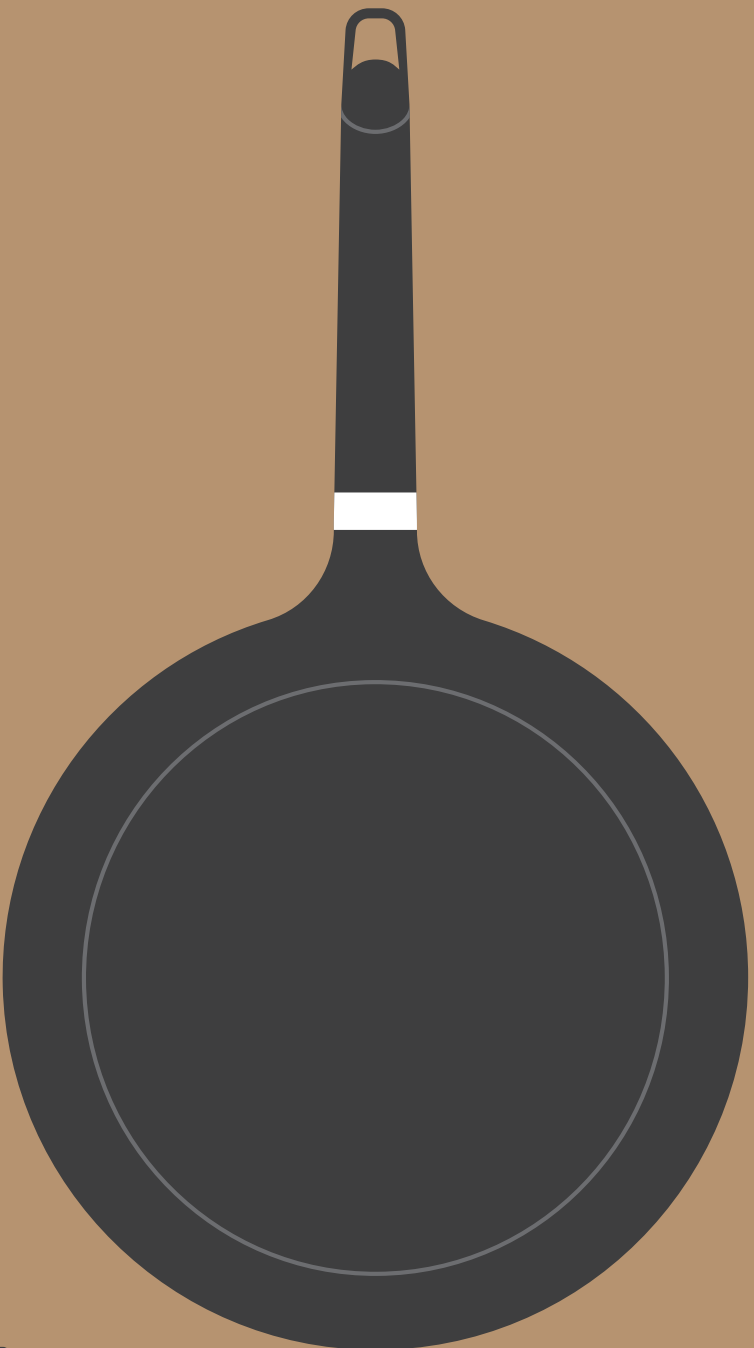


# Oven-Safe Skillet



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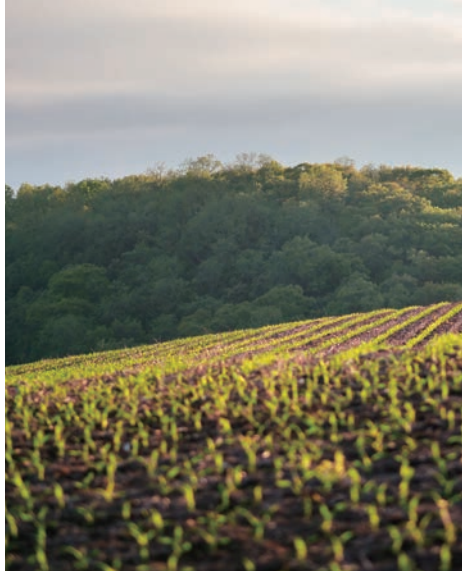


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A Vermicular product is generations in the making, a culmination of Japanese craftsmanship and the sensibilities of elegant design. Our crafts become an extension of your imagination, amplifying the act of cooking to create what matters most in the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





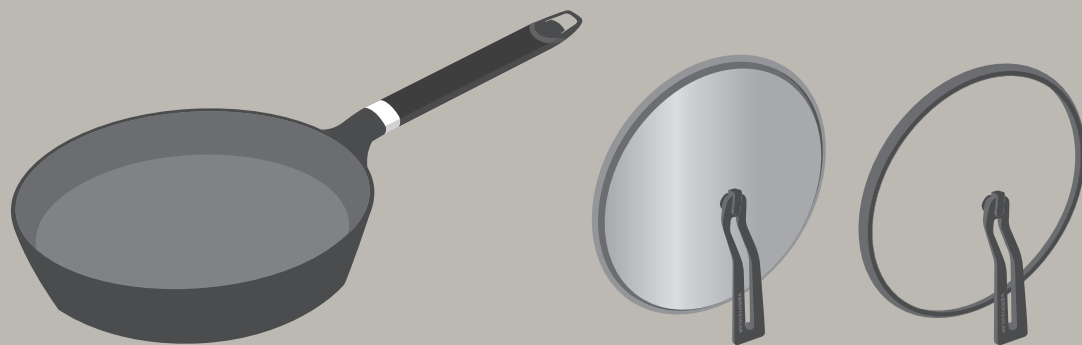
## Our Product Story

When something so ubiquitous as a skillet is reimagined, even the smallest change creates significant impact.

