KOREAN CUISINE

Garibigui

Grilled Scallops | 가리비구이



Sweet and tender sea scallops grilled to perfection, often enhanced with butter, garlic, and melted cheese. Garibigui is a popular Korean seafood dish cherished for its juicy texture and rich, savory flavor.

⏱️ **Prep: 15 mins | Cook: 10 mins | 🍳 Easy | 🌶️ Mild | 🐟 High Protein**

Ingredients (2 servings)

- **Main Ingredients:** 6–8 fresh whole scallops in shells (cleaned), 1 tbsp butter, 1 tbsp minced garlic, 1 tbsp chopped onions, 1 tbsp chopped green onions
- **Sauce & Topping:** 1 tbsp soy sauce, 1 tbsp mirin (cooking wine), 1/2 cup shredded mozzarella cheese, a pinch of black pepper
- **Others:** A bit of cooking oil or foil for grilling

Allergy Information

- **Contains:** Shellfish (Scallops), Dairy (Butter, Mozzarella Cheese), Soy (Soy sauce)

Equipment

- Frying Pan (or Oven/Air Fryer), Spoon

Cooking Instructions

1. **Scallop Prep:** Gently rinse the cleaned scallops in their half-shells under running water and pat dry. Season lightly with a pinch of black pepper and mirin.
2. **Sautéing Aromatics:** Melt butter in a pan over medium heat, then sauté the minced garlic, chopped onions, and green onions until fragrant.
3. **Assembling Toppings:** Place the sautéed garlic and onion mixture directly onto each scallop, followed by a light drizzle of soy sauce.
4. **Adding Cheese:** Generously top each scallop with shredded mozzarella cheese.
5. **Grilling & Melting:** Cook in an oven, air fryer, or a covered pan on low-medium heat for about 8 to 10 minutes until the scallops are fully cooked and the cheese is melted and golden brown.

💡 **Cooking & Pairing Tips**

- **Cover with a Lid:** If cooking in a pan, cover it with a lid so the trapped steam helps melt the cheese evenly while cooking the tender scallops without burning the bottom.
- **Perfect Beverage Pairing:** The rich, buttery, and cheesy flavor pairs exceptionally well with a crisp white wine, refreshing draft beer, or a lemon highball.

Storage Instructions

- Scallops are best enjoyed immediately after cooking. If necessary, store leftovers in an airtight container in the refrigerator for up to 1 day and reheat thoroughly before serving.

Nutrition Facts (Estimated)

- Total Content : Approx. 250g (2 servings total)
- Calories : 320 kcal total (approx. 130 kcal per 100g / 160 kcal per 1 serving)
  – Sodium : 580mg (29%)
  – Total Carbohydrate : 6g (2%)
  – Sugar : 2g (2%)
  – Total Fat : 16g (25%)
  – Trans Fat : 0g
  – Saturated Fat : 9g (60%)
  – Cholesterol : 65mg (22%)
  – Protein : 34g (62%)
  – Calcium : 180mg (18%)

Editor's Review

1. **Fine Dining Perspective: Thermodynamics of Shell-Steam Baking and Emulsified Fat Binding**: This dish leverages the half-shell as a natural thermal vessel, enabling a gentle steam-bake that prevents the delicate adductor muscle from overcooking and becoming rubbery. Sautéing aromatics like garlic and onions in butter prior to topping extracts fat-soluble flavor compounds, while the layer of melted mozzarella forms a protective lipid seal. This seal traps moisture, allowing the mirin and soy sauce to penetrate the scallop's sweet, protein-rich fibers under controlled heat, achieving a harmonized balance of maritime sweetness and rich dairy umami.

2. **Sensory Exploration: A Symphony of Molten Richness and Sweet Ocean Nectar**: Lifting a shell releases an intoxicating cloud of garlic-infused butter and sweet ocean steam. As the fork pulls through the golden, stretchable mozzarella crust, it exposes the tender flesh of the scallop swimming in its own savory juices. The first bite offers a luxurious contrast: the rich, salty creaminess of melted cheese gives way to the plump, succulent snap of the scallop, bursting with natural sweetness. The subtle bite of scallions and black pepper cuts through the decadence, leaving a clean, irresistible finish.

3. **Symbolic Praise: Coastal Conviviality Born from Fire and Shell**: Rooted in the vibrant seaside tent-bars and coastal grills of Korea, Garibigui represents the ultimate culinary tribute to gathering around an open flame. Cooked and served

directly in its natural shell, it transforms simple ocean bounty into an intimate, interactive feast. To share these bubbling, cheese-draped shells alongside a cold draft beer or a crisp highball is a ritual of casual luxury—a heartwarming reminder of coastal breezes, late-night camaraderie, and the unpretentious joy of fresh seafood.

4. **Poetic Imagery: Pearl of the Ocean Cloaked in Golden Satin**: Resting within its fan-shaped shell, the scallop resembles a gleaming white jewel cradled in a bed of molten gold. Bubbling mozzarella glistens like a satin mantle, speckled with emerald flecks of green onion and the warm amber hues of caramelized soy sauce. The rising wisps of savory steam instantly transform any dining space into a seaside lounge at dusk. Free from artificial pretense, this glowing shell stands as a striking, edible sculpture born from the union of sea and flame.

5. **The Critic's Verdict: The Quintessence of Shellfish Indulgence**: True culinary finesse lies in enhancing an ingredient's natural brilliance without smothering its identity. Garibigui achieves a masterful equilibrium, using butter, garlic, and cheese not to mask the scallop, but to elevate its inherent sweetness. It stands as a brilliant masterclass in Korean seafood culture, proving that when ocean-fresh sweetness meets the comforting warmth of melted cheese, the result is a timeless, soul-satisfying triumph.



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