



Bugeogui

Grilled Dried Pollack | 북어구이



A beloved traditional Korean side dish (*banchan*) made by gently tenderizing soaked dried pollack with a wooden mallet, marinating it in a sweet and spicy gochujang glaze, and pan-grilling or grilling over a wire grate until smoky, fragrant, and delightfully chewy.

 **Prep: 20 mins (plus soaking)** | **Cook: 10 mins** |  **Moderate** |  **High Protein** |  **Classic Banchan**

Ingredients (2 servings)

- **Main Ingredient:** 2 dried pollack (*bugeo*, soaked and cleaned)
- **Pre-Coating (*Eurae-jang*):** 1 tbsp sesame oil, 1/2 tbsp soy sauce
- **Spicy Gochujang Glaze:** 2 tbsp gochujang (chili paste), 1 tbsp gochugaru (chili flakes), 1 tbsp soy sauce, 1 tbsp sugar (or honey), 1 tbsp rice syrup (*mulyeot*), 1 tbsp minced garlic, 1 tbsp mirin (cooking wine), 1 tbsp sesame oil
- **Finishing Touches:** 1 stalk green onion (finely chopped), 1 tbsp toasted sesame seeds

Allergy Information

- **Contains:** Fish (Dried pollack), Soy (Gochujang, Soy sauce), Wheat (Gochujang, Soy sauce), Sesame

Equipment

- Frying Pan or Grill Grate, Rolling Pin or Wooden Mallet, Kitchen Shears, Brush, Cutting Board

Cooking Instructions

1. **Soaking & Tenderizing:** Rehydrate the dried pollack in cold water for 10–15 minutes until soft and pliable. Squeeze out excess water gently. Using kitchen shears, trim off fins, tail, and head. Gently pound the flesh with a wooden mallet or rolling pin to flatten the fish, break tough fibers, and prevent curling during grilling.
2. **Pre-Seasoning (*Eurae-jang*):** Mix 1 tbsp sesame oil and 1/2 tbsp soy sauce. Brush evenly over both sides of the pollack. This initial oil-and-soy layer prevents the fish from drying out and locks in moisture.
3. **Mixing the Gochujang Glaze:** In a small bowl, whisk together gochujang, gochugaru, soy sauce, sugar, rice syrup, minced garlic, mirin, and sesame oil into a smooth, thick paste.
4. **Initial Cooking:** Heat a lightly oiled skillet over medium-low heat. Place the

pre-seasoned pollack skin-side down first and grill for 2 minutes, then flip and grill for another 2 minutes until cooked through.

5. **Glazing & Final Grilling:** Reduce heat to low. Generously brush the spicy gochujang glaze on both sides of the fish. Grill for an additional 1–2 minutes per side over gentle heat until the sauce caramelizes slightly without burning. Transfer to a platter, garnish with chopped green onions and sesame seeds, and serve warm.

Cooking & Pairing Tips

- **Pound the Flesh Gently:** Pounding the soaked dried pollack breaks down stiff tendons so the fish stays flat on the pan rather than curling up into a roll when heat is applied.
- **Low Heat for the Glaze:** Gochujang contains sugars that scorch easily over high heat. Always reduce the heat to low after applying the final glaze to ensure a rich caramelization rather than a burnt taste.
- **Perfect Food & Beverage Pairing:** An outstanding side dish (*banchan*) served alongside warm white rice, soybean paste stew (*Doenjang-jjigae*), and pickled wild greens. Also serves as a savory drinking snack (*anju*) paired with chilled rice wine (*Makgeolli*).

Storage Instructions

- Store leftovers in an airtight container in the refrigerator for up to 3–4 days. Reheat gently in a dry pan over low heat or microwave covered for 30 seconds to restore tenderness.

Nutrition Facts (Estimated)

- Total Content : Approx. 250g (2 servings total)
 - Calories : 420 kcal total (approx. 168 kcal per 100g / 210 kcal per 1 serving)
 - Sodium : 980mg (49%)
 - Total Carbohydrate : 28g (9%)
 - Sugar : 14g (14%)
 - Total Fat : 12g (22%)
 - Trans Fat : 0g
 - Saturated Fat : 2g (13%)
 - Cholesterol : 110mg (37%)
 - Protein : 52g (95%)
 - Calcium : 60mg (6%)
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Editor's Review

1. Sensual Harmony of Tenderized Pollack and Sweet-Spicy Glaze

The moment the rehydrated and thoroughly beaten dried pollok yields across the tongue, its uniquely fluffy yet chewy texture delivers a delightful sensory thrill. A rich gochujang-based glaze caramelizes gently over the wire rack, fusing smoky charcoal aromas with savory depth. Releasing deep umami with every bite, it offers an endlessly satisfying and refined culinary experience.

2. Mechanical Tenderization and Direct-Flame Grilling Science

Buk-eogu-i stands as a triumph of traditional seafood craft, mastering physical tenderization and marinade permeation to transform rigid dried fish. Systematically pounding the soaked pollok with a wooden bat breaks down tough muscle fibers, while precise rack-grilling locks in savory moisture and imparts a clean, smoky char—showcasing a brilliant culinary mastery of texture and heat.

3. Heartfelt Solace Blossoming from a Humble Home-Style Table

Gracefully anchoring a cozy, traditional meal, a glossy piece of seasoned and grilled pollok acts as a comforting remedy for daily weariness. Placing a fiery, savory morsel over a warm spoonful of rice offers a nostalgic ritual of purification that fills the spirit with enduring warmth and grounded peace.