Enter the Vermicular Oven-Safe Skillet: the world's lightest cast iron skillet blending high performance with beauty, designed to exceed the expectations of the most discerning chefs. Coated in a layer of non-toxic enamel, the skillet does not require seasoning and is dishwasher-safe. Designed to distribute heat evenly and efficiently, it is perfectly suited to cook acidic foods without imbuing a metallic taste. Call it obsession to take an essential kitchen companion and elevate it in a way that only our Japanese cast iron craftsmasters can.

## Product Features Design Details

The Oven-Safe Skillet is a cast iron pan that intensifies the true flavors inherent in each ingredient, while adding exquisite texture. Here are some design details that make this skillet one of a kind.



### Cast Iron Body

Our uncompromising Japanese craftsmanship pushes the limits of cast iron, creating an unprecedented, lightweight skillet with extremely high thermal efficiency that responds rapidly to changes in heat, allowing you to have perfect control.

### 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 skillet. It also helps generate strong, far-infrared rays that penetrate and heat ingredients to the core while keeping texture intact.

### Aluminum Handle

The matte-black, lightweight handle is made from a single piece of aluminum and coated with a heat-resistant finish. Each handle is expertly attached to the cast iron body and fitted with a sturdy hook for hanging, resulting in a beautiful, seamless design that is a joy to hold.

### Enamel Thermal Technology

Our proprietary enamel is highly hydrophilic, meaning it has a great affinity for water. Coating our thermally-efficient cast iron with this enamel results in a surface capable of instant evaporation. Excess moisture from ingredients evaporates immediately, so you can intensify umami and achieve the perfect crisp without ever making food soggy.

### Heat-Shielding Joint

An innovative, stainless steel joint keeps the handle from becoming too hot to hold during regular stovetop use. Relish the convenience and simplicity of a cast iron skillet that you can use daily without extra fuss. \*Always use an oven mitt during oven use.

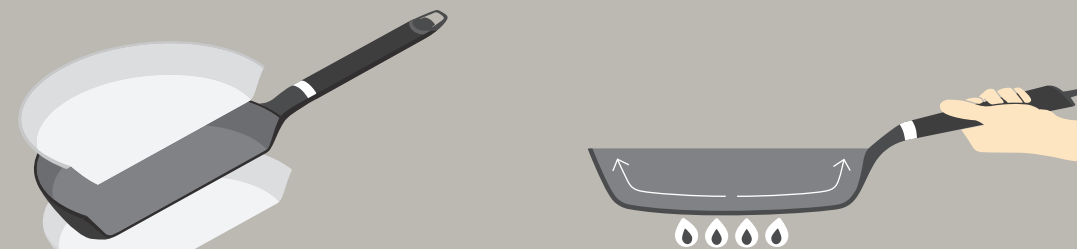
### Stainless Steel or Glass Lid

Both available lids are lightweight and feature an enameled cast iron handle, perfect for resting vertically to save counter space. \*Sold Separately

**Stainless Steel:** Oven-safe and durable. Also great for outdoor use.  
**Glass:** Elegant design with greater visibility. For stovetop use only.

## Product Features Elements of Innovation

Performance meets versatility meets convenience in the boundary-breaking Oven-Safe Skillet. Every facet has been thought out to ensure this skillet becomes your ergonomic and efficient, everyday kitchen companion.



### Proprietary Enamel Finish

#### Instant Evaporation

The Oven-Safe Skillet quickly eliminates surface moisture—30 times faster than traditional cast iron skillets—browning and caramelizing outer layers of ingredients to concentrate and deepen flavor profiles. The outcome is supremely crunchy vegetables in their prime, crisp and fluffy fried eggs, and juicy, tender meats seared to perfection.

#### Non-Reactive to Acidity

The enamel coating prevents any leaching of metal, allowing you to safely cook acidic foods, avoiding any unpleasant metallic tastes. You can stew tomato sauces, deglaze with vinegars, and squeeze in citrus juices to your heart's content.

#### No Residual Odors

As enamel prevents any unwanted absorption of food, odors and tastes do not get trapped in the skillet. Seamlessly go from baked salmon to banana pancakes, for example, without a special cleaning procedure, since the surface won't take on a fishy flavor.

### Responsive Cast Iron

#### Heat Conduction Efficiency

With a superior heat transfer ability compared to traditional cast iron pans, the Oven-Safe Skillet is slim but powerful, resulting in delightfully crispy and crunchy textures without the use of high heat. Develop beautiful crusts and intensify flavors effortlessly, even at lower temperatures.

#### Rapid Temperature Response

The skillet is responsive to even the most subtle temperature adjustments, giving you greater control in heat application to suit your cooking style. With only half the preheating time required of traditional skillets, the Oven-Safe Skillet drastically reduces wait time for heating or cooling, making it hassle-free and a pleasure to cook with.

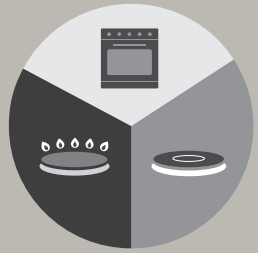
#### Lightweight Design

From stovetop to oven to table, the Oven-Safe Skillet is featherlight and easy to maneuver single-handedly. With its ergonomic and aesthetic design, the skillet is suitable for daily use and sleek enough to be left out on your cooktop.

