KOREAN CUISINE

Domigui

Grilled Sea Bream | 도미구이

A regal and prized Korean seafood dish featuring fresh sea bream (*domi* / red snapper), cleaned, scored, brushed with aromatic toasted sesame oil, and grilled over charcoal or pan-seared to a golden finish. Renowned for its firm, sweet, and mild white flesh, this celebratory fish requires gentle care when grilling—flipping only once after the first side is fully cooked ensures its delicate skin remains smooth and beautifully intact.

⏱️ **Prep: 15 mins | Cook: 15 mins |** 🍳 **Easy |** 👑 **Celebratory Delicacy |** 🐟 **Mild & Firm White Fish**

Ingredients (2-3 servings)

- **Main Ingredients:** 1 whole fresh sea bream (*domi* / red snapper, approx. 500–600g, scaled and gutted), 1 tsp coarse sea salt
- **Sesame Oil Glaze:** 1.5 tbsp toasted sesame oil, 1/2 tbsp soy sauce
- **Deodorizing & Soaking (Optional):** 2 cups rice-washing water (*ssal-ttwwott-mul*) or 1 tbsp cooking wine (*cheongju*)
- **Dipping & Serving:** 1 lemon wedge, 1 tbsp soy sauce with a touch of wasabi or grated daikon radish

Allergy Information

- **Contains:** Fish (Sea Bream), Sesame *(Optional dipping sauce contains Soy, Wheat)*

Equipment

- Wire Grill Grate or Wide Frying Pan, Basting Brush, Wide Spatula, Paper Towels, Knife, Cutting Board

Cooking Instructions

1. **Cleaning & Scoring:** Scrape off remaining scales thoroughly using the back of a knife. Rinse cleaned sea bream under cold water and pat completely dry with paper towels. Make 3–4 shallow diagonal slashes along both sides of the fish.
2. **Salting & Pre-Seasoning:** Sprinkle sea salt evenly over both sides and inside the cuts. Let sit for 10–15 minutes to firm up the flesh and infuse flavor.
3. **Brushing with Sesame Oil:** Whisk toasted sesame oil and 1/2 tbsp soy sauce in a small dish. Brush a generous, even layer over both sides of the sea bream. The sesame oil seals in moisture, prevents sticking, and creates a golden, aromatic surface.

4. **Grilling / Pan-Frying (Flip Only Once):** Heat a grill grate over medium heat or heat 1 tbsp oil in a wide frying pan. Place the sea bream down skin-side first. Grill undisturbed for 6–8 minutes until the bottom side is fully cooked through and the skin turns crisp and golden.
5. **Flipping & Serving:** Carefully slide a wide spatula underneath and flip the fish **only once** to prevent damaging the skin. Cook the other side for another 5–7 minutes until golden-brown and opaque throughout. Serve piping hot with a lemon wedge and soy-wasabi dipping sauce.

💡 Cooking & Pairing Tips

- **The Golden Flip Rule:** Sea bream skin is delicate when heated. Flipping the fish repeatedly breaks the skin and tears the beautiful flesh. Wait until the underside is completely set and crisp before turning it over just once.
- **Symbol of Celebration:** In traditional Korean culture, sea bream (*domi*) is regarded as a symbol of longevity and good fortune, making *domigui* a popular centerpiece for birthday feasts, holidays, and ancestral banquets.
- **Perfect Food & Beverage Pairing:** Complements warm white rice, clear clam soup (*Jokae-tang*), and wild green side dishes (*namul*). Pairs wonderfully with refined traditional Korean rice wines (*Cheongju* or *Yakju*) or crisp white wine.

Storage Instructions

- Best enjoyed piping hot straight off the grill while the skin is crisp and flesh succulent. Leftovers can be stored in an airtight container in the refrigerator for up to 1 day and gently reheated 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. 500g (2-3 servings total)
- Calories : 520 kcal total (approx. 104 kcal per 100g / 173 kcal per 1 serving)
  – Sodium : 740mg (37%)
  – Total Carbohydrate : 2g (1%)
  – Sugar : 0g (0%)
  – Total Fat : 20g (37%)
  – Trans Fat : 0g
  – Saturated Fat : 3.5g (23%)
  – Cholesterol : 210mg (70%)
  – Protein : 82g (149%)
  – Calcium : 90mg (9%)

Editor's Review

1. A Sensual Fusion of Sesame Fragrance, Tender Flakiness, and Clean Savory Depth

The moment the tender, flaky flesh of sea bream—delicately brushed with fragrant sesame oil and grilled to golden perfection on a wire rack—touches the palate, a clean, deeply savory umami unfolds with exquisite luxury. The harmonious balance of the nutty, crisp skin and the buttery, melt-in-your-mouth white meat delivers an endlessly satisfying and refined gastronomic experience.

2. Culinary Mastery Forged by Oil Sealing and Single-Flip Precision

Domi-gui stands as a masterclass in traditional fish grilling, utilizing a precise sesame oil coating to lock in internal moisture under open flame while enforcing a strict single-flip rule—allowing one side to cook fully before turning—to protect the delicate skin from breaking apart. Managing thermal intensity to safeguard inner proteins represents fundamental culinary science that achieves peak textural harmony.

3. Gracious Solace Rooted in Festive Hospitality and Refined Heritage

Gracing celebratory banquets and tables prepared for cherished guests throughout Korean culinary history, a neatly grilled sea bream acts as a dignified ritual of restoration that fills a weary spirit with unpretentious warmth. Savoring this refined, nutrient-dense delicacy washes away daily exhaustion, granting an authentic sanctuary of peace and emotional recovery.

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