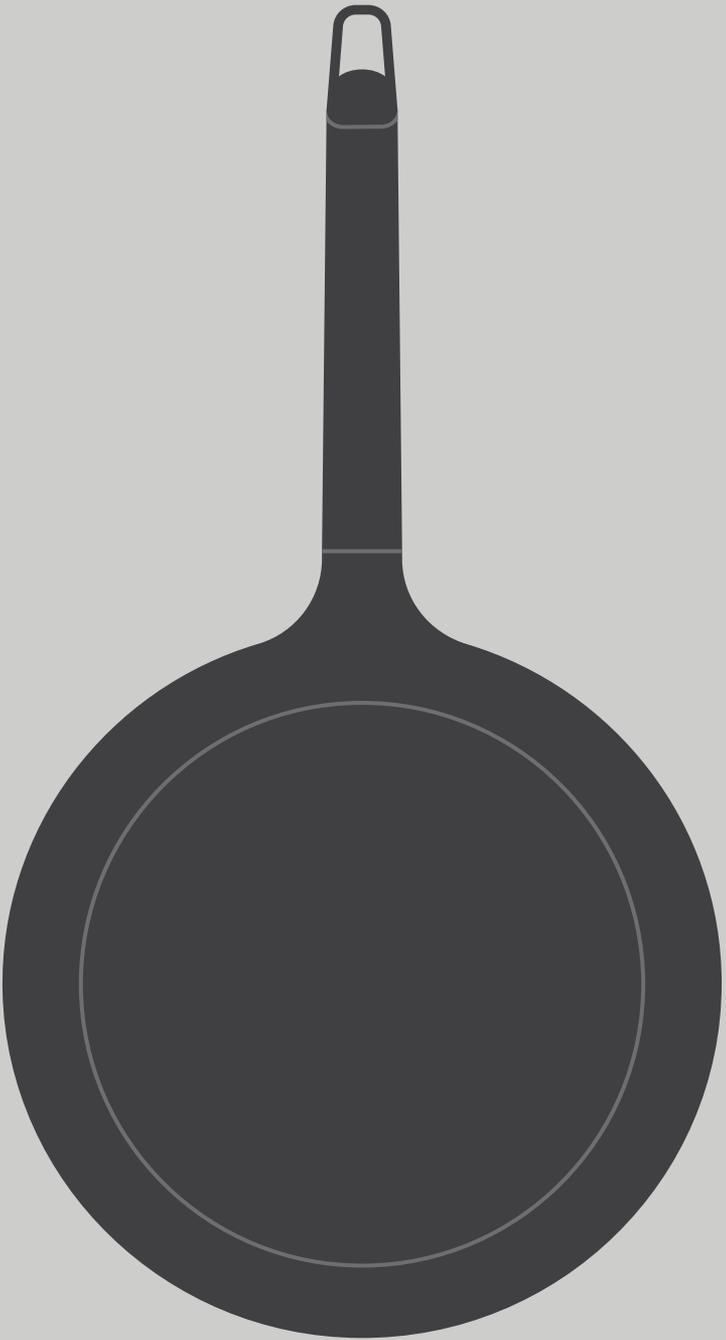


# Frying Pan



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

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.

### 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.

### 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.

### 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.



### 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.

### 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 on the surface do not affect normal use. To remove, fill the pan with 2 cups of water and add 1 tablespoon each of baking soda, vinegar and mild dish soap. Lightly stir and boil for about 15 minutes while occasionally scraping with a wooden spatula. Do not leave the pan unattended when boiling.

# 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.

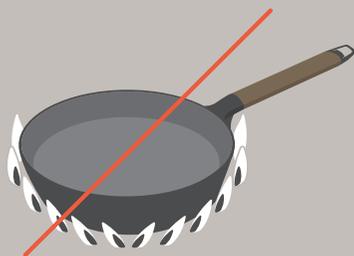
The frying pan can be used with any stove: gas, induction, or electric. It cannot be used in the oven or microwave.

### Acceptable Heat Source

Gas and electric stove  
Induction cooktop

### Unacceptable Heat Source

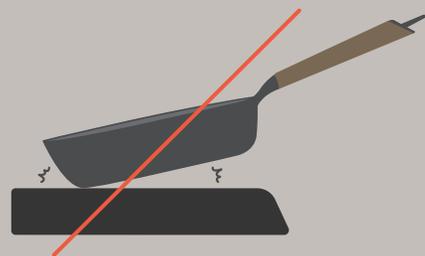
Oven  
Microwave



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

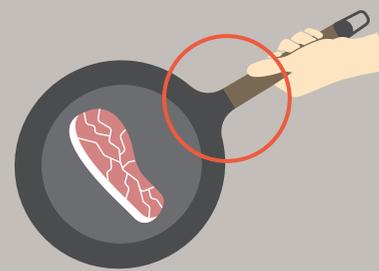
Refrain from using high heat with flames larger than the base area of the pan as it can cause the wood handle to burn.

Do not preheat using high heat for more than 5 minutes or medium heat for more than 7 minutes as the pan will become too hot and the wood handle may burn. For an induction stove, do not use high heat (2000 watts or above) as the base of the pan may become deformed.



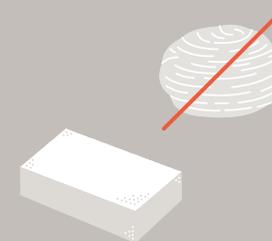
Do not hit against hard surfaces. Avoid using metal utensils for cooking.

Enamel is made of a glass compound and is therefore delicate. Metal cooking utensils can damage the enamel, so use silicone or wooden cooking tools instead. 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. Always allow a hot pan to cool before washing.



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.

