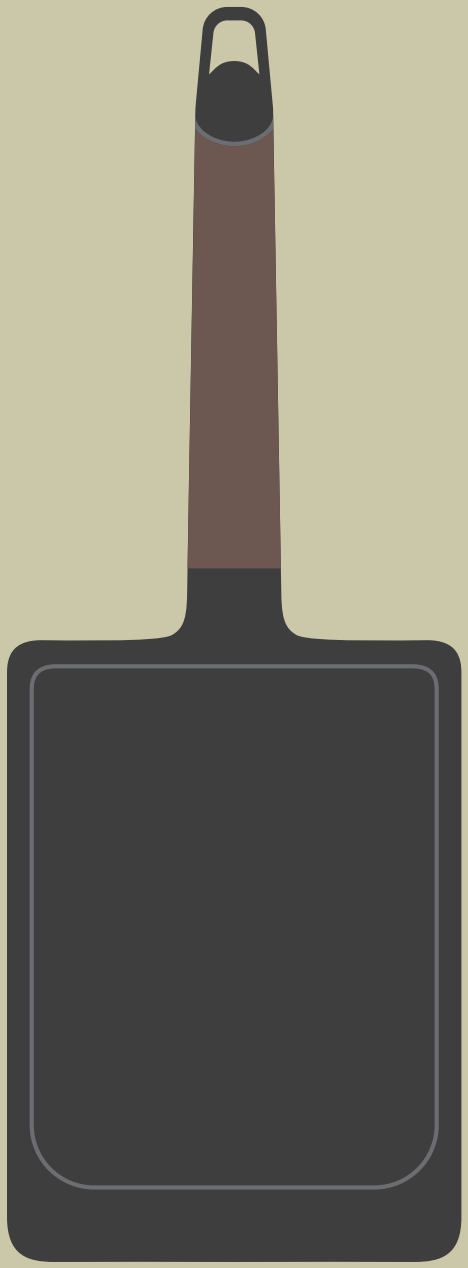
Egg & Toast Pan



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Egg & Toast Pan

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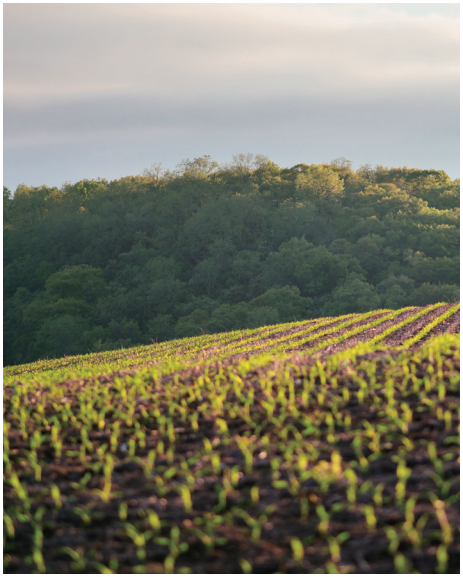
A Vermicular product is generations in the making, a culmination of Japanese craftsmanship and the sensibilities of elegant design. Our crafts become an extension of your imagination, amplifying the act of cooking to create what matters most in the moment: fabulous, flavorful food.

We believe real convenience lies in dependable functionality, and that is why our products are everyday tools and lasting heirlooms. At Vermicular, craft is our lineage. Quality is our legacy.



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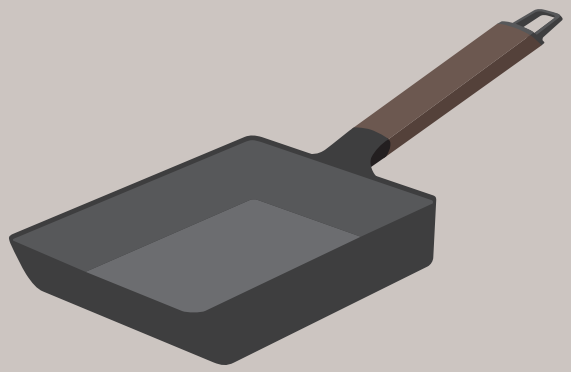
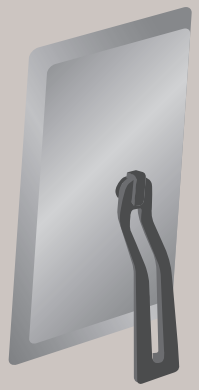
Our Product Story

