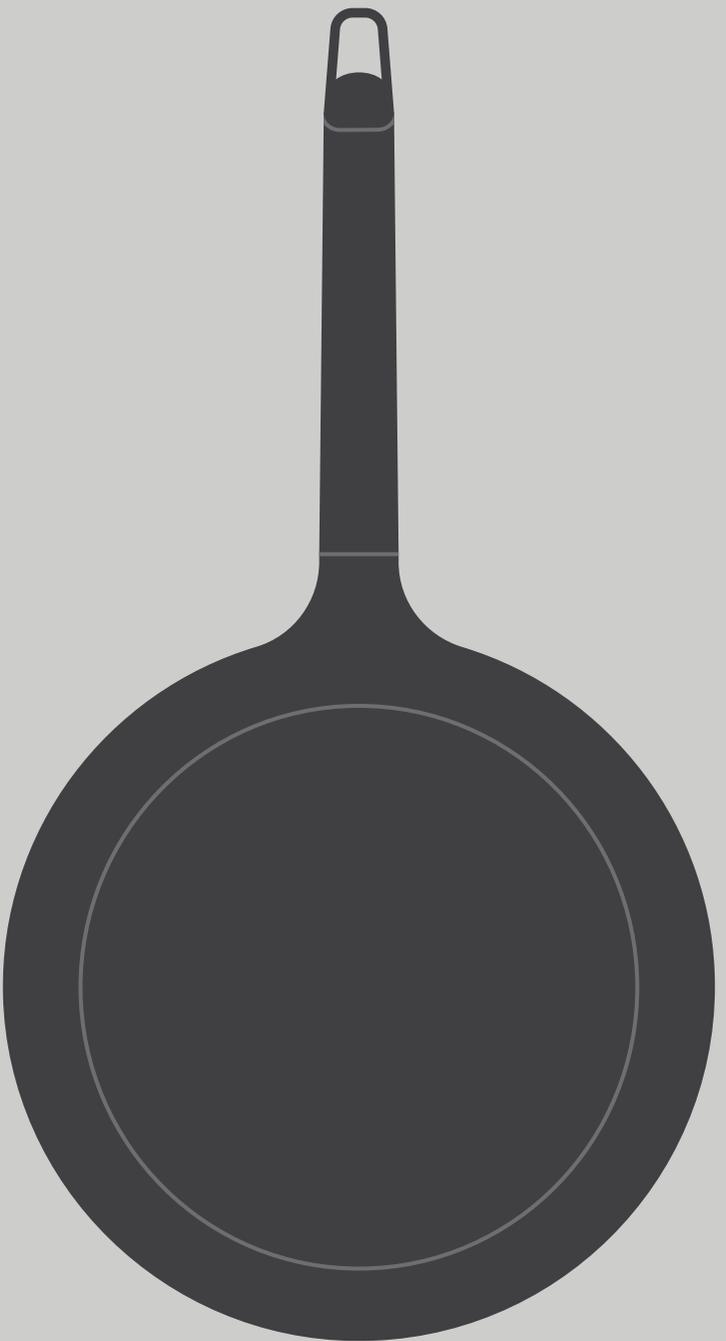


Frying Pan



VERMICULAR

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Contents

- 04 — Our Philosophy
- 08 — Our Product Story
- 10 — Care & Overview
- 16 — Recipes
- 26 — Crafted in Japan

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.





Our Product Story

Some time ago, we set a modest goal for ourselves: create the world's best frying pan. As the most common tool used for cooking, a frying pan, it would seem, doesn't need much more tinkering. When something so ubiquitous is rethought, even the smallest changes can have a significant impact.

We set out to create a frying pan that is as aesthetically pleasing as it is useful,

which is why it was designed to meet the expectations of Japan's most discerning chefs. It is the lightest cast iron pan of its kind in the world. It is perfectly suited to cook acidic foods without imbuing a metallic taste. Being enameled cast iron, it does not require seasoning and distributes heat evenly and efficiently. Call it obsession to take an essential kitchen companion and elevate it in a way that only our Japanese cast iron craft masters can.

Product Features Design Details

The Vermicular Frying Pan is a cast iron pan that intensifies the umami inherent in each ingredient while adding exquisite texture. Here are some design details that make your Vermicular Frying Pan one of a kind.



Cast Iron Body

Our uncompromising Japanese craftsmanship made it possible to push the limits of cast iron, creating an unprecedented pan that is lightweight with extremely high thermal efficiency that responds quickly to changes in heat setting, allowing you to cook as you intend.

