



Imyeonsugui

Grilled Greenling Fish | 임연수구이



A beloved Korean pan-fried fish dish featuring Atka mackerel (Arabesque greenling), butterflied and fried until golden brown. Celebrated for its juicy, delicate white flesh and an irresistibly crispy skin—so prized that a famous Korean folk saying claims a person could squander their entire fortune buying Imyeonsu just for its skin!

 **Prep: 10 mins** | **Cook: 10 mins** |  **Easy** |  **High Protein** |  **Classic Banchan**

Ingredients (2 servings)

- **Main Ingredients:** 1 whole Atka mackerel (*imyeonsu*, butterflied and cleaned), 1/2 tsp fine sea salt (if using un-salted fresh fish), 1.5–2 tbsp cooking oil
- **Light Coating (Optional for extra crunch):** 2 tbsp potato starch or flour
- **Dipping & Serving:** 1 lemon wedge, 1 tbsp soy sauce mixed with a touch of wasabi

Allergy Information

- **Contains:** Fish (Atka Mackerel), Soy (if served with dipping sauce), Wheat (if using flour coating or soy sauce)

Equipment

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

Cooking Instructions

1. **Prepping the Fish:** Rinse the butterflied Atka mackerel gently under cold water and pat thoroughly dry with paper towels on both sides. If using un-salted fish, sprinkle fine sea salt evenly over the flesh side and let sit for 10 minutes.
2. **Dusting the Skin (Optional):** Lightly coat the skin and flesh sides with a thin layer of potato starch or flour, gently tapping off any excess.
3. **Heating the Oil:** Heat 1.5–2 tbsp cooking oil in a wide frying pan over medium-high heat until hot.
4. **Pan-Frying Skin Side First:** Place the mackerel in the pan skin-side down first. Gently press down on the fish 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 golden brown and crackling crisp.
5. **Flipping & Finishing:** Carefully flip the fish over and fry the flesh side for another 3–4 minutes until cooked through and tender. Transfer to a platter and serve hot with a lemon wedge and dipping sauce.

💡 Cooking & Pairing Tips

- **The Legendary Crispy Skin:** Always fry skin-side down first over medium-high heat with a light dusting of potato starch. This transforms the skin into a paper-thin, savory delight—living up to the famous proverb about squandering a fortune on Imyeonsu skin.
- **Pat Completely Dry:** Moisture is the enemy of a crisp crust. Ensure the surface is patted dry with paper towels before hitting the hot pan to prevent steaming.
- **Perfect Food & Beverage Pairing:** Serves as a classic home-style side dish (*banchan*) alongside warm white rice, soybean paste stew (*Doenjang-jjigae*), and pickled wild greens. Pairs wonderfully with warm barley tea or a cold glass of lager.

Storage Instructions

- Best enjoyed fresh off the pan while the skin is at peak crispness. Leftovers can be stored 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. 300g (2 servings total)
 - Calories : 420 kcal total (approx. 140 kcal per 100g / 210 kcal per 1 serving)
 - Sodium : 580mg (29%)
 - Total Carbohydrate : 6g (2%)
 - Sugar : 0g (0%)
 - Total Fat : 22g (41%)
 - Trans Fat : 0g
 - Saturated Fat : 4.5g (30%)
 - Cholesterol : 110mg (37%)
 - Protein : 48g (87%)
 - Calcium : 60mg (6%)
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Editor's Review

1. A Sensual Fusion of Crispy Skin Richness and Tender, Flaky Flesh

The moment the golden, crisped skin of the Atka mackerel touches the palate, a rich, deeply savory wave of fish oils unfolds with exquisite luxury. Echoing the old Korean adage that "one could squander a fortune just eating Imyeonsu skin," the

brilliant contrast between the crackling, intensely flavorful skin and the moist, tender flesh below delivers an endlessly satisfying and unforgettable culinary experience.

2. Culinary Mastery Forged by Fat Emulsification and High-Heat Searing Science

Imyeonsu-gui stands as a masterclass in seafood searing, mastering high-heat application to render skin fats into a crisp, golden crust while preserving inner moisture. Managing thermal intensity to allow the skin's natural gelatin and oils to bloom without burning the delicate flesh represents a fundamental culinary science that safeguards structural perfection and textural harmony.

3. Heartwarming Solace Rising from a Modest Home-Style Table

Gracefully steaming atop a modest home-style table, a well-grilled piece of Atka 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.