Traditionally made from copper or aluminum for their quick heat response, tamagoyaki pans have rarely been crafted from cast iron—until now. In response to strong demand from Vermicular owners, we reimagined the tamagoyaki pan through the lens of purposeful innovation and precision engineering. By combining the superior heat retention of Vermicular cast iron with our proprietary Instant Evaporation Technology, this pan delivers exceptional heat efficiency and deep, concentrated flavor—perfect for everything from Japanese rolled omelets and golden toast to seared vegetables and beyond.

Product Features
Design Details

The Egg & Toast Pan is a rectangular enameled cast iron pan inspired by Japan's traditional tamagoyaki pan. Here are some unique design elements that make this pan one of a kind.





Cast Iron Body

By refining both the material and structural design, we crafted a lightweight cast iron pan that heats quickly, retains heat longer, and cooks food more evenly—preserving flavor in every bite.

Enamel Coating

Vermicular's non-toxic enamel coating makes the cast iron pan rust-resistant and easy to maintain—no seasoning required. Also non-porous and non-reactive, the enamel finish enhances the versatility of cast iron cooking.

Handles

The Egg & Toast Pan is available with two handle options: premium wood or oven-safe aluminum.

Wood Handle: Thoughtfully designed for a comfortable, balanced grip, each handle is carved from premium wood and hand-finished for a seamless fit with the cast iron body.

Aluminum Handle: The matte-black aluminum handle integrates seamlessly with the pan body and features a sturdy hanging hook. Designed for versatility, the pan is oven-safe, dishwasher-safe, and transitions effortlessly from stovetop to oven to dishwasher.

Stainless Steel Lid

Specifically designed for the Egg & Toast Pan, this dedicated lid features a stainless steel body and an enameled cast iron handle that rests vertically to save counter space. Oven-safe, durable, and also ideal for outdoor use. *Sold separately.

Instant Evaporation

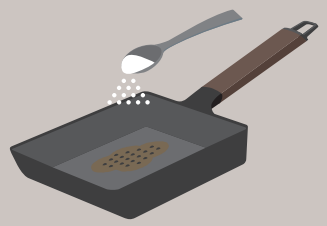
Vermicular's proprietary hydrophilic enamel finish, paired with thermally efficient cast iron, instantly evaporates excess surface moisture from ingredients. This creates the ideal environment for intensifying flavor while achieving crisp textures without ever making food soggy.

Care Instructions
Cleaning the Pan

With proper care, the pan will last for years. Below are some effective cleaning tips to help you enjoy cooking with it for a long time. The key is to use natural solutions like baking soda and vinegar.

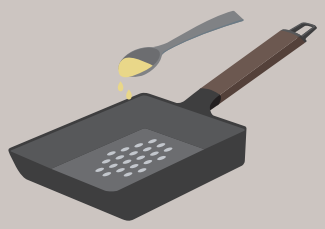
Removing burnt food

Fill the pan with enough water to cover the burnt area and bring to a boil. Once cooled, scrub with mild dish soap and a soft sponge to clean. To avoid damaging the enamel, never scrub with force or use abrasive cleaners.



Removing stubborn burnt food

Fill the pan with 1 cup of water and 1 tablespoon of baking soda and boil for about 15 minutes on medium heat. Once cooled, gently scrub with mild dish soap and a soft sponge. Repeat this step several times until clean.



Removing white spots

Fill the pan with enough water to cover the white spots, add 1 tablespoon of vinegar, and boil for about 10 minutes on medium heat. Once cooled, gently scrub with mild dish soap and a soft sponge. Repeat this step several times until clean.

Removing oil stains

Oil stains do not affect cooking performance; however, if you wish to remove them, mix 1 tablespoon each of baking soda, vinegar, and mild dish soap to form a paste. Shape a sheet of plastic wrap into a small ball and scrub the pan for a few minutes, or until the stains are removed. Finish by washing with mild dish soap and a sponge. Bar Keepers Friend (Soft Cleanser) is also effective for removing stains.