Wood Handle

A wood handle that comfortably fits in your hand and feels good to hold. Each piece is carefully carved from high-quality wood and hand-finished to achieve a seamless design that smoothly connects the handle to the body.



Cast Iron Hook

Made with the same cast iron material as the main body, the sturdy hook is perfect for hanging the frying pan on the wall. By intentionally hanging it on the wall, not only is it easy to put away and take down when using, but it also provides a nice accent to the kitchen interior.

Enamel Coating

Vermicular's enamel coating is rust-resistant and durable. With thermal conductivity about twice that of iron, the enamel quickly and evenly distributes heat throughout the pan. It also helps generate strong far-infrared rays that penetrate through the ingredients and heat from the core while keeping the texture intact.

Enamel Thermal Technology

Uniting enamel coating that is highly hydrophilic and has a high affinity for water, with cast iron that has extremely high heat capacity, results in instant evaporation. Excess water from ingredients evaporates in an instant, intensifying umami while achieving a crispy texture without ever making food soggy.

Frying Pan Lid

Sold Separately
The enameled cast iron handle is thoughtfully designed to resist heat. The lid stands vertically to save counter space. *Not intended for waterless cooking.

Care Instructions Cleaning the Frying Pan

Below are some effective cleaning tips for your frying pan so you can enjoy cooking with it for a long time. The key is to use natural cleaning solutions such as 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, gently scrub with mild dish soap and a soft sponge to clean. To avoid damaging the enamel, never scrub with force or with abrasive cleaners.



Removing stubborn burnt food

Fill the pan with 2 cups 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 impair cooking performance; however, if you wish to remove, add a tablespoon each of baking soda, vinegar, and mild dish soap to a small bowl and mix well to make a paste. Take a sheet of plastic wrap and shape into a small ball. Gently scrub the pan with it for a few minutes or until stains are removed. Finish by cleaning with mild dish soap and a soft sponge.

Care Instructions

Handling the Frying Pan

Here are some important things to keep in mind when using the Vermicular Frying Pan. Please read before the first use and follow the directions to ensure safe and effective use.



Do not use the frying pan in the oven.

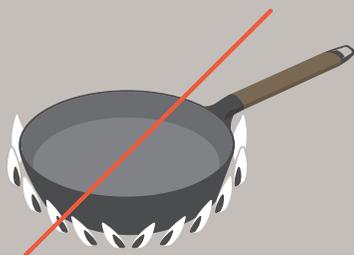
The frying pan can be used with any stove: gas, induction, or electric. It cannot be used in the oven or microwave.

Acceptable Heat Sources

Gas and electric stove
Induction cooktop

Unacceptable Heat Sources

Oven
Microwave

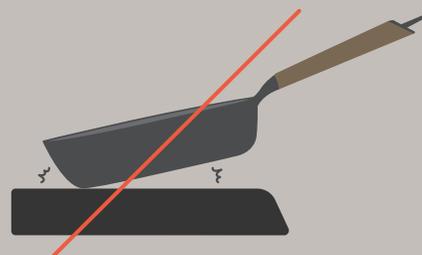


Be careful when using excessively high heat and heating an empty pan.

Avoid using high heat with flames that extend beyond the base of the pan, as this can cause the wood handle to burn.

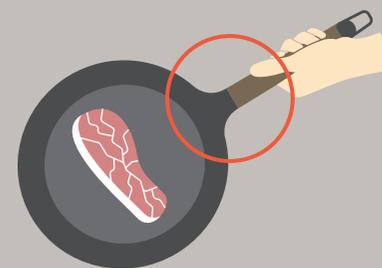
Do not heat an empty pan on high heat for more than 5 minutes or on medium heat for more than 7 minutes, as this may warp the base and damage the wood handle.

Do not use excessive heat (2,000W or above) on induction cooktops, as it may warp the base.



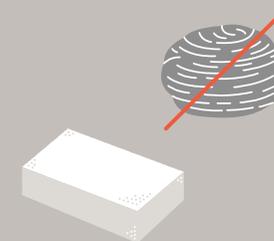
Avoid using metal utensils for cooking. Do not hit against hard surfaces.

Enamel is made of a glass compound and is therefore delicate. Always use silicone or wooden cooking utensils, as metal utensils may damage the enamel. To prevent the enamel from chipping, be careful not to drop the pan or hit it against any hard surfaces.



Be careful not to burn your hands as the base of the handle will get hot.

The connecting area where the cast iron body meets the wood handle will get hot during use, so use extreme caution when handling the pan. Try to avoid touching or holding the pan near the connecting area during and immediately after cooking.



Never use abrasive products when cleaning the pan.