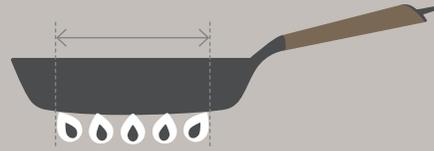
## Heating Guide

### 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



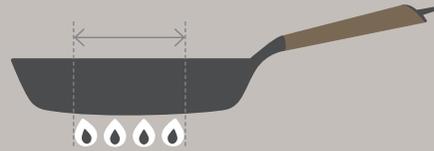
Cover  $\frac{3}{4}$  of the base area

### 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



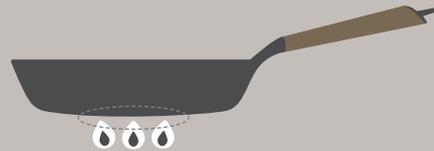
Cover  $\frac{1}{2}$  of the base area

### 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

### Tip 1: Thoroughly preheat the frying pan before adding ingredients

It is important to thoroughly preheat the pan over medium-high heat until smoke starts to rise from the whole surface of the pan. This will help prevent the ingredients from sticking to the pan. To gauge whether a gas stove is set at the recommended medium-high heat, check to see if it takes a total of 90 seconds (60 seconds with induction) for smoke to rise.

#### Step 1

Preheat over medium-high heat for about 30 seconds.



#### Step 2

Add oil and swirl around to coat. Wait for 30 seconds to a minute.



#### Step 3

Once smoke starts to rise from the whole surface, adjust heat level and start cooking.



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 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. Once smoke starts to rise from the whole surface of the pan, turn off the heat and let the smoke clear; then add ingredients into the pan while the heat is turned off. This will help prevent the ingredients from sticking.

#### Step 1

Preheat following the steps in Tip 1. Once smoke starts to rise from the whole 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.



## Cooking Techniques



### 26 cm

A larger size ideal for searing a large thick-cut steak or stir-frying for the whole family.

#### **Stir-Fry**

The Vermicular Frying Pan sets a new standard for flavor and texture when it comes to stir-frying at home. The pan efficiently transfers heat to the ingredients, instantly removing excess moisture and intensifying the umami flavor. Try following our recipes to get a sense of what the appropriate amount of ingredients is to avoid crowding the pan.

#### **Sear & Sauté**

Due to the frying pan's high heat capacity, excess moisture from ingredients can be removed in an instant, even on low heat. This makes it ideal for pan-searing and sautéing, achieving beautiful caramelization. When cooking dishes that burn easily, remove excess moisture by cooking slowly over low or very low heat to achieve a crispy texture.



### 24 cm Deep

With its deeper walls, the pan is perfect for braising and stewing, even for quick deep-frying.

#### **All the things you can do with the 26 cm plus:**

#### **Braise & Stew**

The 24 cm Deep Frying Pan is ideal for braising and stewing. Use the lid to cover and simmer over low heat to transform meat and fish into succulent and tender dishes. This pan is also recommended for making pasta sauce as it enhances the full flavor of the ingredients.

#### **Deep-Fry**

The 24 cm Deep Frying Pan is also perfect for deep-frying. The pan has high heat capacity and maintains the high temperature of frying oil, achieving a crispy texture with amazing flavor. Use a cooking thermometer to accurately measure the oil temperature. Always stir before measuring, so the oil temperature is consistent throughout the pan.



# Recipes

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

SERVES 2

## 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 frying pan over medium-high heat for about 30 seconds. Add in oil and spread evenly. Once the oil starts to smoke, turn off the heat. Once the smoke clears, gently crack the eggs into the pan and let sit for about 10-30 seconds.
2. Turn the heat back on and cook on low heat for about 3-4 minutes.
3. Once you start to see bubbles 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

- When cooking dishes that tend to stick like eggs, let the smoke clear first and add the eggs in the pan while the heat is turned off. This will prevent the eggs from sticking and will always end up with perfect fried eggs.
- To remove egg residue, add enough water to cover the burnt area and bring to a boil to loosen.





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 30 seconds. Add in oil and spread evenly.
2. Once the oil starts to smoke, turn the heat down to medium. Add onion and mushrooms. Stir-fry for 2-3 minutes or until the 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

- Enjoy the slightly crunchy texture on bell peppers. Onions and mushrooms are better when cooked well.
- Feel free to add sausage, beef, or shrimp for non-vegetarian versions.

SERVES 2

## 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 frying pan over medium-high heat for about 30 seconds. Add in oil and spread evenly. Once the oil starts to smoke, turn off the heat. Once the smoke clears, place the 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. \*Reduce resting time to a minute when using thinner cuts (less than 1" thick or ⅓ lb).

### NOTE

The key to achieving golden-brown perfection is to preheat the pan and then turn off the heat to allow heat to distribute throughout the pan before adding ingredients.





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. Brush both sides of steak lightly with 1 tablespoon of oil and season with salt and pepper.
2. Preheat the frying pan over medium-high heat for about 30 seconds. Add in the remaining oil and spread evenly. Once the oil starts to smoke, turn off the heat. Once the smoke clears, place the steak in the pan and sear over very low heat with a lid on for about 8 minutes
3. Once deep golden brown, flip and sear the other side of the steak covered for another 8 minutes. Use a cake tester to check whether the cauliflower is tender.
4. Add in butter and almond and turn the heat up to low heat. 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 the heat. Plate cauliflower and sauce the cooking liquid on top and around. Scatter with parsley and serve immediately.

### NOTE

Make sure not to burn butter as butter becomes the sauce for the dish.

# 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.

# 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, 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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Designed by Pam Hsu  
Written by Alex Strauss

Vermicular USA  
[support@vermicular.us](mailto:support@vermicular.us)  
[www.vermicular.us](http://www.vermicular.us)

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