Care Instructions
Handling the Pan

The pan is compatible with all stovetops. Only the pan with the aluminum handle is oven-safe. The lid can also be used in the oven.

The pan is compatible with all stovetops.

The pan is compatible with all stovetops, including induction. Only the model with an aluminum handle is oven-safe, and the stainless steel lid is also oven-safe.

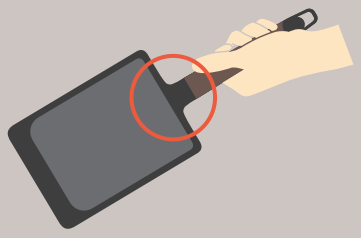
Avoid using excessively high heat to preheat an empty pan.

Do not heat an empty pan using high heat for more than 5 minutes or medium heat for more than 7 minutes, as its base may warp.

Do not use excessively high heat (2000W or above) on induction cooktops, as the base of the pan may be subject to warping.

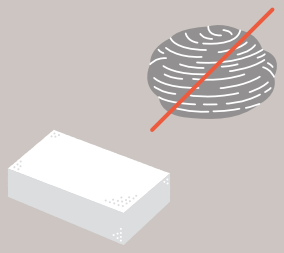
Avoid using metal utensils. Do not hit the pan against hard surfaces.

Enamel is a glass-based coating and can be delicate. Always use silicone or wooden cooking utensils, as metal utensils may scratch the enamel. To prevent the enamel from chipping, be careful not to drop the skillet or hit it against any hard surfaces.



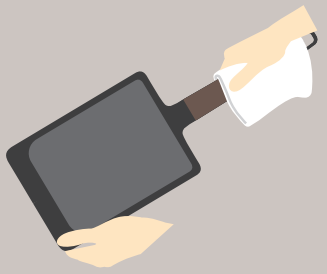
Be careful not to burn your hands while cooking.

For stovetop cooking, the handle will remain safe to hold. However, avoid touching the base of the handle during and immediately after cooking, as it can become hot. While the handle is heat-resistant, it will get hot during oven use—always use an oven mitt when handling.



Never use abrasive products for cleaning.

To avoid damaging the enamel, do not use abrasive cleaners or scrubbing tools such as metal brushes or scouring pads. Always wash the pan with mild dish soap and a soft sponge. The aluminum handle is also dishwasher-safe.



Avoid soaking the handle in water. Dry immediately after washing.

If soaking stubborn, stuck-on food, keep the handle above water. Prolonged soaking can cause water to seep between the joint and handle, potentially damaging the pan. Wipe wet spots with a dry cloth immediately after washing.

Heating Guide

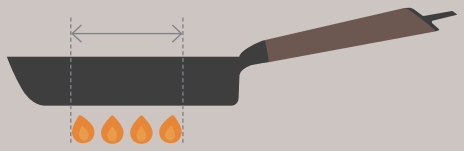
Understanding the appropriate heat levels is key to maximizing the performance of the Egg & Toast Pan. Its superior heat conductivity allows ingredients to cook quickly and efficiently—even at medium heat. There's no need for high heat.

Medium Heat

Mainly used for preheating the pan.

Gas Stove: Flames should cover approximately half of the base.

Induction Cooktop: 1000 watts



Covers ½ of the base area

Low Heat

Used for toasting bread to a golden finish, or for rolling up a fluffy Japanese omelet (tamagoyaki).

Gas Stove: Flames should barely touch the base.

Induction Cooktop: 450 watts

Barely touches the base

Very Low Heat

Used for cooking pancakes all the way through or for preparing delicate ingredients prone to burning, such as dumplings.

Gas Stove: Flames should not touch the base.

Induction Cooktop: 250 watts

Should not touch the base

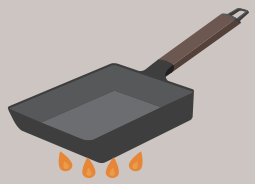
Cooking Guide

Here are two key tips for making delicious dishes with the Egg & Toast Pan. Follow these basic steps to prevent sticking and achieve perfect results every time.