To avoid damaging the enamel, do not use abrasive cleaning agents and scrubbing pads (metal brushes, scouring pads, etc.) when cleaning the pan. Always clean with mild dish soap and a soft sponge.

The edge of the pan is very thin and sharp. Be careful when handling the pan, especially when cleaning, to avoid injury.



Avoid soaking the wood handle in water and dry immediately after washing.

Never wash the frying pan in the dishwasher as it can potentially cause damage to the wood handle. The wood handle may warp if soaked in water for a long period of time. If you wish to soak the pan, make sure to keep the handle above water. Wipe wet spots with a dry cloth immediately after washing.

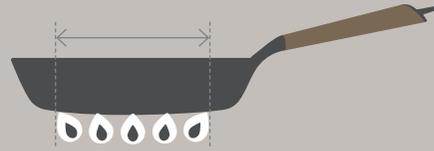
Heating Guide

Medium-High Heat

Used when preheating or when quickly stir-frying vegetables or sautéing thinly-sliced meat.

Gas Stove: Flames should cover about $\frac{3}{4}$ of the base area

Induction Cooktop: 1400 watts



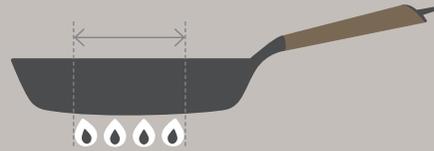
Cover $\frac{3}{4}$ of the base area

Medium Heat

Used when searing thick-cut meat such as hamburger steaks and pork chops.

Gas Stove: Flames should cover about half of the base area

Induction Cooktop: 1000 watts



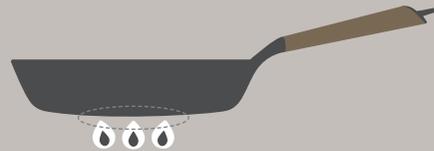
Cover $\frac{1}{2}$ of the base area

Low Heat

Used when cooking ingredients that tend to stick to the pan, when slowly cooking the inside of a thick-cut steak, and when braising.

Gas Stove: Flames should barely touch the base of the pan

Induction Cooktop: 450 watts



Barely touch the base

Very Low Heat

Used when cooking flour recipes that can easily burn, such as pancakes and dumplings.

Gas Stove: Flames should not touch the base of the pan

Induction Cooktop: 250 watts



Should not touch the base

Understanding the appropriate heat levels is the key to maximizing the performance of the Vermicular Frying Pan. Its exceptional heat transfer allows for various cooking techniques to be accomplished without using high heat.

Cooking Guide

Here are two important tips for making delicious dishes using the Vermicular Frying Pan. You can cook any dishes without fail if you follow the basic steps below.

Tip 1: Thoroughly preheat the frying pan before adding ingredients

It is important to thoroughly preheat the pan over medium-high heat, allowing smoke to rise from the entire surface. This step helps prevent ingredients from sticking. To ensure your gas stove is set to the recommended medium-high heat, check that it takes about 90 seconds (or 60 seconds on induction) for smoke to rise.

Step 1

Preheat the pan over medium-high heat for about 90 seconds.



Step 2

Add oil and swirl to coat evenly.



Step 3

When 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 that tend to stick to the pan, such as eggs, make sure to thoroughly preheat following the directions in Tip 1. Allow smoke to rise from the entire surface of the pan, then turn off the heat and let the smoke clear. Add in ingredients while the heat is turned off. This will help prevent the ingredients from 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 the 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

- Eggs Sunny-Side-Up
- Vegetarian Fajitas
- Succulent Cast Iron Steak
- Cauliflower Steaks with Almonds and Capers