# Care Instructions

## Handling the Skillet

Here are some important things to keep in mind when using the Oven-Safe Skillet. Please read before the first use and follow the directions to ensure safety and intended results.



The skillet can be used in the oven and on all stovetops.

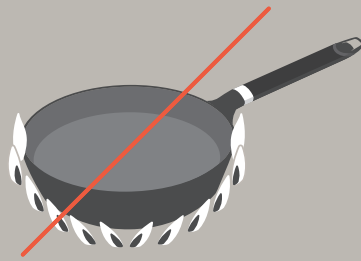
To ensure safety, only use the skillet with the compatible heat sources listed below:

### Acceptable Heat Sources

Ovens — up to 570°F (300°C)  
Gas and electric stoves  
Induction cooktops  
Open flames (camping, grilling, etc.)

### Unacceptable Heat Source

Microwave



Be careful when using excessively high heat to heat an empty skillet.

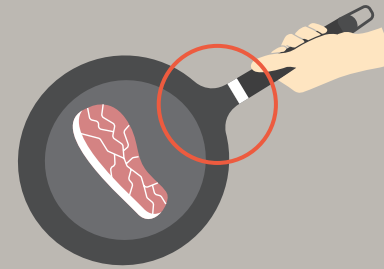
Do not heat an empty skillet using high heat for more than 5 minutes or medium heat for more than 7 minutes, as its base may warp.

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



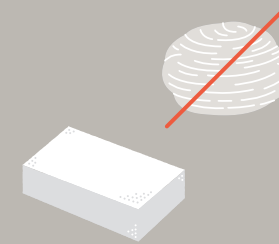
Avoid using metal utensils for cooking. Do not hit against hard surfaces.

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 skillet or hit it against any hard surfaces.



Be careful not to burn your hands while handling.

For stovetop cooking, the handle will remain safe to hold. However, avoid touching or holding the heat-shielding joint and cast iron body during and immediately after cooking, as they will get hot. Though resistant to heat, the handle will get hot during oven use, so always use an oven mitt.



Never use abrasive products when cleaning the skillet.

To avoid damaging the enamel, do not use abrasive cleaning agents and/or scrubbing pads (metal brushes, scouring pads, etc.) when cleaning the skillet. Always wash with mild dish soap and a soft sponge. The skillet is also dishwasher-safe.

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



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

If you wish to soak stubborn, stuck-on food, make sure to keep the handle above water. Soaking the handle for extended periods may damage the skillet or cause water to seep in between the joint and handle. Wipe wet spots with a dry cloth immediately after washing.



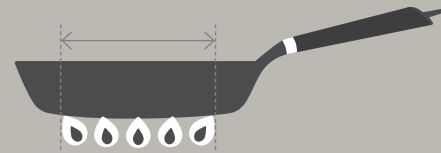
## Stovetop Heating Guide

### Medium-High Heat

Used when preheating, 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



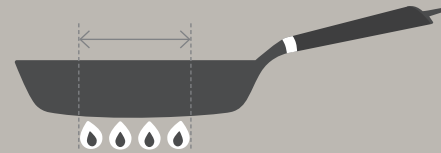
Covers  $\frac{3}{4}$  of the base area

### Medium Heat

Used when searing thick cuts of meat, such as hamburger steaks and pork chops.

**Gas Stove:** Flames should cover about  $\frac{1}{2}$  of the base area

**Induction Cooktop:** 1000 watts



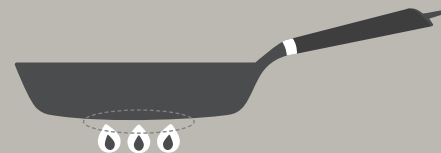
Covers  $\frac{1}{2}$  of the base area

### Low Heat

Used when cooking ingredients that tend to stick, like eggs, slowly cooking the inside of a thick-cut steak while creating an even sear, or braising.

**Gas Stove:** Flames should barely touch the base of the skillet

**Induction Cooktop:** 450 watts



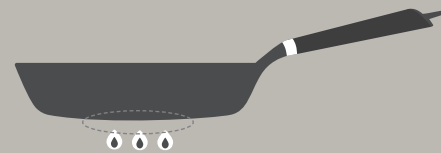
Barely touches the base

### Very Low Heat

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

**Gas Stove:** Flames should not touch the base of the skillet

**Induction Cooktop:** 250 watts



Should not touch the base

Understanding the appropriate heat levels is the key to maximizing the performance of the Oven-Safe Skillet. Its exceptional heat transfer allows for accomplishment of various cooking techniques without using high heat.

## Stovetop Cooking Guide

Here are two important tips for making delicious dishes using the Oven-Safe Skillet. You can cook any recipe without fail if you follow the basic steps below.

### Tip 1: Thoroughly preheat the skillet before adding ingredients

It is important to thoroughly preheat the skillet over medium-high heat, allowing smoke to rise from the entire surface. This will help prevent the ingredients from sticking. To gauge whether your 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 90 seconds (60 seconds with induction).



#### 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 skillet, such as eggs, make sure to thoroughly preheat following the directions in Tip 1. Allow smoke to rise from the entire surface of the skillet, 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 skillet 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.



## Oven Heating Guide Temperature Guide

Fulfill your cooking potential with the incredibly versatile Oven-Safe Skillet. Use the temperature ranges below as a reference when baking, roasting, and broiling.

