



Gajamigui

Grilled Plaice | 가자미구이



<https://koreancuisine.net>

Living on the ocean floor with its distinctively flat body, plaice (gajami) boasts a wonderfully tender yet chewy texture and a clean, mild flavor. Whether simply salted and grilled to crispy perfection or brushed with a savory sauce, this flatfish makes for a truly delightful delicacy.

 **Prep: 10 mins** | **Cook: 15 mins** |  **Easy** |  **Mild** |  **High Protein**

Ingredients (2 servings)

- **Main Ingredients:** 2 medium Plaice/Flatfish (cleaned and scaled), a pinch of coarse salt, 1 tbsp cooking wine (to remove any fishy odor)
- **Optional Seasoning Glaze:** 1 tbsp soy sauce, 0.5 tbsp red pepper flakes (gochugaru), 0.5 tbsp minced garlic, 1 tbsp chopped green onions, 0.5 tbsp sesame oil
- **Others:** 2 tbsp cooking oil, 1 tbsp frying mix or flour (optional, for extra crispiness), lemon slices (optional)

Allergy Information

- **Contains:** Fish (Plaice), Soy (if using the soy sauce glaze)

Equipment

- Frying Pan, Paper Towel

Cooking Instructions

1. **Fish Prep & Moisture Removal:** Thoroughly rinse the cleaned plaice under cold running water, then meticulously pat dry using paper towels. Brush lightly with cooking wine to neutralize any lingering odors.
2. **Scoring & Salting:** Make deep cross or diagonal scores on the thickest parts of the fish. Evenly sprinkle coarse salt over the surface and let it rest for 10 to 15 minutes. This process draws out excess moisture and firms up the flesh.
3. **Coating & Preheating:** Before frying, lightly dust the surface of the fish with flour or frying mix. Heat cooking oil in a pan over medium heat until sufficiently preheated.
4. **Crispy Pan-Frying:** Place the fish in the pan. Lower the heat to medium-low and fry for about 5 to 7 minutes per side until the skin is beautifully golden and crispy, and the inner flesh is opaque and tender.
5. **Adding Glaze (Optional):** If you prefer the seasoned version, brush the

prepared soy-garlic glaze over the fish during the last 1–2 minutes of cooking, letting it slightly caramelize without burning.

Cooking & Pairing Tips

- **Moisture Control & Flour Coating:** Meticulously drying the fish and adding a light dusting of flour not only prevents the delicate flesh from breaking apart but also scientifically ensures a much crispier crust by acting as a barrier against the pan.
- **Perfect Food & Beverage Pairing:** Its mild, savory profile pairs beautifully with a steaming bowl of rice, light vegetable side dishes, and a crisp, chilled soju, refined cheongju (clear rice wine), or dry white wine.

Storage Instructions

- Store any leftovers in an airtight container in the refrigerator for up to 1–2 days. Reheat gently in a pan over low heat or in an air fryer to restore the skin's crispiness before serving.

Nutrition Facts (Estimated)

- Total Content : Approx. 300g (2 servings total)
 - Calories : 280 kcal total (approx. 93 kcal per 100g / 140 kcal per 1 serving)
 - Sodium : 450mg (20%)
 - Total Carbohydrate : 2g (1%)
 - Sugar : 0g (0%)
 - Total Fat : 8g (12%)
 - Trans Fat : 0g
 - Saturated Fat : 1.5g (8%)
 - Cholesterol : 70mg (23%)
 - Protein : 28g (50%)
 - Calcium : 40mg (4%)
-

Editor's Review

1. Fine Dining Perspective: Starch Barrier Engineering and Moisture-Extraction Searing: This dish showcases a masterclass in handling lean, delicate flatfish by controlling surface hydration and structural integrity. Initial salting draws out unbound water through osmosis, firming up the protein fibers, while a light dusting of flour creates a sacrificial starch barrier that absorbs residual surface moisture. When introduced to medium-low oil, this starch matrix rapidly dehydrates into a golden, glass-like crust, shielding the tender, low-fat flesh beneath from direct thermal shock and preserving the plaice's delicate, natural sweetness.

2. Sensory Exploration: A Tactile Interplay of Crackling Crust and Tender Flakes: The gentle press of a fork breaks through the golden flour crust with a satisfying rustle, unlocking a delicate cloud of mild ocean steam. Inside, the snow-white flesh separates effortlessly along its natural muscle segments into succulent, moist flakes. The first taste reveals a pristine, gentle sweetness balanced by the savory crunch of the exterior. Whether enjoyed in its pure salted glory or brushed with a slightly caramelized soy-garlic glaze, each bite delivers a clean, subtle umami that harmonizes seamlessly with warm white rice or a crisp glass of dry white wine.

3. Symbolic Praise: Unassuming Elegance from Coastal Family Tables: Long cherished across Korean coastal communities and everyday family tables, Gajamigui embodies the beauty of unpretentious, home-cooked comfort. By honoring the natural shape and delicate flavor of the flatfish rather than disguising it under heavy sauces, this dish celebrates the art of simple, honest cooking. Serving a perfectly pan-fried plaice—golden, steaming, and cooked with care—is a timeless gesture of quiet warmth and nourishing hospitality that turns a humble meal into a memorable feast.

4. Poetic Imagery: A Golden Fan Sculpted by Sea and Flame: Resting upon a ceramic platter, the pan-fried plaice resembles a golden, fan-shaped canvas delicately etched with diamond scores. Its paper-thin, flour-dusted skin glistens like polished amber under the light, while subtle flecks of green onion or a caramelized soy sheen add vibrant accents of rustic charm. Rising wisps of savory aroma fill the air, instantly evoking the serene atmosphere of a seaside kitchen at dusk where ocean wind meets the gentle sizzle of the pan.

5. The Critic's Verdict: The Masterpiece of Pure and Honest Pan-Searing: True culinary artistry lies not in complexity, but in the precise execution of foundational techniques. Gajamigui demonstrates how simple moisture management, a delicate starch coating, and disciplined heat control can elevate an everyday flatfish into a textural triumph. It stands as a shining testament to Korean seafood traditions, proving that when simplicity is met with culinary respect, the result is an enduring, soul-satisfying classic.