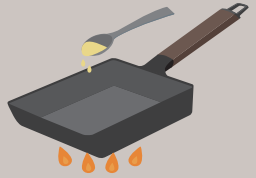
Tip 1: Thoroughly preheat the pan before adding ingredients

Thoroughly preheat the pan over medium heat until smoke rises evenly from the surface. This helps prevent ingredients from sticking. To check if your gas stove is at the recommended medium heat, smoke should appear after about 90 seconds (or 60 seconds on induction).

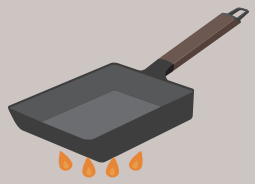
Step 1
Preheat over medium heat for about 90 seconds (60 seconds with induction).



Step 2
Add oil and swirl to coat evenly.



Step 3
Once smoke rises from the entire surface, adjust heat level and start cooking.

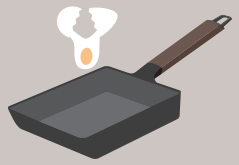


Tip 2: Turn off heat when adding ingredients that tend to stick

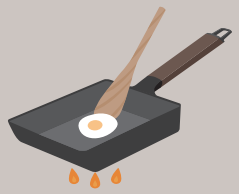
When cooking ingredients prone to sticking, such as eggs, it is important to thoroughly preheat the pan as described in Tip 1. Once smoke rises from the entire surface, turn off the heat and let the smoke clear. Add ingredients while the heat is off to help prevent sticking.

Step 1
Preheat following the steps in Tip 1. As smoke rises from the entire surface, turn off the heat and wait for 10 to 15 seconds.

Step 2
Once smoke clears, add ingredients into the pan while the heat is turned off. Wait for 10 to 30 seconds.



Step 3
Turn the heat back on and cook over low or very low heat.



Recipes

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Tamagoyaki
Sunny-Side-Up Egg and Bacon
Grilled Cheese Sandwich
French Toast
Salmon and Cream Cheese Tartine
Shrimp and Avocado Tartine
Pan con Tomate with Prosciutto
Steam-Roasted Kabocha Squash
Seared King Oyster Mushroom
Sautéed Broccolini
Pork Cutlet on Rice
Quick Gyoza with Crispy Wings

SERVES 1 | 2 MIN

Buttered Toast

The pan's exceptional heat transfer crisps the exterior to a golden brown while preserving a soft, chewy interior—delivering a rich, buttery toast that's sure to become a breakfast favorite.

INGREDIENTS

1 slice white bread, 1 ¼" thick
1 ½ tablespoons salted butter, divided

DIRECTIONS

1. Preheat the pan over medium heat for about 90 seconds. Add half the butter and swirl to coat evenly.

2. Once the butter melts and begins to foam, turn off the heat and place the bread in the pan.

3. Turn the heat back on and toast over low heat for 1 minute while gently pressing down with a spatula.

4. Once the bread turns golden brown, flip it over. Add the remaining butter and spread it evenly across the pan. Toast for another minute.

SERVES 1-2 | 5 MIN

Tamagoyaki

This classic Japanese rolled omelet features light, subtly sweet layers of egg, gently folded into a tender roll. The pan's superior heat retention and even distribution enhance the eggs' richness, deepening flavor with every layer.

INGREDIENTS

Egg Mixture
3 large eggs
1 teaspoon usukuchi (light color) soy sauce
1 teaspoon sugar

¼ cup dashi stock

Vegetable oil

Garnish
Grated daikon

DIRECTIONS

1. In a small bowl, combine the ingredients for **Egg Mixture** and mix well. Add the dashi stock and stir until fully incorporated. Preheat the pan over medium heat for about 90 seconds. Add oil and use a paper towel to spread it evenly.

2. Once the oil begins to smoke across the entire surface of the pan, turn off the heat. When the smoke clears, pour about a quarter of the egg mixture into the pan and spread it evenly. Use chopsticks or a wooden spatula to pop any bubbles.

3. Turn the heat back on and cook over low heat for 10 seconds. Once the eggs are half-cooked, roll them from the back to the front using chopsticks or a spatula. Lightly oil the empty space with a paper towel, then slide the rolled egg to the back of the pan.

