KOREAN CUISINE

Daehapgui

Grilled Hard Clams | 대합구이



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An elegant and historic Korean royal court and wedding banquet delicacy (*Gungjung-eumsik*) featuring large, sweet clams (*daehap* / surf clams). Plump clam meat is finely minced and kneaded together with ground beef, firm tofu, and fragrant shiitake mushrooms. Seasoned with toasted sesame oil and soy sauce, stuffed back into natural clam shells, and pan-grilled or wire-roasted, it offers a harmonious fusion of land-and-sea umami with a moist, delicate bite.

⏱️ **Prep: 25 mins | Cook: 15 mins |** 🍳 **Moderate |** 👑 **Royal Court & Banquet Delicacy |** 🐚 **Surf Clam Specialty**

Ingredients (2-3 servings)

- **Main Shellfish:** 6–8 large clams or surf clams (*daehap*, shells kept intact and thoroughly scrubbed)
- **Stuffing Filling:** 100g minced beef, 80g firm tofu (squeezed dry), 2 dried shiitake mushrooms (rehydrated and finely chopped), 1/4 small onion (finely minced)
- **Stuffing Seasoning:** 1.5 tbsp soy sauce, 1 tsp sugar, 1 tbsp minced garlic, 1 tbsp finely chopped green onion, 1 tbsp toasted sesame oil, 1 tsp toasted sesame seeds, a pinch of black pepper
- **Binding & Coating:** 2 tbsp egg wash (beaten egg), 1 tbsp flour or potato starch (for dusting)
- **Finishing Touch / Garnish:** Pine nut powder (*jat-garu*) or finely crushed pine nuts, red pepper threads (*sil-gocheu*)

Allergy Information

- **Contains:** Mollusks (Clams), Beef, Soy (Tofu, Soy sauce), Wheat (Soy sauce), Egg, Tree Nuts (if garnished with pine nuts), Sesame

Equipment

- Heavy Frying Pan or Wire Grill Grate, Cotton Cloth / Cheesecloth (for draining tofu), Mixing Bowl, Kitchen Knife, Cutting Board, Spoon

Cooking Instructions

1. **Cleaning & Blanching Clams:** Scrub clam shells thoroughly under cold water. Blanch in boiling water for 1–2 minutes just until they open slightly. Pry shells open, remove clam meat, and reserve clean half-shells. Chop clam meat finely.
2. **Prepping Filling Ingredients:** Squeeze excess moisture out of the tofu using a cotton cloth and mash finely. Mix chopped clam meat, minced beef,

mashed tofu, chopped shiitake mushrooms, and minced onion in a mixing bowl.

3. **Seasoning the Stuffing:** Add soy sauce, sugar, minced garlic, green onion, sesame oil, black pepper, and toasted sesame seeds to the filling mixture. Knead thoroughly until sticky and cohesive.
4. **Stuffing the Shells:** Lightly dust the inside of reserved clam shells with flour (helps stuffing adhere). Pack the savory filling firmly into each shell, mounding slightly on top. Brush the top surface lightly with egg wash.
5. **Grilling / Pan-Searing:** Place stuffed clams shell-side down in a pan over medium heat (or over a wire grill grate). Cover with a lid or foil and cook for 8–10 minutes until the beef and clam stuffing is fully cooked through and golden. Sprinkle with pine nut powder before serving.

💡 Cooking & Pairing Tips

- **Dust the Shell Interior:** Lightly dusting flour inside the cleaned clam shells before stuffing prevents the filling from shrinking away or separating from the shell during cooking.
- **Thoroughly Drain Moisture:** Squeezing excess water out of the tofu and shiitake mushrooms ensures the stuffing holds its firm, juicy shape on the grill without becoming soggy.
- **Royal Court Heritage:** Historically served at aristocratic weddings and royal court banquets due to its meticulous preparation, sophisticated presentation, and balanced flavor profile.
- **Perfect Food & Beverage Pairing:** Complements warm white rice, delicate clear clam broth (*Jokae-tang*), and wild mountain greens. Pairs elegantly with refined traditional Korean rice wines (*Yakju* or *Cheongju*).

Storage Instructions

- Stuffed raw clams should be cooked on the day of preparation. Leftover cooked Daehap-gui can be stored in an airtight container in the refrigerator for up to 1 day. Reheat gently in a pan over low heat (covered) or in an oven/air fryer at 160°C for 3–4 minutes.

Nutrition Facts (Estimated)

- Total Content : Approx. 450g (2-3 servings total)
- Calories : 460 kcal total (approx. 102 kcal per 100g / 153 kcal per 1 serving)
  – Sodium : 780mg (39%)
  – Total Carbohydrate : 12g (4%)
  – Sugar : 3g (3%)
  – Total Fat : 18g (33%)
  – Trans Fat : 0g

– Saturated Fat : 4.5g (30%)
– Cholesterol : 140mg (47%)
– Protein : 62g (113%)
– Calcium : 120mg (12%)

Editor's Review

1. A Sensual Fusion of Rich Minced Clam, Savory Beef, and Aromatic Mushrooms Inside a Natural Shell
The moment the golden, expertly grilled stuffed clam shell—brimming with finely minced clam meat, savory beef, tofu, and shiitake mushrooms—touches the palate, a harmonious wave of rich juices and complex umami floods the senses. The exquisite interplay of textures and deep savory depth delivers an endlessly satisfying and refined gastronomic experience.

2. Culinary Mastery Forged by Precision Mincing and Shell-Vessel Thermal Conduction
Daehap-gui stands as a masterclass in royal court stuffed-shell cooking, utilizing precise mincing and seasoning of seafood and land meats before packing them into natural clam shells to bake or grill under carefully managed heat. Managing thermal intensity to cook the dense filling thoroughly while locking in succulent juices represents fundamental culinary science that achieves peak textural harmony.

3. Heartwarming Solace Rooted in Royal Heritage and Festive Celebration
Carrying the dignified grace of royal banquets and traditional wedding festivities where this dish was offered as a token of utmost care and blessing, a neatly prepared plate of daehap-gui acts as a comforting remedy for daily weariness, filling the spirit with unpretentious warmth. Savoring this heritage delicacy grants an authentic sanctuary of peace and emotional recovery.

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