### Low: 300–360°F (150–180°C)

Used when slow-roasting thick cuts of meat, cooking light egg dishes, or baking moist cakes, cookies, and pies.

- Frittata (page 30)
- Spiced Roast Lamb with Yogurt and Harissa (page 44)
- Oven-Baked Paella Mixta (page 46)
- Honey Graham Apple Crisp (page 48)
- Carrot Cake with Lemon Cream Cheese Frosting (page 50)

### Medium: 360–460°F (180–240°C)

Used when baking with moderate heat to achieve a lightly golden-brown finish, or roasting vegetables until sweet, tender, and caramelized.

- Shakshuka (page 32)
- Herb-Crusted Chicken Breast (page 42)

### High: 460°F (240°C) and above

Used when crisping and browning at higher temperatures for shorter durations, such as fish and lean cuts of meat, or making homemade pizzas.

- Baked Cod with Lemon Butter Sauce (page 34)
- Pineapple Teriyaki Pork Chops (page 36)
- Pizza (page 38)

### Broil

Used when requiring intense overhead heat radiation on meat dishes or for the final browning of crusts and cheeses.

\*Temperatures are approximate. Different ovens have varying heat settings, temperature ranges, and preheating efficiencies.

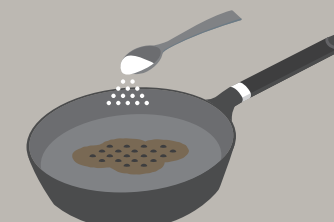
## Care Instructions Cleaning the Skillet

The skillet will last a long time when properly cared for. Below are some effective cleaning tips 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 skillet 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 use abrasive cleaners.



### Removing stubborn burnt food

Fill the skillet 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 skillet 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 skillet with it for a few minutes or until stains are removed. Finish by cleaning with mild dish soap and a soft sponge.



# Stovetop Recipes

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

\*The following stovetop recipes can be cooked with the Vermicular Frying Pan or the Oven-Safe Skillet.

## Eggs Sunny-Side Up

### INGREDIENTS

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

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

### DIRECTIONS

1. Preheat the skillet 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 skillet, 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 heat back on and cook over 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.





26 CM | 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 skillet at your own chef's table.

### INGREDIENTS

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

### Spices

- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon freshly ground black pepper

- ½ teaspoon red wine vinegar

### Garnish

- Chopped cilantro
- Tortillas, for serving

### DIRECTIONS

1. Preheat the skillet 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 skillet, 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 heat and add **Spices**. Drizzle vinegar and stir well. Serve with tortillas and cilantro.

### NOTE

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 in flavor.

### DIRECTIONS

1. Season steaks by rubbing salt and pepper on all sides.
2. Preheat the skillet 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 skillet, then turn off heat. Once smoke clears, place steaks in the skillet 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 1 minute.
5. Turn off 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 skillet and serve.

### NOTES

- Reduce resting time to 1 minute when using thinner cuts (less than 1" thick or ⅓ lb).
- The key to achieving golden-brown perfection is to preheat the skillet and then turn off the heat, allowing heat to distribute throughout the skillet before adding ingredients.





26CM | SERVES 1-2

## Cauliflower Steaks with Almonds and Capers

### INGREDIENTS

- 1 medium head 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 fresh parsley, chopped

### Equipment

- Glass or Stainless Steel Lid

Enjoy the balanced textures and flavors of this delicious vegetarian entrée. Treat cauliflower like steak and sear it in the cast iron skillet to achieve a deep caramelization and the perfect crisp-tenderness.

### DIRECTIONS

1. Lightly brush both sides of cauliflower steak with 1 tablespoon of oil and season with salt and pepper.
2. Preheat the skillet 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 skillet 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.

# Oven Recipes

- Frittata
- Shakshuka
- Baked Cod with Lemon Butter Sauce
- Pineapple Teriyaki Pork Chops
- Pizza
- Herb-Crusted Chicken Breast
- Spiced Roast Lamb with Yogurt and Harissa
- Oven-Baked Paella Mixta
- Honey Graham Apple Crisp
- Carrot Cake with Lemon Cream Cheese Frosting





# Frittata

## INGREDIENTS

6 eggs  
 ½ cup shredded cheese  
 1 teaspoon kosher salt

¼ medium bunch broccoli, cut into bite-sized pieces  
 1 large asparagus, cut diagonally into ½" pieces  
 ½ medium red bell pepper, seeded, cut into ½" pieces  
 ¼ medium zucchini, halved lengthwise  
 and cut into ½" quarter pieces  
 6 mushrooms (white button or crimini),  
 halved lengthwise

10 green olives, halved lengthwise  
 6 cherry or grape tomatoes, halved  
 ¼ clove garlic, minced  
 2 tablespoons olive oil

### Garnish

Grated parmesan cheese  
 Chopped fresh parsley

### Equipment

Glass or Stainless Steel Lid

Serve this light, fluffy frittata at your next breakfast or brunch. The skillet's instant evaporation technology draws out and eliminates excess water fast, resulting in vegetables with intensified flavor without sogginess.

