



# Daepaesamgyeopsal

Grilled Thin-sliced Pork Belly | 대패삼겹살



A highly popular, budget-friendly Korean K-BBQ staple featuring paper-thin curls of frozen pork belly shaved like wood planings (*daepae*). Sizzling in seconds on a hot grill pan, these thin strips crisp up along the edges while rendering out savory fat—making them ideal for flash-grilling alongside aged kimchi, garlic, and soybean sprouts, or stir-frying into spicy bulgogi.

 **Prep: 5 mins** | **Cook: 5 mins** |  **Easy** |  **Quick-Cooking K-BBQ** |  **Budget-Friendly**

### Ingredients (2-3 servings)

- **Main Ingredients:** 400g thinly sliced frozen pork belly curls (*daepae-samgyeopsal*), 100g aged kimchi (*mukeunji*, sliced), 100g soybean sprouts (*kongnamul*), 6 cloves garlic (sliced), 1/2 onion (sliced)
- **Dipping Sauces & Wraps:** *Ssamjang* (savory soybean & chili paste), toasted sesame oil salt dip (*gireum-jang*: 2 tbsp sesame oil, 1/2 tsp sea salt, black pepper), fresh red leaf lettuce, perilla leaves (*kkaet-nip*)
- **Optional Spicy Stir-Fry Sauce (for Bulgogi style):** 2 tbsp gochujang, 1 tbsp gochugaru, 1.5 tbsp soy sauce, 1 tbsp sugar, 1 tbsp minced garlic, 1 tbsp sesame oil

### Allergy Information

- **Contains:** Pork, Soy (*Ssamjang*, Soy sauce), Wheat (*Ssamjang*, Soy sauce), Sesame

### Equipment

- Cast-Iron Skillet or Sloped K-BBQ Grill Pan, Tongs, Spatula, Small Dip Bowls

### Cooking Instructions

1. **Preheating the Pan:** Heat a wide sloped grill pan or cast-iron skillet over high heat until smoking hot.
2. **Flash-Grilling the Pork:** Place rolled frozen pork belly curls onto the pan in a single layer. As heat penetrates, the meat unrolls and sizzles instantly, rendering out savory pork fat within seconds.
3. **Frying Vegetables in Pork Fat:** Move the pork slices toward the higher side of the pan and place sliced garlic, aged kimchi, and soybean sprouts into the rendered fat at the bottom to fry until golden brown and aromatic.
4. **Flipping & Crisping:** Flip the thin pork slices after 1–2 minutes until the edges turn crisp and browned while the meat remains tender.
5. **Serving:** Remove from heat immediately and serve piping hot straight off the

pan. Wrap crispy pork with fried kimchi, garlic, and *ssamjang* inside fresh lettuce or perilla leaves.

### **Cooking & Pairing Tips**

- **Savor the Rendered Fat:** Grilling aged kimchi, garlic, and soybean sprouts directly in the rendered pork fat on the lower half of the grill pan transforms simple side ingredients into a smoky, mouthwatering delicacy.
- **Super Fast Cooking:** Because the pork is shaved paper-thin, it cooks in just 1–2 minutes. Flash-fry rapidly over high heat to keep it juicy rather than drying it out.
- **Finish with Kimchi Fried Rice (*Bokkeumbap*):** Leave a small amount of rendered fat and crispy pork bits in the pan, then stir-fry white rice, diced kimchi, shredded seaweed (*gim*), and a drizzle of sesame oil over high heat for an essential final course!
- **Perfect Food & Beverage Pairing:** Served as a casual dining favorite paired with soybean paste stew (*Doenjang-jjigae*), cold green onion salad (*pa-jeol*), chilled soju, or a crisp draft beer.

### **Storage Instructions**

- Keep uncooked pork frozen at -18°C or below until ready to cook. Do not refreeze once thawed. Leftover cooked pork belly and kimchi can be stored in an airtight container in the refrigerator for up to 1–2 days and reheated in a hot skillet or incorporated into fried rice or kimchi stew (*Kimchi-jjigae*).

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

- Total Content : Approx. 400g (2-3 servings total)
  - Calories : 1,280 kcal total (approx. 320 kcal per 100g / 426 kcal per 1 serving)
    - Sodium : 450mg (23%)
    - Total Carbohydrate : 2g (1%)
    - Sugar : 0g (0%)
    - Total Fat : 112g (207%)
    - Trans Fat : 0g
    - Saturated Fat : 40g (267%)
    - Cholesterol : 240mg (80%)
    - Protein : 64g (116%)
    - Calcium : 40mg (4%)
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## Editor's Review

### 1. A Sensual Fusion of Crispy Rendered Fats and Lightning-Fast Searing

The moment micro-thin rolls of frozen pork belly hit the blazing hot griddle and instantly unfurl into crisped, golden strips, an intensely savory wave of rendered pork fat and delightful crunch floods the senses. Pairing the crisped meat with tangy scallion salad or sizzling kimchi delivers an endlessly satisfying and dynamic culinary experience.

### 2. Culinary Mastery Forged by Flash-Searing Dynamics and Frozen Meat Texturizing

Daepae-samgyeopsal-gui stands as a masterclass in high-speed pan-searing, utilizing ultra-thin frozen slices to ensure moisture evaporates and fats render into a crisp crust within seconds over intense heat. Managing thermal intensity to overcome the challenges of frozen protein while achieving total surface caramelization represents fundamental culinary science that achieves peak textural harmony.

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

Gathered around a sizzling griddle at the end of a long day, sharing a generous pan of thinly sliced pork acts as a comforting remedy for daily weariness, filling the spirit with unpretentious warmth. Savoring this accessible, comforting delicacy grants an authentic sanctuary of peace and emotional recovery.