4. Oil the empty space again, then pour in about one-third of the remaining egg mixture. Lift the rolled egg from Step 3 and tilt the pan to spread the mixture evenly across the surface.

CONTINUED ON NEXT PAGE →

Tamagoyaki (continued)

5. Cook for about 10 seconds. Once the eggs are slightly runny, roll them from the back to the front, just as in Step 3, and slide them to the back of the pan.

6. Repeat Steps 4 and 5 two more times, rolling the remaining egg mixture in the same way. Cut into bite-sized pieces, garnish with grated daikon, drizzle with soy sauce, and serve.

SERVES 1 | 3-4 MIN

Sunny-Side-Up Egg with Bacon

A classic duo, elevated. The Egg & Toast Pan's excellent heat conduction delivers crisp bacon alongside an egg with golden edges and a luscious, runny yolk—simple, satisfying, and cooked to perfection.

INGREDIENTS

1 large egg
1 slice bacon
Freshly ground black pepper
1 teaspoon vegetable oil

DIRECTIONS

1. Preheat the pan over medium heat for about 90 seconds. Add oil and swirl to coat evenly. Once the oil begins to smoke across the entire surface of the pan, turn off the heat.
2. When the smoke clears, place the bacon in the pan. Turn the heat back on and cook over low heat for 1 minute. As the bacon begins to release its fat, flip it over and add the egg to the pan.
3. Cook for 2–3 minutes, or until the egg is cooked to your preferred doneness. Sprinkle with black pepper and serve.

SERVES 1 | 6 MIN

Grilled Cheese Sandwich

The pan's rectangular shape fits toast perfectly, creating a golden crust with a soft center. Each bite delivers the ideal contrast in texture and a noticeably deeper flavor—resulting in the ultimate grilled cheese sandwich.

INGREDIENTS

2 slices white bread, ¾" thick
¼ lb semi-hard cheese (e.g., mozzarella, Gouda, Gruyère, or Emmental), thinly sliced
1 ½ tablespoons salted butter, divided

DIRECTIONS

1. Place the cheese on one slice of bread, then top with the other slice to form a sandwich. Preheat the pan over medium heat for about 90 seconds. Add half the butter and swirl to coat evenly.

2. Once the butter melts and begins to foam, turn off the heat and place the sandwich in the pan.

3. Turn the heat back on and toast over extra low heat for 2 minutes while gently pressing down with a spatula. Once the bread turns golden brown, flip the sandwich. Add the remaining butter and spread it evenly across the pan.

4. Toast the other side for 2 minutes over extra low heat, pressing gently as it cooks. Flip the sandwich again and toast for another minute on each side. Flipping several times ensures the cheese is fully melted and heated through.

SERVES 1 | 6 MIN

French Toast

Thick-cut bread soaks up a rich egg mixture, then cooks to golden perfection in the Egg & Toast Pan. Thanks to the pan's excellent heat conduction, you can achieve fluffy French toast—even over extra low heat.

INGREDIENTS

1 slice white bread, 1 ¼″ thick

Egg Mixture
1 large egg, beaten
⅖ cup (100 ml) milk
⅕ cup (50 ml) heavy cream
1 ⅔ tablespoons (20 g) granulated sugar
¼ teaspoon vanilla extract

¾ tablespoon (10 g) butter

Maple syrup
Powdered sugar, optional

DIRECTIONS

1. In a medium bowl, whisk together the ingredients for **Egg Mixture**, then pour it into a small sheet pan. Place the bread in the mixture and let it soak for 2 hours, gently flipping every 20 minutes to ensure it is fully absorbed.
2. Preheat the pan over medium heat for about 90 seconds. Add butter and swirl to coat evenly. Once the butter melts and begins to foam, turn off the heat and place the bread in the pan.
3. Turn the heat back on and toast over extra low heat for about 3 minutes. Once the bread turns golden brown, gently flip it over and toast for another 3 minutes.
4. Transfer to a plate and drizzle with maple syrup. Top with powdered sugar, if desired.

SERVES 1 | 3 MIN EACH

Three Tartines, Three Ways

The Egg & Toast Pan creates the perfect golden base for smoked salmon, shrimp with avocado, and classic pan con tomate topped with prosciutto.

