



# Daechanggui

Grilled Beef Large Intestine | 대창구이



A decadent, high-flavor Korean K-BBQ favorite featuring beef large intestines (*daechang*). Turned inside out so that the rich, creamy fat lines the interior, thoroughly washed with flour and coarse salt to ensure a clean taste, and grilled plain or marinated in a sweet-savory garlic soy or spicy glaze. Sizzled on a hot skillet until golden brown and crackling crisp on the outside, it delivers an intensely nutty, juicy, and delightfully chewy (*jjondeuk*) texture.

 **Prep: 30 mins (plus cleaning) | Cook: 15 mins |**  **Moderate |**   
**Indulgent K-BBQ & Anju |**  **Rich & Chewy**

### Ingredients (2-3 servings)

- **Main Ingredients:** 400g cleaned beef large intestines (*daechang*), 1/2 onion (sliced), 1 medium potato (sliced into rounds), 100g garlic chives (*buchu*), 6 cloves garlic (sliced)
- **Cleaning & Odor Neutralizing:** 3 tbsp flour, 2 tbsp coarse sea salt, 2 tbsp cooking wine (*cheongju* or mirin)
- **Optional Sweet & Savory Marinade:** 2 tbsp soy sauce, 1 tbsp sugar, 1 tbsp rice syrup, 1 tbsp minced garlic, 1 tbsp sesame oil, a pinch of black pepper
- **Soy-Chili Dipping Sauce:** 2 tbsp soy sauce, 1 tbsp vinegar, 1 tbsp water, 1/2 tbsp sugar, 1 Cheongyang green chili (thinly sliced), 1/4 onion (diced)

### Allergy Information

- **Contains:** Beef, Soy (Soy sauce), Wheat (Flour, Soy sauce), Sesame

### Equipment

- Cast-Iron Skillet or Grill Pan, Kitchen Tongs, Kitchen Shears, Knife, Cutting Board, Small Dip Bowls

### Cooking Instructions

1. **Cleaning the Daechang:** Turn the beef large intestines inside out. Scrub thoroughly with flour and coarse sea salt under cold running water to remove excess slime, surface impurities, and odor. Rinse multiple times until clean, then pat dry with paper towels.
2. **Prepping Vegetables & Dipping Sauce:** Slice onions, potatoes, and garlic. Cut garlic chives into 5 cm lengths and toss lightly with sesame oil and a pinch of chili flakes. In small bowls, whisk together soy sauce, vinegar, water, sugar, and sliced Cheongyang chilies for dipping.
3. **Initial Searing:** Heat a cast-iron skillet or heavy pan over medium-high heat.

Place the whole *daechang* strands in the pan. As the natural fat renders out, arrange potato slices, onions, and garlic around the edges to crisp up in the rendered oil.

4. **Grilling to Golden Crispy:** Grill for 10–12 minutes, flipping frequently until the outer skin turns deep golden-brown and crackling crisp while keeping the rich fat tender inside.
5. **Cutting & Serving:** Snip the *daechang* into bite-sized round pieces using kitchen shears. Toss the seasoned garlic chives onto the skillet for the last 1–2 minutes to wilt slightly. Serve sizzling hot directly from the pan with the soy-chili dipping sauce.

### **Cooking & Pairing Tips**

- **Thorough Cleaning with Flour:** Washing *daechang* thoroughly with flour absorbs surface grease, neutralizes gaminess, and ensures a clean, sweet, and nutty flavor profile.
- **Savor the Rendered Fat:** As *daechang* cooks, its rich internal fat renders out into the skillet. Cooking potato rounds and garlic chives directly in this oil creates an extraordinarily flavorful side.
- **Finish with Kimchi Fried Rice (*Bokkeumbap*):** Leave a small amount of rendered fat and crispy bits in the skillet, then stir-fry white rice, diced kimchi, shredded seaweed (*gim*), and sesame oil over high heat for an essential final course.
- **Perfect Food & Beverage Pairing:** An iconic late-night drinking food (*anju*). The rich, creamy fat pairs exceptionally well with tangy pickled radish (*ssam-mu*), acidic soy-chili dipping sauce, chilled soju, or a crisp lager.

### **Storage Instructions**

- Best enjoyed piping hot directly off the grill. Leftovers can be stored in an airtight container in the refrigerator for up to 1–2 days and reheated in a hot skillet over medium heat.

### **Nutrition Facts (Estimated)**

- Total Content : Approx. 500g (2-3 servings total)
- Calories : 1,120 kcal total (approx. 224 kcal per 100g / 373 kcal per 1 serving)
  - Sodium : 840mg (42%)
  - Total Carbohydrate : 16g (5%)
  - Sugar : 5g (5%)
  - Total Fat : 98g (181%)
  - Trans Fat : 0g
  - Saturated Fat : 34g (227%)
  - Cholesterol : 380mg (127%)
  - Protein : 38g (69%)

– Calcium : 50mg (5%)

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## Editor's Review

### 1. A Sensual Fusion of Rich, Creamy Melt and Snappy, Chewy Exterior

The moment the golden, crisped exterior of well-cleaned beef large intestine yields on the hot grill, releasing an intensely rich, buttery wave of savory fat that floods the palate, an exquisite sensory thrill takes over. The brilliant contrast between the resilient, chewy bite and the luxuriously creamy interior delivers an endlessly satisfying and dynamic culinary experience.

### 2. Culinary Mastery Forged by Flour-Scouring Science and High-Heat Fat Rendering

Daechang-gui stands as a masterclass in offal grilling, utilizing meticulous flour-scouring to clear impurities and eliminate gamey notes while employing high heat to render internal fat layers into a golden, crisped casing. Managing thermal intensity to safeguard the lush internal creaminess without scorching represents fundamental culinary science that achieves peak textural harmony.

### 3. Heartwarming Solace Shared Around a Sizzling Griddle

Sizzling vigorously on a hot skillet under the bustling glow of a local eatery, a plate of rich grilled daechang acts as a comforting remedy for daily weariness, filling the spirit with unpretentious warmth. Pairing a deeply savory, satisfying morsel with a cool drink offers an authentic ritual of restoration, washing away exhaustion and granting an authentic sanctuary of peace.

