KOREAN CUISINE

Daehagui

Grilled Prawn | 대하구이



An iconic autumn delicacy in Korea, featuring large, fleshy prawns (*daeha*) cooked over a generous bed of coarse sea salt (*myeon-sogeum*). As heat radiates through the salt, it cooks the prawns evenly without burning their shells, sealing in their natural sweetness, succulent bite, and rich ocean umami.

⏱️ **Prep: 10 mins | Cook: 15 mins |** 🍳 **Easy |** 🍂 **Autumn Peak Season |** 🦐 **Sweet & Plump Seafood**

Ingredients (2-3 servings)

- **Main Ingredients:** 10–12 fresh large prawns or jumbo shrimp (*daeha*, approx. 500g)
- **Salt Bed:** 1.5–2 cups coarse sea salt (*myeon-sogeum* or *kkot-sogeum*)
- **Tangy Red Chili Dip (*Chogochujang*):** 2 tbsp gochujang (chili paste), 1 tbsp vinegar, 1/2 tbsp sugar, 1/2 tbsp lemon juice, 1/2 tsp toasted sesame seeds
- **Alternative Dipping & Garnish:** Soy sauce with wasabi, lemon wedges
- **Optional Head-Frying Finish:** 1 tbsp unsalted butter, 1 tsp minced garlic (for butter-frying heads)

Allergy Information

- **Contains:** Crustaceans (Prawns/Shrimp) *(Chogochujang dipping sauce contains Soy, Wheat)*

Equipment

- Heavy Pan or Cast-Iron Skillet, Aluminum Foil, Kitchen Shears, Toothpick, Tongs, Small Dip Bowls

Cooking Instructions

1. **Prepping the Prawns:** Rinse fresh prawns under cold water. Using kitchen shears, trim off long antennae, feelers, and the sharp spike (*rostrum*) on top of the head. Gently insert a toothpick between the 2nd and 3rd tail segments to pull out the dark digestive vein, then pat dry with paper towels.
2. **Lining & Laying the Salt Bed:** Line a heavy skillet or frying pan with aluminum foil to protect the pan's surface. Spread coarse sea salt evenly across the bottom until it forms a 1–2 cm thick bed.
3. **Preheating the Salt Bed:** Cover the pan with a lid and heat over medium-high heat for 3–5 minutes until the salt begins to crackle gently.
4. **Grilling the Prawns:** Arrange the prepped prawns in a single layer flat on

top of the hot salt bed. Cover with the lid and grill over medium heat for 5–7 minutes until the shells turn bright orange-pink and the flesh turns plump and opaque. Flip once halfway through if desired for even coloring.

5. **Serving & Head Treatment:** Transfer cooked prawns to a platter and serve immediately with tangy *chogochujang* or lemon wedges. *(Snip off the prawn heads and save them for butter-frying).*

💡 Cooking & Pairing Tips

- **Why Use a Salt Bed?** The salt layer acts as a gentle heat diffuser that roasts the prawns evenly without scorching the delicate shells, while absorbing excess moisture so the prawns steam in their own natural juices.
- **Crispy Buttered Prawn Heads (*Saewoo-meori Butter-gui*):** Don't discard the heads! Snip off the heads, toss them into a separate skillet with 1 tbsp butter and a little minced garlic, and sizzle over medium heat for 3–4 minutes until crackling crisp for an addictive pub-style snack.
- **Autumn Peak Season:** September to November is peak season for wild Korean fleshy prawns (*daeha*), when they are at their largest size with firm, sweet meat.
- **Perfect Food & Beverage Pairing:** Complements fresh vegetable sticks, radish salad, and clear clam soup. Pairs wonderfully with chilled soju, crisp white wine, draught beer, or traditional Korean plum wine (*Maesil-ju*).

Storage Instructions

- Best enjoyed piping hot straight off the salt bed. Leftover cooked prawns can be peeled and stored in an airtight container in the refrigerator for up to 1 day. Reheat briefly in an air fryer at 170°C for 2–3 minutes or incorporate into seafood ramen or fried rice.

Nutrition Facts (Estimated)

- Total Content : Approx. 500g (2-3 servings total)
- Calories : 480 kcal total (approx. 96 kcal per 100g / 160 kcal per 1 serving)
  – Sodium : 720mg (36%)
  – Total Carbohydrate : 2g (1%)
  – Sugar : 0g (0%)
  – Total Fat : 6g (11%)
  – Trans Fat : 0g
  – Saturated Fat : 1.2g (8%)
  – Cholesterol : 380mg (127%)
  – Protein : 92g (167%)
  – Calcium : 210mg (21%)

Editor's Review

1. A Sensual Fusion of Plump, Snappy Sweetness and Subtle Saline Touch
The moment a brilliant crimson jumbo shrimp—roasting to golden perfection atop a bed of coarse salt—yields its plump, springy flesh to the palate, an exquisite wave of natural sweetness and delicate briny depth floods the senses. Bursting with seasonal richness and a brilliantly snappy texture, every bite delivers an endlessly satisfying and dynamic gastronomic experience.

2. Culinary Mastery Forged by Salt-Bed Conduction and Shell-Sealed Moisture
Daeha-gui stands as a masterclass in seasonal seafood roasting, utilizing a thick layer of coarse salt as a thermal conductor to evenly radiate heat while locking natural juices and subtle salinity inside the rigid shell. Managing thermal intensity to remove excess surface moisture without drying out the delicate protein represents fundamental culinary science that achieves peak textural harmony.

3. Harvest Solace Warming the Spirit Beneath Crisp Autumn Skies
Harvested during the bountiful turn of the season, a radiant plate of autumn jumbo shrimp acts as a tender ritual of restoration that aligns the spirit with the golden warmth of nature. Peeling each sizzling, crimson-red shrimp and savoring its rich bounty washes away daily exhaustion, granting an authentic sanctuary of peace and renewed vitality.



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