## DIRECTIONS

1. In a medium bowl, whisk together eggs, cheese, and salt. Preheat oven to 355°F (180°C).
2. Preheat the skillet over medium-high heat for about 90 seconds. Add in olive oil and swirl to coat evenly. Allow smoke to rise from the entire surface of the skillet, then turn off heat. When smoke clears, add broccoli, asparagus, bell pepper, zucchini, mushrooms, and a pinch of salt. Stir and cover. Turn heat back on to low and cook for 5–6 minutes, stirring occasionally, until vegetables are tender.
3. Add garlic, olives, and tomatoes. Increase heat to medium and cook until garlic is fragrant, about 30 seconds. Increase to medium-high and pour in egg mixture. Use a heat-resistant spatula to scrape mixture from bottom and sides of the skillet towards center, about 30 seconds.
4. Transfer the skillet to oven and bake, uncovered, for 7–8 minutes. Return to stovetop and cook over medium heat until bottom is lightly golden, about 30 seconds. Turn off heat and let frittata cook in the skillet's residual heat for 5 minutes. Serve with parmesan and parsley.

## NOTES

- Vegetables can be substituted with seasonal produce of your choice.
- Scraping eggs and resting frittata in Steps 3 and 4 are key in helping eggs set.





20CM | SERVES 2

## Shakshuka

### INGREDIENTS

- ½ medium yellow onion, diced
- ½ medium red bell pepper, seeded, minced
- 1 teaspoon kosher salt
- 2 cloves garlic (1 minced and 1 grated), divided
- 1 teaspoon ground cumin
- ¾ teaspoon sweet paprika powder
- ½ teaspoon dried oregano
- ¼ teaspoon cayenne pepper
- 2 tablespoons olive oil
  
- ½ 14.5-oz can diced tomatoes, unsalted
- 2 eggs
- ¼ cup crumbled feta cheese
- 2 tablespoons olive oil

### Garnish

- Cilantro
- Extra-virgin olive oil
- Chili powder

Challah, pita, or other crusty bread, toasted

### Equipment

Glass or Stainless Steel Lid

Pungent and savory, this hearty, one-pan meal packs a punch of flavor for breakfast, lunch, or dinner. With an enamel-coated skillet, you can simmer the chunky tomato and bell pepper sauce without pre-seasoning or extra cleanup.

### DIRECTIONS

1. Add olive oil and minced garlic to the skillet and warm over low heat until fragrant, about 1 minute. Add cumin, paprika, oregano, and cayenne pepper and cook, stirring constantly, about 30 seconds.
2. Add onion, bell pepper, and salt, and stir to combine. Reduce heat to very low and cover with lid. Cook about 7 minutes until onions are lightly browned, stirring occasionally. Preheat oven to 390°F (200°C).
3. Add tomatoes and grated garlic. Cover and cook, stirring occasionally, about 10 minutes. Uncover and increase heat to low. Simmer to reduce excess liquid, stirring constantly, about 2 minutes.
4. Make 2 wells in the sauce and crack an egg into each. Bake in oven, uncovered, for 5–7 minutes or until egg whites are set. Remove from oven and sprinkle feta cheese on top. Garnish with cilantro, a drizzle of extra-virgin olive oil, and chili powder. Serve with toasted bread.

### NOTES

- Cottage cheese is a tasty substitute for feta.
- Adjust grated garlic to taste, as needed.

## Baked Cod with Lemon Butter Sauce

### INGREDIENTS

- 1 lb cod fillets (or other white fish),  
skinless, cut into 4 fillets
- 1 ½ teaspoons kosher salt
- Flour for dusting
- 2 tablespoons olive oil, divided
- 1 clove garlic, minced
- Zest from 2 medium lemons
- 2 ¾ tablespoons lemon juice
- 3 ½ tablespoons unsalted butter
- 2 anchovy fillets, minced
- 8 lemon slices
- 3 tablespoons panko breadcrumbs
- Freshly ground black pepper
- 1 tablespoon extra-virgin olive oil

### Garnish

- Chopped fresh parsley

The skillet's efficient heat transfer capability ensures a delicately-flavored, flaky cod that doesn't fall apart. Coated in a rich, lemony sauce and crunchy panko, your taste buds are sure to delight in this harmony of texture and flavor.

### DIRECTIONS

1. Season fillets with salt and let rest for 15 minutes. Remove excess moisture with paper towels and dust both sides with flour. Preheat oven to 480°F (250°C).
2. Preheat the skillet over medium-high heat for about 90 seconds. Add in 1 tablespoon of olive oil and swirl to coat evenly. Allow smoke to rise from the entire surface of the skillet, then turn off heat. When smoke clears, place fillets in the skillet and sear over low heat, about 90 seconds each side. Turn off heat and transfer to plate.
3. In the same skillet, add another tablespoon of oil and the garlic. Cook over low heat until fragrant, about 1 minute. Add lemon zest and juice, bring to a boil, then turn off heat. Add butter and a pinch of salt. Stir until dissolved.
4. Return fillets to the skillet and coat in butter. Sprinkle anchovies on top and distribute lemon slices evenly. Sprinkle panko and black pepper, and drizzle with extra-virgin olive oil. Transfer to oven and bake until lightly golden, about 7-9 minutes. Garnish with parsley and serve.

### NOTE

If the panko isn't golden brown to your liking, broil for an additional 1-3 minutes, watching carefully to avoid burning.





28CM | SERVES 2

## Pineapple Teriyaki Pork Chops

Seared to perfection in the skillet, the juicy, teriyaki-glazed pork is complemented by the sweetness of fresh pineapple.

