



Byeongeogui

Grilled Pomfret | 병어구이



A refined and delicate Korean seafood dish featuring fresh silver pomfret (*byeongeo* / butterfish). Scored in a neat crisscross diamond pattern and lightly salted, the fish is gently grilled over a hot wire grid or pan-fried until its tender skin turns golden and crisp. Garnished with finely sliced scallions (*sil-pa*) and red pepper threads (*sil-gochu*), or lightly drizzled with a savory-spicy soy-chili sauce (*yangnyeomjang*), it is celebrated for its buttery, velvety white flesh, mild natural sweetness, and absence of fine intramuscular bones.

 **Prep: 15 mins** | **Cook: 12 mins** |  **Easy** |  **Velvety & Delicate White Fish** |  **Royal & Banchan Favorite**

Ingredients (2 servings)

- **Main Ingredients:** 2 whole fresh silver pomfrets (*byeongeo*, approx. 400g total, gutted and cleaned), 1/2 tsp fine sea salt, 1.5 tbsp cooking oil
- **Fragrant Sesame Oil Glaze:** 1 tbsp toasted sesame oil (for brushing)
- **Garnish Option 1 (Classic Salted & Garnished):** 1 stalk scallion or *sil-pa* (finely sliced), a pinch of red pepper threads (*sil-gochu*), 1 tsp toasted sesame seeds
- **Garnish Option 2 (Spicy Soy Glaze / Yangnyeomjang):** 2 tbsp soy sauce, 1 tbsp water, 1/2 tbsp gochugaru (chili flakes), 1/2 tbsp sugar or plum syrup (*maesil-cheong*), 1 tsp minced garlic, 1 tsp sesame oil, 1 tbsp finely chopped green onion

Allergy Information

- **Contains:** Fish (Silver Pomfret), Sesame (*Optional soy glaze contains Soy, Wheat*)

Equipment

- Frying Pan or Wire Mesh Grid, Wide Spatula, Knife, Cutting Board, Paper Towels, Basting Brush

Cooking Instructions

1. **Cleaning & Scoring:** Rinse the cleaned silver pomfret under cold water and pat thoroughly dry with paper towels. Make shallow diagonal crisscross diamond slashes across both sides of each fish.
2. **Salting & Resting:** Lightly sprinkle fine sea salt evenly over both sides and inside the slashes. Let rest for 10–15 minutes to firm up the delicate flesh and enhance its natural sweetness.
3. **Brushing with Sesame Oil:** Lightly brush both sides of the fish with toasted

sesame oil. This seals in internal juices, prevents the delicate skin from tearing on the grill, and imparts a rich, nutty aroma.

4. **Grilling / Pan-Searing (Flip Only Once):** Heat 1.5 tbsp cooking oil in a wide frying pan or preheat a wire grill over medium heat. Place the pomfret in the pan and cook undisturbed for 5–6 minutes until the underside is fully set and golden-brown.
5. **Flipping & Serving:** Carefully slide a wide spatula underneath and flip the fish **only once**. Cook the other side for another 4–5 minutes until the skin turns crisp and the white meat is cooked through. Transfer to a platter, top with sliced scallions and red pepper threads (or drizzle with spicy soy sauce), and serve piping hot.

Cooking & Pairing Tips

- **Gentle Handling for Tender Skin:** Pomfret has remarkably thin skin and soft flesh. Avoid flipping the fish repeatedly—letting the first side form a solid golden crust before turning ensures the fish stays beautifully intact.
- **Naturally Sweet & Buttery:** Often referred to as "butterfish," pomfret contains a naturally balanced oil content that yields a soft, velvety texture that is easy to digest for both children and the elderly.
- **Effortless to Eat:** Pomfret has a simple skeletal structure with almost no fine intramuscular bones, making it clean and easy to enjoy at the table.
- **Perfect Food & Beverage Pairing:** Complements warm white rice, mild soybean paste soup (*Doenjang-guk*), and seasonal vegetable side dishes (*namul*). Pairs wonderfully with refined traditional Korean rice wine (*Cheongju*) or crisp white wine.

Storage Instructions

- Best enjoyed piping hot straight out of the pan while the flesh is tender and juicy. Leftovers can be stored in an airtight container in the refrigerator for up to 1 day and reheated gently in an air fryer at 170°C for 3–4 minutes or in a dry pan over low heat.

Nutrition Facts (Estimated)

- Total Content : Approx. 400g (2 servings total)
- Calories : 480 kcal total (approx. 120 kcal per 100g / 240 kcal per 1 serving)
 - Sodium : 680mg (34%)
 - Total Carbohydrate : 2g (1%)
 - Sugar : 0g (0%)
 - Total Fat : 24g (44%)
 - Trans Fat : 0g
 - Saturated Fat : 5g (33%)
 - Cholesterol : 160mg (53%)

- Protein : 62g (113%)
 - Calcium : 70mg (7%)
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Editor's Review

1. A Sensual Fusion of Tender White Flesh, Clean Umami, and Vibrant Scallion Garnishes

The moment the tender, flaky white flesh of the scored pomfret—grilled to golden perfection and kissed by vibrant green scallion threads and red chili strips, or lightly drizzled with a savory chili-soy glaze—touches the palate, a clean, delicately sweet umami unfolds with exquisite luxury. The harmonious balance of melt-in-your-mouth tenderness and subtle seasoning delivers an endlessly satisfying and refined gastronomic experience.

2. Culinary Mastery Forged by Surface Scoring Science and Wire-Rack Searing Precision

Byeongeo-gui stands as a masterclass in traditional fish grilling, utilizing precise surface scoring to ensure clean salt penetration while managing high heat on a preheated wire rack to safeguard the delicate structure of white fish without crumbling. Managing thermal intensity to lock in inner moisture and clean proteins while applying delicate seasoning represents fundamental culinary science that achieves peak textural harmony.

3. Gracious Solace Recharged Through the Refined Warmth of a Clean Table

Gracing the table with a refined, elegant presentation, a neatly prepared plate of grilled pomfret acts as a comforting remedy for daily weariness, filling the spirit with unpretentious warmth. Savoring this clean, nutrient-dense delicacy washes away daily exhaustion, granting an authentic sanctuary of peace and emotional recovery.