Eggs Sunny-Side-Up

INGREDIENTS

2 eggs
Kosher salt and freshly ground black pepper
1 teaspoon vegetable oil

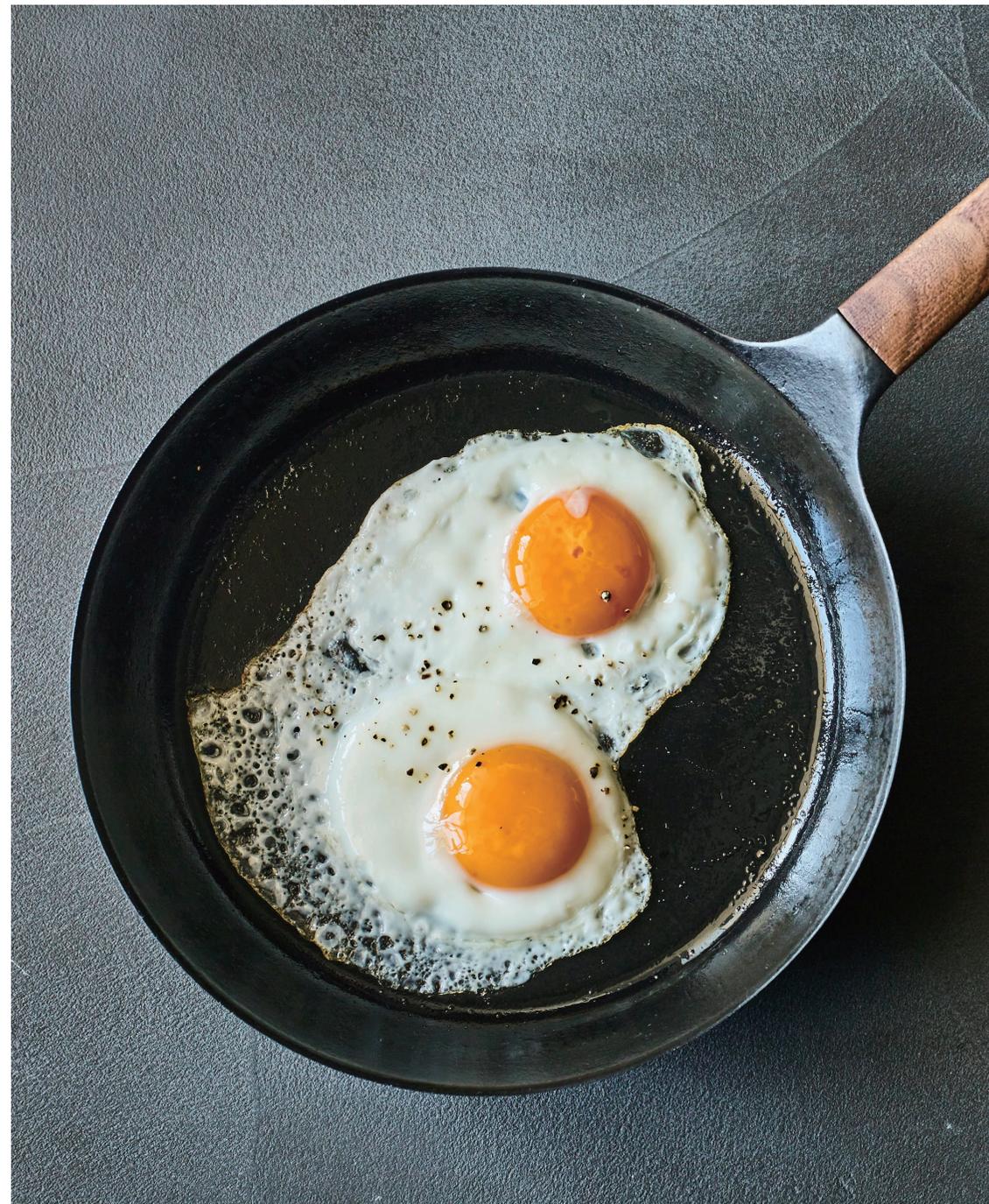
Using an enameled cast iron pan uncovers hidden richness in this everyday dish. Frying eggs over low heat in the preheated pan removes excess water, drawing out delectable flavor.

DIRECTIONS

1. Preheat the pan over medium-high heat for about 90 seconds. Add in oil and swirl to coat evenly.
2. Allow smoke to rise from the entire surface of the pan, then turn off heat. Once smoke clears, gently crack eggs into the skillet while heat is turned off. Leave eggs untouched until whites are set and opaque.
3. Turn the heat back on and cook on low heat for about 3-4 minutes.
4. Once bubbles start forming in the center of the yolk, sprinkle salt and black pepper to finish. For a crispier fried egg, adjust to a slightly higher low heat.

NOTES

- Adequate preheating is achieved by allowing smoke to rise from the entire surface of the skillet. It is important not to rush this step.
- When cooking ingredients that tend to stick, like eggs, make sure to thoroughly preheat first. Let the smoke clear and add in eggs while heat is turned off. This will prevent any sticking, resulting in perfectly fried eggs.
- To remove egg residue, add enough water to cover the burnt area and bring to a boil to loosen.





26CM | SERVES 2

Vegetarian Fajitas

A colorful mix of crisp bell peppers, caramelized onions, and umami-rich mushrooms, these sizzling vegetarian fajitas are packed with flavor and best served hot from the frying pan at your own chef's table.

