

# Oven Pot



VERMICULAR

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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.





## Our Product Story



The Vermicular Oven Pot is the result of 80 years of cast iron craftwork. It is cookware imagined, designed, and forged through the prism of our Japanese culinary tradition—washoku—to achieve a harmony of simplicity and sophistication. The contact area between pot and lid is meticulously hand-machined to fit at less than 0.01 mm of variance. That precision seal, combined with ridged base and triple-layer enamel coating, makes it possible to bring

out food's most intense, natural flavor. We believe design is in the details, and the details are what make the design.

Home cooking makes people healthier, happier, and more socially-connected—ultimately, bringing more joy to more homes. In the form of an oven pot, we have brought a lineage of Japanese craftsmanship in service of our common language—food.

# Product Features

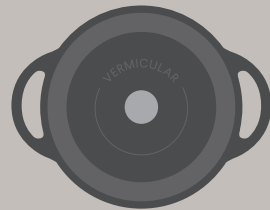
## Design Details

The Oven Pot is purposefully designed with intuitive details to enhance cooking.



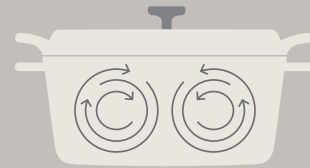
### Double Handles

Ergonomics plays an instrumental role in Vermicular's design. The Oven Pot is designed to be safely and securely held by adding handles to both the lid and pot, making it easy to maneuver for everyday use.



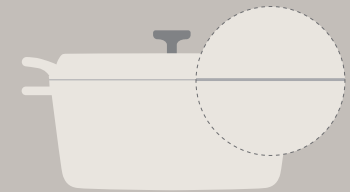
### Stainless Steel Knob

The Oven Pot's stainless steel knob can withstand oven temperatures of up to 570°F (300°C).



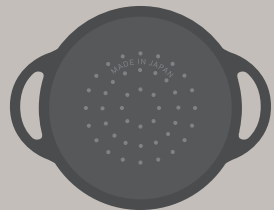
### Triple Thermal Heating

The Oven Pot was meticulously engineered to control how ingredients are heated to distill and intensify their natural flavors. The precision seal, ridged base, and three layers of enamel coating unite to create a perfect balance of heat conduction, radiant heat, and steam convection.



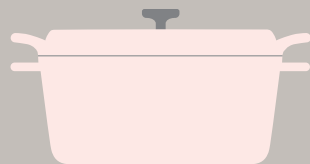
### Precision Seal

Our craftspeople, drawing on 80 years of cast iron expertise, meticulously hand-machine the rims of the lid and pot to fit at less than 0.01 mm of variance. This unprecedented seal locks in moisture and nutrients while condensing ingredients' natural flavors.



### Self-Basting Lid

The lid is designed to self-baste ingredients in their own delectable juices. When steam rises and condenses during cooking, the soft spikes on the inside of the lid allow water to slowly and evenly drip onto the food, creating a moist environment while enveloping the dish in flavor.



### Cadmium Free

Cadmium is often used in color pigments for vivid colors such as red, yellow, and orange. At Vermicular, the safety of users and our craftspeople is our utmost priority. We stay away from using toxic materials like cadmium or lead to coat our cookware—hence our natural color palettes.



### Ridged Base

The ridges on the bottom surface serve an essential purpose. They create an ideal distance between ingredients and stove, ensuring ingredients are not overheated while evenly distributing heat throughout the pot. \*Some sizes include circular ridges.

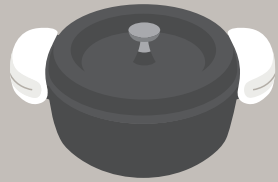


### Enamel Coating

Unique to Vermicular, the Oven Pot is evenly coated three times with enamel. This helps distribute heat and generate strong far-infrared rays that cook ingredients from their core, while our proprietary glass coating helps improve durability for long-lasting use.

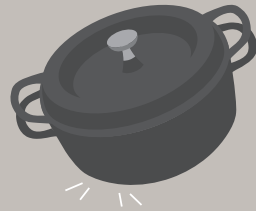


## Care Instructions Handling the Oven Pot



Use pot holders or oven mitts when handling a heated Oven Pot

A cast iron pot gets very hot during use and maintains that heat for some time afterward, so never touch the Oven Pot or remove the lid with bare hands.



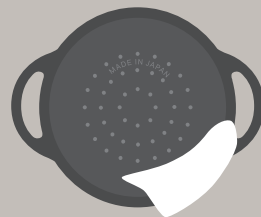
Hitting the Oven Pot against hard surfaces may damage it

Enamel is made of glass and is sensitive. Be careful not to drop the Oven Pot or hit it against any hard surfaces to avoid damaging the enamel.