Salmon and Cream Cheese Tartine

INGREDIENTS

1 slice country bread, thinly sliced
2 slices smoked salmon
1 ½ tablespoons cream cheese
⅛ red onion, thinly sliced, soaked in water, drained
2 teaspoons olive oil, divided

Fresh herbs (e.g., dill, chervil, or Italian parsley)

DIRECTIONS

1. Preheat the pan over medium heat for about 90 seconds. Add half the olive oil and swirl to coat evenly. Once the oil begins to smoke across the entire surface of the pan, turn off the heat.
2. When the smoke clears, place the bread in the pan. Turn the heat back on and toast over low heat for 1 ½ minutes while gently pressing down with a spatula. Once the bread turns golden brown, flip it over. Add the remaining olive oil and spread it evenly across the pan. Toast for another 1 ½ minutes, until both sides are golden brown.
3. Spread cream cheese onto the toast. Top with smoked salmon and thinly sliced red onion, and finish with a garnish of your favorite herbs.

Shrimp and Avocado Tartine

INGREDIENTS

1 slice country bread, thinly sliced
1 oz small shrimp, peeled and cooked
2 tablespoons mayonnaise
½ avocado, thinly sliced
2 teaspoons olive oil, divided

Ground cayenne pepper
Extra virgin olive oil

DIRECTIONS

1. In a small bowl, mix the shrimp with mayonnaise
2. Preheat the pan over medium heat for about 90 seconds. Add half the olive oil and swirl to coat evenly. Once the oil begins to smoke across the entire surface of the pan, turn off the heat.
3. When the smoke clears, place the bread in the pan. Turn the heat back on and toast over low heat for 1 ½ minutes while gently pressing down with a spatula. Once the bread turns golden brown, flip it over. Add the remaining olive oil and spread it evenly across the pan. Toast for another 1 ½ minutes, until both sides are golden brown.
4. Top with the shrimp from Step 1 and sliced avocado. Drizzle with olive oil and a pinch of cayenne pepper.

