Hitachi website.
- Keep your proof of purchase for warranty validation.

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