Use silicone or wooden cooking tools and non-abrasive scrubbing pads

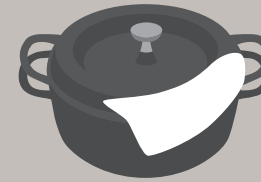
Avoid using metal kitchen tools on the enameled surface. Clean your Oven Pot with mild dish soap and a soft sponge.



Give special consideration to the contact area between the pot and lid

To achieve the Oven Pot's precision seal, the contact area of the pot and lid is not enamel-coated. Make sure to season the rims by rubbing on a thin coat of cooking oil, especially before the first several uses.

## Care Instructions Cleaning the Oven Pot



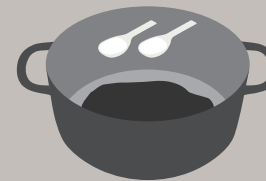
Dry immediately after washing

The pot and lid's contact area is not enamel-coated and can potentially rust, so make sure the rims are dried thoroughly with a dry cloth. In case you will not be using the pot for a while, place paper towels between the pot and lid when storing.



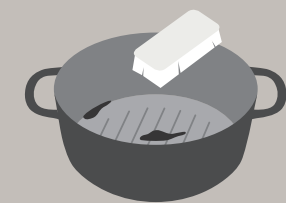
Storing food inside the pot

When storing food inside the pot for a long time, you can lightly apply cooking oil on the rims of the pot and lid to avoid potential rusting. In the event of rust, clean off with mild dish soap. If the rust persists, use a rust remover.



Removing stubborn burnt food

Fill the pot with enough water to cover the burnt area, add 2 tablespoons of baking soda, and boil for about 10 minutes on medium heat. Once cooled, gently scrub with a soft sponge. For removing white spots, use 1 tablespoon of vinegar instead.

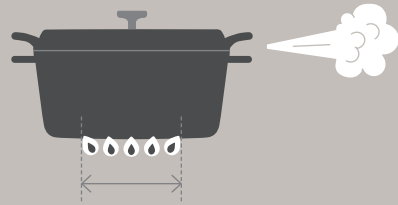


Removing stains

Pots used over a long time can become stained. Never use abrasive products to remove stains. Only use non-abrasive cleaners such as Bar Keepers Friend® (liquid type) or cookware-safe bleach, with a soft brush or sponge.

## Heating Guide

Cast iron retains heat so efficiently that overheating will cause food to burn or stick. Medium or low heat will provide the best results for cooking. Once the pot is hot, almost all cooking can be continued on lower settings, even when frying and searing.



Cover ½ of the base area

### Medium Heat

Medium heat is only recommended when preheating, searing, sautéing, frying, boiling water, or giving a quick final touch to a dish. Never use high heat.

**Gas Stove:** Tall flames

**Electric Stove:** High

**Steam Effect:** Vigorous, horizontal steam



Barely touch the base

### Low Heat

Low heat empowers musui 'waterless' cooking. If your Oven Pot begins vigorously steaming, turn down to low heat.

**Gas Stove:** Small flames

**Electric Stove:** Medium

**Steam Effect:** Slow, vertical flow



Should not touch the base

### Very Low Heat

Very low heat is optimal for cooking ingredients that may burn easily or for maintaining a boiling temperature while simmering.

**Gas Stove:** Tiny flames

**Electric Stove:** Low medium

**Steam Effect:** Slow, small clouds

## Cooking Guide

The Oven Pot's signature precision seal redefines cast iron cooking. The key is to use as little liquid as possible, if any, to preserve the integrity of the ingredients while intensifying their natural flavors.

### Unique things you can do with the Oven Pot

An enameled cast iron pot is a versatile piece of cookware. It can be used with a wide variety of cooking techniques, from searing and deep-frying to slow cooking and oven baking. With the precision seal, the Oven Pot takes it one step further and redefines cast iron cookware. Here are some cooking techniques and tips that are unique to the Oven Pot:

#### Steam-roast

The Oven Pot's precision seal gives you the best of both worlds by steaming and roasting in tandem—tender inside and caramelized textures on the outside. Add 1-2 tablespoons of water for ingredients with less water content.

#### Musui "waterless" cooking

In Japanese, musui simply means "waterless." This type of cooking is made possible because of the Oven Pot's precision seal. By gradually heating ingredients, the precision seal locks in natural juices while intensifying each ingredient's natural flavors. You can shorten cook time by preheating the pot over medium heat for 2-3 minutes before reducing it to low or very low heat.