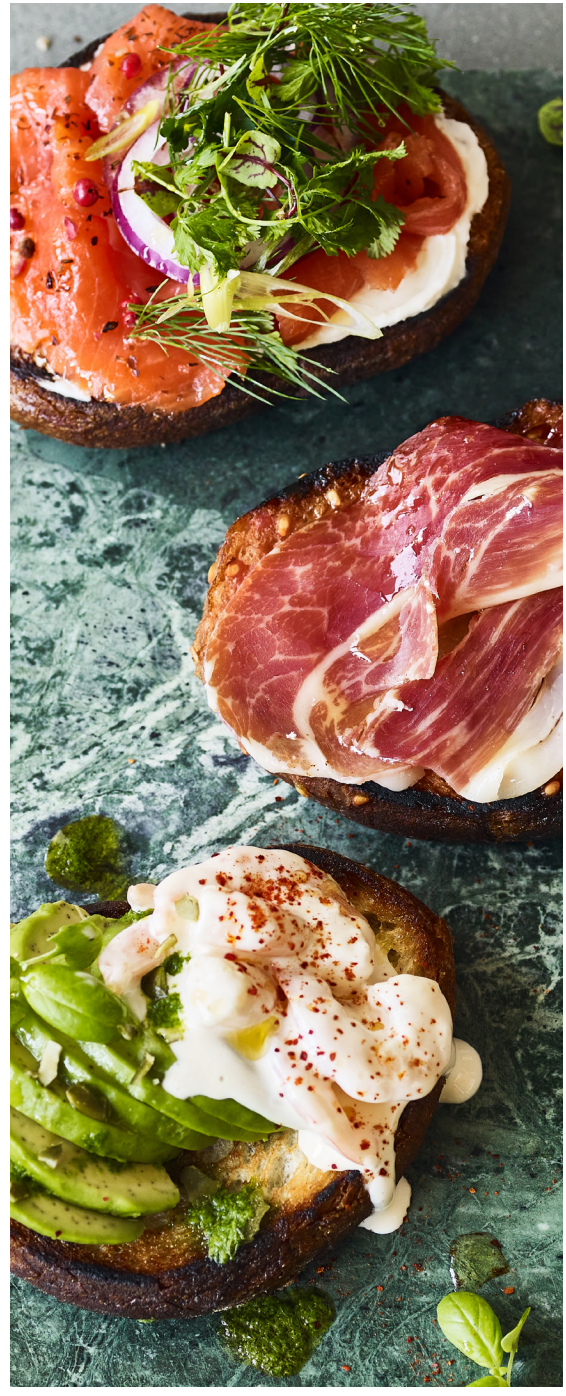
Pan con Tomate with Prosciutto

INGREDIENTS

1 slice country bread, thinly sliced
½ clove garlic, peeled
¼ ripe tomato
2 slices prosciutto
2 teaspoons olive oil, divided

DIRECTIONS

1. Preheat the pan over medium heat for about 90 seconds. Add half the olive oil and swirl to coat evenly. Once the oil begins to smoke across the entire surface of the pan, turn off the heat.
2. When the smoke clears, place the bread in the pan. Turn the heat back on and toast over low heat for 1 ½ minutes while gently pressing down with a spatula. Once the bread turns golden brown, flip it over. Add the remaining olive oil and spread it evenly across the pan. Toast for another 1 ½ minutes, until both sides are golden brown.
3. Rub the cut side of the garlic clove over the toast, then rub the cut side of the tomato. Top with prosciutto and drizzle with olive oil.



SERVES 1-2 | 6 MIN

Steam-Roasted Kabocha Squash

The pan's efficient heat transfer creates a beautifully caramelized exterior while preserving a rich, tender interior. Finish with a splash of balsamic vinegar for a bright, flavorful contrast.

INGREDIENTS

⅛ medium kabocha squash, thinly sliced
Kosher salt
Freshly ground black pepper
1 teaspoon olive oil

Balsamic vinegar

EQUIPMENT

Lid

DIRECTIONS

1. Preheat the pan over medium heat for about 90 seconds. Add olive oil and swirl to coat evenly. Once the oil begins to smoke across the entire surface of the pan, turn off the heat.
2. When the smoke clears, place the kabocha squash in the pan. Cover with a lid, turn the heat back on, and steam-roast over low heat for 3 minutes.
3. Flip it over and sprinkle with salt and pepper. Cover and steam-roast over low heat for another 3 minutes. Finish with a drizzle of balsamic vinegar to taste.

SERVES 1-2 | 4 MIN

Seared King Oyster Mushroom

Sear king oyster mushrooms to a glistening golden brown, then baste them generously with butter for an irresistibly rich flavor. Each bite delivers a tender, meaty texture unlike any other.

INGREDIENTS

2 eryngii (king oyster) mushrooms, halved lengthwise
Kosher salt
1 teaspoon olive oil
⅔ tablespoon butter
Fresh thyme

½ teaspoon soy sauce
Freshly ground black pepper

DIRECTIONS

1. Preheat the pan over medium heat for about 90 seconds. Add olive oil and swirl to coat evenly. Once the oil begins to smoke across the entire surface of the pan, turn off the heat.
2. When the smoke clears, place the king oyster mushrooms cut side down in the pan and sear over low heat for 3 minutes, gently pressing down. Once lightly browned, flip them over, sprinkle with salt, and add butter and fresh thyme. Sear for another minute while basting with the melted butter.
3. Drizzle with soy sauce and stir to coat. Serve with freshly ground black pepper.

SERVES 1-2 | 5 MIN

Sautéed Broccolini

Sautéed with minimal seasoning, broccolini benefits from the pan's Instant Evaporation Technology, which draws out excess moisture to concentrate its natural flavor while preserving a delicate bite.

INGREDIENTS

5–7 broccolini, bottom third peeled
Kosher salt
Freshly ground black pepper
1 teaspoon olive oil

Freshly grated Parmesan cheese

DIRECTIONS

1. Preheat the pan over medium heat for about 90 seconds. Add olive oil and swirl to coat evenly. Once the oil begins to smoke across the entire surface of the pan, turn off the heat.
2. When the smoke clears, add the broccolini and sauté over low heat for 3 minutes. Once lightly browned, flip and sprinkle with salt and pepper. Sauté for another 2 minutes, then serve with Parmesan cheese.