### INGREDIENTS

2 bone-in pork chops  
(¾ lb each, about 1½" thick)  
2 teaspoons kosher salt

#### Teriyaki Sauce

3 tablespoons soy sauce  
3 tablespoons sake  
3 tablespoons mirin  
2 tablespoons honey  
1 teaspoon ground ginger  
  
1 cup fresh pineapple, cut into ½" wedges  
3 tablespoons granulated sugar  
1 tablespoon unsalted butter  
1 tablespoon rum  
1 tablespoon vegetable oil

### DIRECTIONS

- (1st day) Rub entire surface of pork with salt. Combine ingredients for **Teriyaki Sauce**. Coat pork with 3 tablespoons of sauce, and place in a sealable bag, removing excess air. Refrigerate overnight.
- (2nd day) Remove pork from bag, pat dry, and bring to room temperature. Add sugar to the skillet and arrange pineapple evenly on top. Cook over medium heat until sugar is browned. Continue to cook until pineapple is browned evenly, flipping occasionally, about 3 minutes. Add butter and swirl to coat evenly. Once pineapple is golden brown, drizzle rum, turn off heat, and transfer to plate. Preheat oven to 480°F (250°C).
- Rinse and dry the skillet, then preheat over medium-high heat for about 90 seconds. Add in oil and swirl to coat. Allow smoke to rise from the entire surface of the skillet, then turn off heat. When smoke clears, add pork, fat-side down. Sear over low heat until golden brown, about 2 minutes per side.
- Wipe off excess fat from the skillet. Add remaining **Teriyaki Sauce** and use a spoon to baste pork with liquid until reduced to half. Transfer to oven and roast, flipping occasionally, for 5–7 minutes. Test for doneness by gently pressing each loin. Once you feel some resistance, remove from oven and transfer to plate, leaving liquid.
- Place the skillet back on stovetop and simmer over medium-high heat until sauce thickens. Add pork and pineapple back in to coat with sauce, and serve.



## Pizza Dough

### INGREDIENTS

3¾ cups (450 g) all-purpose flour,  
plus more for kneading  
2¼ teaspoons (7 g) kosher salt  
1½ teaspoons (5 g) active dry yeast  
1¾ cups (300 ml) warm water  
Olive oil for brushing

Yielding four 11" pizzas, this dough is excellent for addictively crispy, thin-crust pies made right at home without a wood-fired oven.

### DIRECTIONS

1. Combine salt, flour, yeast, and warm water. Knead well, cover with plastic wrap, and rest for 5 minutes. Transfer dough to lightly floured surface and knead again until smooth, about 5–7 minutes.
2. Pull down sides of dough and tuck ends underneath. Transfer to tray, seam-side down, and cover with wrap. Proof for 90 minutes at room temperature until dough has doubled in size and does not spring back when poked.
3. Remove dough from tray and press down to release air. Cut into 4 equal pieces and shape each into a ball by pulling down sides and tucking ends underneath. Return to tray, wrap, and rest for 30 minutes.
4. Sprinkle flour on top of each ball, flip, and press down. Pull down sides and tuck ends underneath. Brush with light coat of olive oil. Return to tray, wrap, and refrigerate.
5. (Stretching dough) Take out 10 minutes before making pizza. Generously flour dough and work surface. Gently press dough outwards from center, leaving outer ¾" edge untouched. Flip and repeat until doubled in size. Hold down one side of dough, and pull other side outwards. Rotate and stretch evenly until dough is 11" in diameter. Dust off excess flour.

### NOTE

Adjustments for other skillet sizes:  
20cm: 110 g (3.9 oz) dough per pizza |  
24cm Deep: 150 g (5.3 oz) | 26cm: 170 g (6 oz)

## Margherita Pizza

### INGREDIENTS

1 ball pizza dough (7 oz), stretched to 11"  
**Pizza Sauce**  
1 clove garlic, minced  
2 tablespoons olive oil  
1 14.5-oz can diced tomatoes, unsalted  
1 cup fresh tomatoes, diced  
1 teaspoon kosher salt  
3 large leaves fresh basil, chopped  
4 ¼ oz fresh mozzarella, torn into  
bite-sized pieces, divided  
8–10 large leaves fresh basil, divided  
1 tablespoon extra-virgin olive oil

### DIRECTIONS

1. For **Pizza Sauce**, add garlic and olive oil to the skillet. Cook over medium heat until fragrant. Stir in all tomatoes and salt. Cover and simmer over very low heat for 10 minutes. Uncover and cook over medium heat for 5 minutes to reduce liquid. Add the chopped basil. Strain sauce through a sieve and let cool.
2. Preheat oven to 550°F (290°C). Place the stretched dough into the skillet and spread ½ cup of the sauce on top. Distribute half of the mozzarella and basil. Cook over medium heat for 2 minutes or until bottom is lightly browned.
3. Transfer to oven, bake for 4–5 minutes, then broil for 1–3 minutes until crust edges are golden. Remove from oven and top with remaining mozzarella and basil. Drizzle with extra-virgin olive oil and serve.

## Kale and Italian Sausage Pizza

### INGREDIENTS

1 ball pizza dough (7 oz), stretched to 11"  
½ medium bunch kale, torn into bite-sized pieces  
1 clove garlic, minced  
1 pinch kosher salt  
2 teaspoons extra-virgin olive oil  
¼ lb Italian sausage, crumbled  
¾ cup shredded cheese  
Freshly ground black pepper

### DIRECTIONS

1. Preheat oven to 550°F (290°C). In a medium bowl, combine kale, garlic, salt, and extra-virgin olive oil.
2. Place the stretched dough into the skillet and evenly distribute kale, sausage, and cheese on top. Cook over medium heat until bottom is lightly browned, about 2–3 minutes.
3. Transfer to oven, bake for 4–5 minutes, then broil for 1–3 minutes until crust edges are golden. Drizzle extra-virgin olive oil, sprinkle black pepper, and serve.