#### Braise and Stew

Whether you're talking fork-tender short ribs or fall-off-the-bone pork shoulder, enameled cast iron pots excel at building flavors by searing meat first followed by cooking low and slow. When braising with the Oven Pot, be sure to use less braising liquid, as its precision seal retains moisture and a complex flavor profile at its best.

### Never use high heat

The Oven Pot's enamel can be permanently damaged if used with high heat or if heated while empty on medium heat for more than 7 minutes. If you heat an empty Oven Pot on high heat by mistake, never add water to cool it. Wait until it cools down naturally.

### The Oven Pot works on all heat sources except microwave

The Oven Pot can be used with any gas or electric stovetop, induction cooktop, and oven (oven-safe up to 570°F (300°C)). Please do not use it in a microwave.



# Cooking Guide Different Sizes

The Oven Pots are available in 5 different sizes. The recipes featured in this booklet are made with the 22 cm Oven Pot. Follow the guideline below to adjust for the amount of ingredients and cooking time when cooking with different sizes.



## 14 cm

This mini cocotte is perfect for cooking single-serve portions with fewer ingredients, making sauces, or desserts. It can also be used as a serveware, keeping food warm on the table, thanks to the cast iron's exceptional heat retention.



## 18 cm

This size is easy to handle and is just right to serve 1-2 people. Whether crafting small batches of soup or baked beans, the 18 cm Oven Pot is perfect for cooking appetizers and side dishes to brighten any meal.



## 22 cm

Our standard, all-purpose size Oven Pot is not too big to carry around the kitchen and is ideal for various cooking methods including braising and stewing for a smaller family of 3-4. The recipes in this booklet are based on this size.



## 26 cm

Great for cooking for 5-6 people, this size is the sweet spot for most home cooks. Whether roasting a whole chicken, making big batches of soup or baking homemade country bread, it is large enough to serve a small crowd but small enough to be used as everyday cookware.



## 26 cm Shallow

The shallow sides make it ideal not only for braising but also for searing and sautéing as you would in a frying pan. Best used for one-pot meals and dishes like sukiyaki, paella, and casseroles.

Serves	1	1-2	3-4	5-6	3-4
Capacity (qt)	0.9	1.8	3.7	5.3	3.9
Diameter (in)	5.5	7.1	8.7	10.2	10.2

### Cooking Adjustments

Ingredient Amount	Decrease by 75%	Decrease by 50%	—	Increase by 50%	Same as 22 cm Oven Pot
Cooking Time	5-10 minutes shorter	Same as 22 cm Oven Pot	—	5-10 minutes longer	Same as 22 cm Oven Pot



# Recipes

- Steam-Roasting Vegetables
- Minestrone Soup
- Japanese Sesame Chicken
- Perfect White Rice





OVEN POT 22 CM

SERVES 2-3

## Steam-Roasting Vegetables

Steam-roasting is one of the great ways to cook vegetables. The Oven Pot's unique ability to steam and roast in tandem creates dishes with crisp, textured exteriors and sweet, tender interiors.

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### CORN ON THE COB

#### INGREDIENTS

2 corn cobs, ears husked, cut in half  
Kosher salt

#### DIRECTIONS

Add 2 tablespoons of water and lay corn in the pot. Sprinkle salt, cover and steam-roast over low heat for 25 minutes.

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### JAPANESE SWEET POTATOES

#### INGREDIENTS

3 Japanese sweet potatoes, unpeeled  
Unsalted butter, optional

#### DIRECTIONS

Add 1 tablespoon of water and lay sweet potatoes in the pot. Cover and steam-roast over low heat for 40 minutes or until toothpick comes out clean. Peel and serve as is or top with butter. \*Increase cooking time by 10-15 minutes for larger sweet potatoes.

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### STEAM-ROASTED BROCCOLI

#### INGREDIENTS

1 small bunch of broccoli, cut into florets  
Kosher salt and freshly ground black pepper  
1 tablespoon olive oil

#### DIRECTIONS

Preheat the pot on medium heat for 3 minutes. Spread oil evenly and add in broccoli. Sprinkle salt and black pepper, cover and steam-roast over low heat for 5 minutes. Flip broccoli, cover and cook for another 5 minutes. Serve warm.

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### STEAM-ROASTED ASPARAGUS

#### INGREDIENTS

6 asparagus  
Kosher salt and freshly ground black pepper  
1 tablespoon olive oil

#### DIRECTIONS

Preheat the pot on medium heat for 3 minutes. Spread oil evenly and add in asparagus. Sprinkle salt and black pepper, cover and steam-roast over low heat for 3 minutes. Flip asparagus, cover and cook for another 3 minutes. Shave parmesan cheese over top.





