



Galchigui

Grilled Cutlassfish | 갈치구이



A prized Korean pan-fried fish dish featuring thick cutlassfish (hairtail) steaks, lightly salted and pan-fried or grilled to golden-brown perfection. Lightly dusting the cutlassfish with flour or dipping it in a light flour batter before frying locks in moisture, removes fishy odors (*birin-mat*), and creates a delicate, savory crust over rich, tender white meat.

 **Prep: 15 mins** | **Cook: 10 mins** |  **Easy** |  **Delicate & Flaky Flesh** |  **Classic Banchan**

Ingredients (2 servings)

- **Main Ingredients:** 4 pieces thick cutlassfish / hairtail steaks (*galchi*, cleaned and gutted), 1/2 tsp fine sea salt (if using un-salted fresh fish), 2 tbsp flour or potato starch (for dusting), 2 tbsp cooking oil
- **Dipping & Serving:** 1 lemon wedge, 1 tbsp soy sauce mixed with a touch of wasabi (optional)

Allergy Information

- **Contains:** Fish (Cutlassfish), Wheat (Flour) (*Optional dipping sauce contains Soy, Wheat*)

Equipment

- Frying Pan or Grill Pan, Wide Spatula, Paper Towels, Knife, Cutting Board

Cooking Instructions

1. **Cleaning & Prepping the Fish:** Gently scrape off silver skin coating with the back of a knife if preferred. Trim off fins, remove internal organs, rinse clean under cold running water, and pat thoroughly dry with paper towels.
2. **Salting & Scoring:** Sprinkle fine sea salt evenly over both sides of the cutlassfish steaks and let sit for 10–15 minutes. Make 1–2 shallow diagonal cuts along the thickest parts of the flesh for even cooking.
3. **Dusting with Flour:** Lightly coat the fish steaks with a thin layer of flour (or a light flour batter), gently tapping off any excess. This seals in natural juices, eliminates fishy odor, and creates a crispy outer coating.
4. **Pan-Frying:** Heat 2 tbsp cooking oil in a wide frying pan over medium heat. Place cutlassfish steaks in the pan and fry for 4–5 minutes until the bottom side turns golden brown and crispy.
5. **Flipping & Serving:** Carefully flip the fish using a wide spatula and fry the other side for another 4–5 minutes until cooked through and golden. Serve hot with a lemon wedge and soy sauce dip.

💡 Cooking & Pairing Tips

- **The Flour Coating Secret:** Dusting with flour or a thin flour batter absorbs surface moisture, tames fishy aromas (*birin-mat*), and forms a protective barrier that prevents the soft, tender flesh from flaking apart in the pan.
- **Removing Side Bones Easily:** Cutlassfish has a strip of fine sharp bones along both outer edges. Run a fork down the outer edges to slide off the bone strips before lifting out the tender center meat.
- **Perfect Food & Beverage Pairing:** A staple home-style side dish (*banchan*) served alongside warm white rice, scorched rice tea (*nurungji*), soybean paste stew (*Doenjang-jjigae*), and pickled wild greens.

Storage Instructions

- Best enjoyed piping hot straight out of the pan. Leftovers can be stored in an airtight container in the refrigerator for up to 1–2 days. Reheat gently in a dry skillet over medium-low heat or in an air fryer at 170°C for 3–4 minutes.

Nutrition Facts (Estimated)

- Total Content : Approx. 300g (2 servings total)
 - Calories : 410 kcal total (approx. 136 kcal per 100g / 205 kcal per 1 serving)
 - Sodium : 640mg (32%)
 - Total Carbohydrate : 6g (2%)
 - Sugar : 0g (0%)
 - Total Fat : 22g (41%)
 - Trans Fat : 0g
 - Saturated Fat : 4.5g (30%)
 - Cholesterol : 130mg (43%)
 - Protein : 46g (84%)
 - Calcium : 50mg (5%)
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Editor's Review

1. A Sensual Fusion of Crisp Flour Coating and Flaky, Tender White Flesh

The moment the tender, snowy flesh of pan-seared cutlassfish—safeguarded beneath a golden, light flour crust—melts across the palate, a savory, perfectly salted umami gently envelops the senses. The brilliant contrast between the delicate crunch of the exterior and the moist, buttery flakiness of the inner meat delivers an endlessly satisfying and refined gastronomic experience.

2. Culinary Mastery Forged by Flour Sealing Science and Pan-Frying Precision

Galchigu-i stands as a masterclass in fish pan-frying, utilizing precise salt-curing to elevate natural depth before applying a delicate dusting of flour or batter to seal the surface. This protective coating prevents the loss of internal moisture and delicate fish oils while ensuring a crisp, golden exterior under high heat—fundamental culinary science that achieves peak textural harmony.

3. Heartwarming Solace Blossoming from the Nostalgic Warmth of Home

Evoking the tender memories of a home-style table where a neatly grilled piece of fish is delicately deboned and placed over warm rice, a golden cutlassfish acts as a comforting remedy for daily weariness. Savoring this flaky, tender delicacy offers a nostalgic ritual of purification, bringing back the comforting, familiar solace of a traditional meal.

