



Godeungeogui

Grilled Mackerel | 고등어구이



A classic and nutritious Korean household staple featuring rich, oily mackerel (*godeungeo*), lightly salted and pan-fried or charcoal-grilled until the skin turns golden-crisp and the dark, juicy flesh is tender. Packed with healthy omega-3 fatty acids, a light dusting of flour or starch before frying locks in moisture, removes fishy odors (*birin-mat*), and creates a delightful crunch.

 **Prep: 15 mins** | **Cook: 10 mins** |  **Easy** |  **High Omega-3 & Protein**
|  **Classic Banchan**

Ingredients (2 servings)

- **Main Ingredients:** 1 whole or 2 butterflied mackerel fillets (*godeungeo*, cleaned and boned), 1/2 tsp fine sea salt (if using un-salted fresh mackerel), 2 tbsp cooking oil
- **Crispy Coating & Deodorizing (Optional):** 2 tbsp potato starch or flour (a pinch of curry powder mixed in works wonders too)
- **Dipping & Serving:** 1 lemon wedge, 1 tbsp soy sauce with a touch of wasabi or grated radish

Allergy Information

- **Contains:** Fish (Mackerel) (*Optional coating contains Wheat; optional dipping sauce contains Soy, Wheat*)

Equipment

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

Cooking Instructions

1. **Prepping the Mackerel:** Rinse cleaned mackerel fillets under cold water and pat thoroughly dry with paper towels on both sides. If using un-salted fresh mackerel (*saeng-godeungeo*), sprinkle fine sea salt evenly over the flesh side and let sit for 10–15 minutes. (*If using pre-salted mackerel/gandeungeo, skip extra salting*).
2. **Scoring & Coating:** Make 2–3 shallow diagonal slashes along the skin side to prevent curling and promote even cooking. Lightly coat the skin and flesh with potato starch or flour, tapping off any excess.
3. **Heating the Pan:** Heat 2 tbsp cooking oil in a wide frying pan over medium-high heat until sizzling hot.
4. **Pan-Frying Skin Side First:** Place mackerel fillets in the pan skin-side down first. Press down gently with a spatula for a few seconds to ensure full skin contact with the hot oil. Fry for 4–5 minutes until the skin turns deep golden brown and natural oils sizzle out.

5. **Flipping & Finishing:** Carefully flip with a wide spatula and fry the flesh side for another 3–4 minutes over medium heat until cooked through. Serve piping hot with a squeeze of fresh lemon juice and soy-wasabi dipping sauce.

Cooking & Pairing Tips

- **Salted vs. Fresh Mackerel:** Pre-salted mackerel (*gandeungeo*) from regions like Andong is famous in Korea for its concentrated flavor and firm texture, requiring no additional salt before grilling.
- **Taming Fishy Odors:** Soaking fresh mackerel in leftover rice-washing water (*ssal-ttwott-mul*) or milk for 10 minutes before cooking neutralizes strong fishy aromas (*birin-mat*).
- **Perfect Food & Beverage Pairing:** Serves as one of Korea's most iconic home-style side dishes (*banchan*) alongside warm white rice, soybean paste stew (*Doenjang-jjigae*), kimchi, and fresh lettuce wraps.

Storage Instructions

- Best enjoyed immediately while hot and crispy. Store leftovers in an airtight container in the refrigerator for up to 1–2 days. Reheat in a dry skillet over medium-low heat or in an air fryer at 180°C for 3–4 minutes.

Nutrition Facts (Estimated)

- Total Content : Approx. 350g (2 servings total)
 - Calories : 520 kcal total (approx. 148 kcal per 100g / 260 kcal per 1 serving)
 - Sodium : 780mg (39%)
 - Total Carbohydrate : 4g (1%)
 - Sugar : 0g (0%)
 - Total Fat : 32g (59%)
 - Trans Fat : 0g
 - Saturated Fat : 7g (47%)
 - Cholesterol : 140mg (47%)
 - Protein : 54g (98%)
 - Calcium : 60mg (6%)
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Editor's Review

1. A Sensual Fusion of Rich Omega-3 Richness and Flaky, Savory Flesh

The moment the golden, crisped skin of the mackerel—bursting with rich, savory oils—touches the palate, a deep and profoundly satisfying wave of umami unfolds

with exquisite luxury. The brilliant contrast between the crackling skin and the moist, tender flakes of meat delivers an endlessly satisfying and unforgettable culinary experience.

2. Culinary Mastery Forged by High-Heat Pan-Searing and Saline Curing Science

Mackerel-gui stands as a masterclass in fish pan-searing, utilizing precise salt-curing to elevate natural depth before applying high-heat searing to render rich natural fats into a golden, crisp crust. Managing thermal intensity to lock in internal moisture and delicate oils represents fundamental culinary science that achieves peak textural harmony.

3. Heartwarming Solace Blossoming from a Familiar Home-Style Table

Gracefully steaming atop a modest home-style table, a well-grilled piece of mackerel acts as a comforting remedy for daily weariness, filling the spirit with unpretentious warmth. Placing a flaky chunk of savory fish over a warm spoonful of rice offers a nostalgic ritual of purification that reconnects the heart to the grounding comfort of a traditional meal.