OVEN POT 22 CM

SERVES 4

## Minestrone Soup

Taste what the Vermicular Oven Pot can do in this soup that is both healthy and hearty. The flavors, generated by the ingredients without the need for excess broth or seasoning, add new dimensions to this timeless classic.

### INGREDIENTS

3.5 oz pancetta, cut into ¼" dices  
1 clove garlic, minced  
2 tablespoons olive oil

### Vegetables

2 large tomatoes, cut into ¼" pieces  
2 large onions, cut into ¼" pieces  
2 medium carrots, cut into ¼" pieces  
2 stalks celery, cut into ¼" pieces  
1 medium zucchini, cut into ¼" pieces  
2 oz green beans, cut into 4 pieces  
1 (14.5 oz) can diced tomatoes  
3 swiss chard leaves, ribs and stems removed and sliced ¼" wide

½ teaspoon kosher salt  
¼ teaspoon freshly ground black pepper  
8 sprigs fresh thyme  
1 bay leaf

4 oz cannellini beans, drained  
2 oz elbow macaroni or small pasta shells, al dente  
Basil pesto, optional

### DIRECTIONS

1. Sauté garlic and bacon with olive oil over low heat for about 3 minutes.
2. Once fragrant, transfer **Vegetables** in the pot in the order listed and sprinkle in salt and pepper. Place thyme and bay leaf on top, cover and simmer over low heat for 60 minutes.
3. Uncover and add cannellini beans and pasta. Lightly stir and serve. You can stir in basil pesto with the pot off of the heat just before serving if desired.

### NOTE

The ingredients can be substituted with seasonal vegetables and greens you have on hand.





OVEN POT 22 CM

SERVES 2

## Japanese Sesame Chicken

The Oven Pot's precision seal helps cook chicken thighs to moist perfection while the pan drippings from chicken and onions come together in a pleasant sauce that adds depth and roundness.

### INGREDIENTS

2 bone-in chicken thighs  
 ½ medium onion, cut into ¾" thick slices  
 1" piece fresh ginger, peeled, crushed  
 1 tablespoon vegetable oil

#### Sauce Mixture

5 tablespoons soy sauce  
 2 tablespoons sake  
 2 tablespoons sugar

#### Garnish

1 tablespoon sesame seeds  
 Chopped scallions, to taste

### DIRECTIONS

1. Preheat the pot over medium heat for about 3 minutes. Spread oil evenly and sear chicken skin-side down for 5 minutes or until golden brown. Transfer chicken to a plate and wipe off excess oil left in the pot with a paper towel.
2. Add onions and ginger into the pot and pour in **Sauce Mixture**. Place chicken back into the pot on top of onions, cover and steam over low heat for 25 minutes. (Try not to open the lid while cooking.)
3. Take out chicken and simmer sauce over medium heat for 3 minutes or until the sauce thickens. Drizzle the reduced sauce over chicken, sprinkle sesame seeds and chopped scallions on top and serve hot.

### NOTES

- Cutting the onion into thick slices will draw out just enough juices to create exquisite emulsified sauce.
- Sake can be substituted with red wine.





OVEN POT 22 CM

SERVES 4

## Perfect White Rice

Vermicular sets a new standard for traditional white rice. Let the pot's superior heat distribution work every grain for perfect sweetness and texture.

### INGREDIENTS

2 cups plain white rice  
 1.7 fl oz water  
 (1 cup rice to 1.05 cups water)

### DIRECTIONS

1. Add rice to a fine-mesh strainer stacked on a large bowl and rinse until the water runs clear. Drain well. Transfer the rice into the pot and add the appropriate amount of water (1.05 cups of water for every cup of rice). Cover and let soak for at least 30 minutes.
2. Cook over medium heat and bring to a boil (about 8-10 minutes). The pot will begin vigorously steaming and drops of water will start spilling over once it reaches the boiling point. Once it boils, turn down to very low heat and simmer for 13 minutes.
3. Turn off the heat and let it steam over residual heat for another 13 minutes. Loosen the cooked rice by cutting the rice into quarters and folding each quarter using a rice spatula. Mix well and serve warm.

### NOTES

- Add 5-10% more water for softer rice.
- To make scorched rice, turn the heat back up to medium heat instead of turning off and cook until rice starts crackling.
- Freezing is the best way to store leftover rice without deteriorating its flavor and texture.

## 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 meticulously forged for unparalleled performance, Vermicular was born out of a time-honored tradition to meet the needs of the present with enduring passion and pride.





From iron casting to enamel coating, every piece of Vermicular cookware is a labor of love, the result of weeks of diligent work, forged and handcrafted in the Hijikata family factory just outside Nagoya, Japan. 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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