



Gim

Laver | 김



A staple of Korean daily dining, *gim* is an edible red alga harvested from ocean rocks, dried into paper-thin sheets, and roasted. Whether brushed with fragrant perilla or sesame oil and lightly salted as a crispy, savory side dish (*gim-gui*), or used unseasoned to roll rice and fillings into *gimbap*, it offers a rich marine umami, crispy texture, and abundant vitamins and minerals.

 **Prep: 5 mins** | **Cook: 5 mins** |  **Easy** |  **Vegan & Low Calorie** | 
Essential Korean Banchan

Ingredients (2-3 servings)

- **Main Ingredients:** 10 sheets unseasoned dried laver (*saeng-gim* or *gopchang-gim*)
- **Oil Mixture:** 1 tbsp toasted perilla oil (*deul-gireum*, or toasted sesame oil), 1/2 tbsp cooking oil
- **Seasoning:** Fine sea salt or roasted bamboo salt to taste

Allergy Information

- **Contains:** Sesame (if using sesame oil). Naturally free of gluten, dairy, and soy.

Equipment

- Pastry / Basting Brush, Wide Frying Pan or Tongs for Open Flame, Kitchen Shears, Airtight Container

Cooking Instructions

1. **Prepping Laver Sheets:** Lay unseasoned dried laver sheets flat on a clean cutting board or tray.
2. **Brushing with Oil:** Whisk perilla oil (or sesame oil) and cooking oil in a small dish. Using a pastry brush, lightly brush a thin, even coat of oil across one side of each laver sheet.
3. **Salting:** Lightly sprinkle fine sea salt evenly over the oiled side of each sheet. Stack sheets gently as you season them.
4. **Roasting (Pan Method):** Heat a wide skillet over medium-low heat without adding oil. Toast two sheets together (oiled/salted sides facing inward) for 10–15 seconds per side until the dark purple-black color transforms into a translucent, vibrant green.
5. **Cutting & Serving:** Cut roasted sheets into bite-sized rectangular pieces (approx. 6–8 pieces per sheet) using kitchen shears. Serve immediately alongside warm rice or store in an airtight container.

💡 Cooking & Pairing Tips

- **Toast Two Sheets Face-to-Face:** Toasting two sheets together traps the heat and salt between them, roasting the seaweed evenly without burning the delicate surface or sending salt scattering.
- **Perilla Oil Blend:** Pure perilla oil (*deul-gireum*) offers a distinct, nutty fragrance that highlights the ocean flavor of *gim*. Blending it with a splash of neutral cooking oil prevents it from smoking or tasting burnt when heated.
- **Perfect Food & Beverage Pairing:** Wrap a sheet around a small spoonful of warm white rice with a dab of soy sauce, or serve alongside rich stews like *Doenjang-jjigae* or *Kimchi-jjigae*. Also makes an addictive, low-calorie snack paired with chilled beer.

Storage Instructions

- Store in an airtight container or zip-top bag with a silica desiccant pack at room temperature away from moisture for up to 1–2 weeks. If the sheets lose their crispness due to humidity, microwave them on a paper towel for 10–15 seconds to restore crunchiness.

Nutrition Facts (Estimated)

- Total Content : Approx. 30g (10 sheets total)
 - Calories : 110 kcal total (approx. 367 kcal per 100g / 36 kcal per 1 serving of 3 sheets)
 - Sodium : 320mg (16%)
 - Total Carbohydrate : 8g (3%)
 - Sugar : 0g (0%)
 - Total Fat : 7g (13%)
 - Trans Fat : 0g
 - Saturated Fat : 0.8g (5%)
 - Cholesterol : 0mg (0%)
 - Protein : 10g (18%)
 - Calcium : 80mg (8%)
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Editor's Review

1. A Sensual Fusion of Crisp Oceanic Umami and Nutty Sesame Fragrance

The moment a crisp, toasted sheet of laver—brushed lightly with fragrant sesame or perilla oil and kissed with a pinch of fine salt—melts across the palate, a deep, refreshing oceanic umami and rich aroma flood the senses. The delightfully crisp

texture and nutty depth that harmonize effortlessly with warm rice deliver an endlessly satisfying and comforting culinary experience.

2. Culinary Mastery Forged by Moisture Barriers and Rapid-Heat Roasting Science

Toasted laver stands as a masterclass in dried seaweed craft, utilizing an even oil barrier to block airborne humidity while employing rapid, short-duration high heat to achieve a perfectly crisp texture. Managing thermal intensity to lock in natural amino acids and secure a clean, uncharred crunch represents fundamental culinary science that achieves peak textural harmony.

3. Heartwarming Solace Blossoming from the Humble Comfort of Home

Rolling a warm spoonful of white rice into a simple sheet of savory laver acts as a comforting remedy for daily weariness, filling the spirit with unpretentious warmth. Quietly anchoring countless traditional meals, this humble delicacy offers a nostalgic ritual of purification that reconnects the heart to the grounding comfort of a home-cooked meal.