### NOTE

Find more pizza recipes on our website at [www.vermicular.us/recipes/search](http://www.vermicular.us/recipes/search)

# Herb-Crusted Chicken Breast

## INGREDIENTS

2 chicken breasts, skinless and boneless  
2 teaspoons kosher salt  
Freshly ground black pepper

### Herbed Breadcrumbs

¼ cup panko breadcrumbs  
½ clove garlic, minced  
2 tablespoons parmesan cheese, freshly grated  
1 tablespoon chopped Italian parsley  
Chopped fresh thyme  
Freshly ground black pepper  
1 tablespoon olive oil

1¼ tablespoons Dijon mustard  
3 cups mixed seasonal greens  
2 tablespoons olive oil, divided

Crispy and moist, this perfectly textured, one-pan meal is a healthy and simple-to-make weeknight entrée.

## DIRECTIONS

1. Rub chicken with salt and pepper and set aside. Combine ingredients for **Herbed Breadcrumbs**. Preheat oven to 450°F (230°C).
2. Preheat the skillet over medium-high heat for about 90 seconds. Add 1 tablespoon of olive oil and swirl to coat evenly. Allow smoke to rise from the entire surface of the skillet, then turn off heat. When smoke clears, place chicken breasts in the skillet and sear over low heat for about 2–3 minutes per side. Once lightly browned, transfer chicken to plate.
3. Using the same skillet, add 1 tablespoon of olive oil, mixed seasonal greens, and a pinch of salt. Sauté over medium heat for about 1 minute.
4. Turn off heat, place chicken on top of vegetables, brush with Dijon mustard, and top with **Herbed Breadcrumbs**. Bake for about 10–12 minutes until breadcrumbs are lightly browned. Test for doneness by gently pressing center of chicken breasts. Once you feel some resistance, remove from oven and serve.

## NOTES

- For deeper browning, broil for an additional 1–3 minutes, watching carefully to avoid burning.
- For mixed greens, go with hearty, seasonal vegetables like kale, asparagus, broccolini, and fava beans.





28CM | SERVES 3-4

## Spiced Roast Lamb with Yogurt and Harissa

### INGREDIENTS

1-1½ lb leg of lamb, boneless  
1 tablespoon olive oil

#### Marinade

2 tablespoons strained yogurt  
2 teaspoons kosher salt  
½ teaspoon sweet paprika powder  
½ teaspoon ground allspice  
⅓ teaspoon garlic powder  
¼ teaspoon ground cumin  
¼ teaspoon cayenne pepper  
1 pinch each dried oregano and dried basil

#### Harissa Sauce

1 clove garlic, grated  
1 tablespoon panko breadcrumbs  
½ tablespoon tomato paste  
1 teaspoon kosher salt  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon sweet paprika powder  
½ teaspoon cayenne pepper  
5 tablespoons olive oil, divided

#### Yogurt Sauce

⅓ cup strained yogurt  
½ clove garlic, minced  
2 teaspoons lemon juice  
Kosher salt, to taste

Sear a beautiful crust on a tender leg of lamb in this Mediterranean favorite. Cooling yogurt balances the heat of spices for a burst of flavor.

### DIRECTIONS

- (1st day) In a small bowl, combine ingredients for **Marinade**. Coat lamb with **Marinade** and place in a sealable bag, removing excess air. Refrigerate overnight.
- (2nd day) Remove lamb from bag, pat dry, and bring to room temperature. For **Harissa Sauce**, combine garlic, panko, tomato paste, salt, and 2 tablespoons of olive oil. Transfer to the skillet and cook over low heat until garlic is fragrant, about 3 minutes. Add cumin, coriander, paprika, and cayenne pepper. Cook for another minute, stirring frequently. Turn off heat and stir in 3 tablespoons of oil. Transfer sauce to bowl and rinse and dry the skillet. Preheat oven to 355°F (180°C).
- Preheat the skillet over medium-high heat for about 90 seconds. Add in a tablespoon of olive oil and swirl to coat evenly. Allow smoke to rise from the entire surface of the skillet, then turn off heat. When smoke clears, add lamb and sear over low heat, about 2 minutes per side.
- Transfer the skillet to oven and roast for 25-35 minutes, turning lamb occasionally for even browning. Meanwhile, combine **Yogurt Sauce** ingredients and set aside. Test for doneness by gently pressing the middle of the roast. Once you feel some resistance, remove from oven. Serve with the two sauces and some lemon wedges.



## Oven-Baked Paella Mixta

### INGREDIENTS

1½ cups short-grain white rice, uncooked  
 ⅔ lb chicken thigh, skin-on, cut into 1" pieces

#### Dry Rub

1 clove garlic, grated  
 1 teaspoon kosher salt  
 1 teaspoon sweet paprika powder  
 1 pinch cayenne pepper

7 shrimp, head-on and shell-on, deveined  
 8–10 mussels, scrubbed and debearded  
 2 teaspoons kosher salt  
 1 pinch saffron threads

1 small squid, gutted and cleaned  
 1 oz prosciutto or Spanish chorizo,  
 cut into bite-sized pieces  
 ½ medium onion, coarsely chopped  
 1½ tablespoons tomato paste  
 3 tablespoons olive oil, divided

#### Garnish

Italian parsley, coarsely chopped  
 1 lemon, cut into wedges

#### Equipment

Stainless Steel Lid

\*Do not use the Glass Lid in the oven.