SERVES 1 | 13 MIN

Pork Cutlet on Rice

Crispy pork cutlet meets savory-sweet dashi and tender onions, finished with silky egg and served over steamed rice. The pan's superior heat retention deepens flavor and ensures perfect texture in every bite.

INGREDIENTS

⅓ lb pork loin or pork tenderloin, trimmed and cut ½" thick
Kosher salt and freshly ground black pepper
Cake flour (or all-purpose flour)
1 large egg, beaten
Panko breadcrumbs
1 cup vegetable oil

⅙ onion, thinly sliced
Mitsuba (Japanese parsley), cut into 1" pieces
1 egg, lightly beaten
½ cup (200 g) cooked white rice

Dashi Mixture
¼ cup dashi stock
2 tablespoons mirin
1 tablespoon soy sauce

EQUIPMENT

Lid

DIRECTIONS

1. Season the pork by rubbing it with salt and pepper. Dredge in flour, dip in egg, and coat with panko breadcrumbs.
2. Pour vegetable oil into a deep skillet and heat over medium-high heat for about 5 minutes. Gently stir the oil and check the temperature with a thermometer. Once the oil reaches 340°F (170°C), add the pork to the oil.
3. Deep-fry the pork for 2–3 minutes, then gently flip and fry for another 2–3 minutes. Once you start to hear popping sounds, remove from the skillet and place on paper towels to drain. Let rest for 3 minutes before slicing into 1" thick pieces.
4. Combine the ingredients for **Dashi Mixture**, then add it to the pan with the onions. Cover and simmer over low heat for 1 minute. Arrange the pork cutlet evenly over the onions, cover again, and simmer for another 3 minutes, until the onions are tender.
5. Drizzle the lightly beaten egg evenly over the cutlet and cook over medium heat for about 10 seconds. Turn off the heat, add mitsuba, and cover. Let it steam in the residual heat for 1 minute. Serve over a bowl of rice.

SERVES 1-2 | 10 MIN

Quick Gyoza with Crispy Wings

The pan's compact size ensures even heat distribution, making it easy to pan-fry gyoza to perfection. Store-bought dumplings transform into restaurant-quality gyoza with a perfectly crisp wing.

INGREDIENTS

8 gyoza dumplings (frozen)
½ tablespoon all-purpose flour, dissolved in 4 tablespoons water

1 teaspoon sesame oil
1 teaspoon vegetable oil

EQUIPMENT

Lid

DIRECTIONS

1. Preheat the pan over medium heat for about 90 seconds. Add oil and swirl to coat evenly. Once the oil begins to smoke across the entire surface of the pan, turn off the heat.
2. When the smoke clears, place the frozen dumplings in the pan, flat side down. Turn the heat back on and pan-fry over extra low heat for 2 minutes. Once the dumplings begin to brown, drizzle the dissolved flour mixture between them. Cover with a lid and steam-fry over very low heat for about 5 minutes.
3. Uncover, drizzle with sesame oil, and pan-fry over low heat for another 3 minutes, or until the excess liquid evaporates. When the bottoms of the dumplings turn golden brown and form a crispy base, turn off the heat and carefully remove them from the pan.

NOTES

- Four tablespoons of water are recommended for steam-frying the dumplings.
- Replacing the water in the flour-water mixture with hot water creates a thinner, crispier wing.

Our Heritage

Tradition is not static; it is evolutionary. As present-day heirs to a nearly century-old family company of cast iron master craftsmen, the Hijikata brothers channeled their understanding of industrial cast iron fabrication into cookware that achieves new heights for home and professional chefs alike. From precision-sealed pots that leverage modern inductive heat technology to pans that have been carefully crafted for unparalleled performance, Vermicular was born out of a time-honored tradition to meet the needs of the present with enduring passion and pride.

Crafted in Japan

From iron casting to enamel coating, every piece of Vermicular cookware is a labor of love—the result of weeks of diligent work—masterfully handcrafted in the Hijikata family factory just outside Nagoya, Japan. Craftsmen hand-pour the molds, then meticulously machine the bodies and lids of each pot and pan to produce products worthy of the label, “Made in Japan.”
We strive to create durable, quality cookware that is greater than the sum of its parts and cherished for generations to come.

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