INGREDIENTS

- ½ medium green pepper, seeded, cut into ¼" thick slices
- ½ medium red pepper, seeded, cut into ¼" thick slices
- ¼ medium yellow onion, cut into ¼" thick slices
- 3 mushrooms, cut into ¼" thick slices
- 2 cloves garlic, thinly sliced
- 2 tablespoons vegetable oil
- ¾ teaspoon kosher salt

Spices

- ¼ teaspoon freshly ground black pepper
- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon red wine vinegar

Garnish

- Chopped cilantro
- Tortilla, for serving

DIRECTIONS

1. Preheat the frying pan over medium-high heat for about 90 seconds. Add in oil and swirl to coat evenly.
2. Allow smoke to rise from the entire surface of the pan, then reduce heat to medium. Add onion and mushrooms. Stir-fry for 2-3 minutes or until onion is soft and caramelized.
3. Add bell peppers and garlic. Sprinkle salt and continue to stir-fry for 2-3 minutes, or until the bell peppers are tender.
4. Turn off the heat and add **Spices**. Drizzle vinegar and stir well. Serve with tortillas and cilantro.

NOTES

Add sausage, beef, or shrimp for non-vegetarian versions.

Succulent Cast-Iron Steak

INGREDIENTS

2 beef tenderloin or ribeye steaks (½ lb each,
about 1¼" thick), room temperature
Kosher salt and freshly ground black pepper
2 tablespoons unsalted butter
1 tablespoon vegetable oil

This recipe shows off Vermicular's cast-iron heat retention. Finish slowly over residual heat to deliver perfect tenderness and richness of flavor.

DIRECTIONS

1. Season steaks by rubbing salt and pepper on all sides.
2. Preheat the pan over medium-high heat for about 90 seconds. Add in oil and swirl to coat evenly. Allow smoke to rise from the entire surface of the pan, then turn off heat. Once smoke clears, place steaks in the pan and sear over low heat for about 3 minutes.
3. Once golden brown, flip and sear the other side of the steaks for another 3 minutes.
4. Add in butter and use a spoon to continually baste the steaks with melted butter for about a minute.
5. Turn off the heat, set aside and let rest for about 5 minutes. Test for doneness by gently poking the center of the steak with your finger. Once you feel some resistance, remove from the pan and serve.

NOTE

- Reduce resting time to 1 minute when using thinner cuts (less than 1" thick or ½ lb).
- The key to achieving golden-brown perfection is to preheat the pan and then turn off the heat, allowing heat to distribute throughout the pan before adding ingredients.





26 CM | SERVES 1-2

Cauliflower Steaks with Almonds and Capers

INGREDIENTS

1 medium head of cauliflower, cut into 1½"-thick steak
 ½ teaspoon kosher salt
 ¼ teaspoon freshly ground black pepper
 2 tablespoons vegetable oil, divided

2 tablespoons unsalted butter
 2 tablespoons slivered or sliced almonds
 2 tablespoons golden raisins
 1 tablespoon capers
 1 tablespoon lemon juice

Garnish

1 tablespoon parsley, chopped

Enjoy the flavor and subtle textures of this delicious vegetarian entrée. Treat it like steak and sear in the hot cast iron pan to achieve deep caramelization while using the lid to create crisp-tender perfection.

DIRECTIONS

1. Lightly brush both sides of cauliflower steak with 1 tablespoon of oil and season with salt and pepper.
2. Preheat the pan over medium-high heat for about 90 seconds. Add in remaining oil and swirl to coat evenly. Allow smoke to rise from the entire surface of the skillet, then turn off heat. Once smoke clears, place steak in the skillet and sear over very low heat, covered, for about 8 minutes.
3. Once deep, golden brown, flip the steak and sear the other side, covered, for another 8 minutes, or until tender when pierced.
4. Add in butter and almonds, and increase heat to low. Use a spoon to continually baste the steak with melted butter for about 2 minutes.
5. Add raisins and capers, and baste for another minute. Drizzle lemon juice and turn off heat. Plate cauliflower and pour the remaining liquid in the pan on top and around. Scatter with parsley and serve immediately.

NOTE

Make sure not to burn the butter, as it is a key ingredient of the sauce.

Crafted in Japan



Tradition is not static; it evolves. At the Hijikata family foundry near Nagoya, Japan, heirs to a nearly century-old legacy of cast iron master craftsmen have channeled their understanding of industrial cast iron fabrication into cookware that achieves new heights for home and professional chefs alike. Every piece of Vermicular cookware is a labor of love, handcrafted over weeks of diligent work. Craftsmen hand-pour the molds, and meticulously machine the bodies and lids of each pot and pan to produce cookware 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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