The secret to this colorful, mouthwatering paella is searing proteins in the skillet first to create depth of flavor, and finishing with a crunchy socarrat, or scorched rice.

### DIRECTIONS

1. Combine **Dry Rub** ingredients. Coat chicken and set aside for 1 hour. Remove and toast heads of shrimp for 10 minutes.
2. Add 300 ml of water and shrimp heads to a pot. Bring to boil over medium heat and skim foam. Reduce to low and simmer for 3 minutes. Add mussels and simmer for another minute. Once shells open, remove mussels and weigh out 330 ml of broth, adding water as needed. Add salt and saffron. Leave for 15 minutes.
3. Preheat oven to 355°F (180°C). Preheat the skillet over medium-high heat for about 90 seconds. Add 1 tablespoon of olive oil and swirl to coat. When oil smokes, add squid and shrimp. Sauté for 30 seconds and set aside. Add in remaining olive oil and sear chicken over medium-high heat, about 1 minute. Reduce to medium, add prosciutto and onion, and sauté for 1 minute. Once onion is translucent, add rice and cook for 1 minute. Stir in tomato paste and cook for 30 seconds.
4. Add broth from Step 2 and bring to a boil, stirring frequently. Flatten rice and arrange shrimp and squid evenly on top. Cover and cook over low heat for 3 minutes or until steam starts to escape. Transfer to oven, and bake, covered, for 10–12 minutes.
5. Transfer back to stovetop, add mussels, and cover. Cook over medium heat for about 30 seconds to lightly scorch rice. Turn off heat and rest, covered, for 10 minutes. Serve with parsley and lemon.





20CM | SERVES 4

## Honey Graham Apple Crisp

A crumbly graham cracker topping lends crunch and sweetness to a tart, syrupy cinnamon-apple filling in this easy, skillet dessert favorite.

### INGREDIENTS

3–4 (1 lb) medium sweet-tart apples, peeled, cored, and sliced into six wedges, then cut crosswise into ¼" pieces

#### Filling

⅔ cup (75 g) brown sugar  
¼ teaspoon ground cinnamon  
⅓ teaspoon ground nutmeg  
1 tablespoon lemon juice

#### Topping

5 full cracker sheets honey graham crackers, crushed  
¼ cup old-fashioned rolled oats  
2 tablespoons unsalted butter, room temperature

Vanilla ice cream  
Light rum, optional

### DIRECTIONS

1. Preheat oven to 340°F (170°C). Combine ingredients for **Topping** and mix well until butter is evenly distributed. Set aside.
2. In a large bowl, combine ingredients for **Filling**. Add about a quarter of the **Topping** mixture and stir to combine.
3. Transfer **Filling** to the skillet and spread remaining **Topping** mixture evenly over apples. Bake in oven for 50–60 minutes or until topping is golden brown and filling is bubbling. Serve warm with a scoop of vanilla ice cream and a drizzle of rum.

### NOTE

Use any sweet-tart baking apple, like Honeycrisp, Granny Smith, or Golden Delicious. For increased depth of flavor, use multiple varieties.

# Carrot Cake with Lemon Cream Cheese Frosting

## INGREDIENTS

### Batter

- 175 g all-purpose flour, plus more for dusting
- 3 g baking powder
- 3 g baking soda
- 2 eggs
- $\frac{3}{4}$  cup (150 g) brown sugar
- $\frac{5}{8}$  cup (150 ml) vegetable oil
- 2 loosely packed cups (200 g) carrots (about 2 large),  
peeled and freshly grated
- $\frac{1}{2}$  8-oz can crushed pineapple,  
lightly strained through a sieve
- $\frac{1}{4}$  cup (30 g) chopped pecans, toasted
- 3 tablespoons (30 g) raisins
- 1 teaspoon vanilla extract
- 1 tablespoon ground cinnamon
- $1\frac{1}{2}$  teaspoons ground ginger
- $\frac{3}{4}$  teaspoon ground nutmeg
- $1\frac{1}{3}$  teaspoons kosher salt

### Frosting

- $\frac{2}{3}$  cup (150 g) cream cheese, room temperature
- 1 cup (125 g) powdered sugar
- $\frac{1}{4}$  cup (60 g) unsalted butter, softened and creamed
- 1 tablespoon lemon juice

### Topping

- Shredded coconut, optional

Spiced generously with cinnamon, ginger, and nutmeg, this incredibly moist, aromatic carrot cake features a sweet and tangy frosting sure to delight any carrot cake lover.

## DIRECTIONS

1. Grease the skillet with butter and dust bottom and sides with flour, shaking out excess. Preheat oven to 355°F (180°C).
2. For **Batter**, sift together flour, baking powder, and baking soda in a medium bowl. Set aside. In a large bowl, whisk together eggs and brown sugar. Gradually add in oil until well mixed. Add carrots, pineapple, pecans, raisins, vanilla extract, cinnamon, ginger, nutmeg, and salt. Stir to combine. Add the flour mixture and mix until powder is fully dissolved, but do not overmix.
3. Pour **Batter** into the skillet and transfer to oven. Bake for 35–40 minutes, until lightly browned, or toothpick comes out clean. Transfer cake to cooling rack.
4. For **Frosting**, combine ingredients in a medium bowl. Whip until light and fluffy, about 2 minutes with an electric hand mixer.
5. Once cake is completely cooled, frost and sprinkle entire surface with shredded coconut, and serve.

## NOTE

Use a box grater to grate fresh carrots, rather than using pre-shredded, as this greatly impacts the cake's moisture.



# 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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