



Jangeogui

Grilled Eel | 장어구이



A prized Korean delicacy featuring tender, rich eel butterflied and grilled over flames. Served salted (*sogeum-gui*), glazed with sweet soy sauce (*ganjang-gui*), or brushed with a fiery chili paste glaze (*gochujang-gui*). Packed with vitamins A, B, and C, it is celebrated as an ultimate stamina food that promotes skin health and anti-aging.

 **Prep: 15 mins** | **Cook: 15 mins** |  **Moderate** |  **Stamina & Energy** |  **High Protein**

Ingredients (2-3 servings)

- **Main Ingredients:** 2 fresh eels (*jangeo*, cleaned, butterflied, and boned), 1 tbsp cooking oil
- **Salt Seasoning Option (Sogeum-gui):** Fine sea salt, black pepper, sesame oil
- **Sweet Soy Glaze Option (Ganjang-gui):** 3 tbsp soy sauce, 1.5 tbsp mirin, 1 tbsp sugar, 1 tbsp rice syrup, 1 tsp minced garlic, 1 tsp minced ginger
- **Spicy Gochujang Glaze Option (Gochujang-gui):** 2 tbsp gochujang, 1 tbsp gochugaru, 1 tbsp soy sauce, 1 tbsp sugar, 1 tbsp mirin, 1 tsp minced garlic, 1 tsp ginger juice, 1 tsp sesame oil
- **Garnishes & Serving:** Fresh ginger (julienned), perilla leaves (*kkaet-nip*), *ssamjang*, sliced raw garlic

Allergy Information

- **Contains:** Fish (Eel), Soy (Soy sauce, Gochujang), Wheat (Soy sauce, Gochujang), Sesame

Equipment

- Grill Pan or Skillet (or Charcoal Grill), Kitchen Tongs, Basting Brush, Knife, Cutting Board

Cooking Instructions

1. **Prepping Eel:** Wipe the cleaned eel with paper towels to dry the surface. Slice into 6–8 cm bite-sized lengths.
2. **Grilling Skin Side First:** Heat a grill pan over medium-high heat with a light coat of oil. Place eel pieces skin-side down first and grill for 3–4 minutes until skin crisps up and prevents curling.
3. **Flipping & Initial Cook:** Flip the eel flesh-side down and cook for another 3 minutes until almost cooked through.
4. **Glazing or Salting:** For salt style, sprinkle sea salt evenly. For soy or gochujang styles, reduce heat to low and brush sauce generously over both

sides.

5. **Final Searing & Serving:** Grill over gentle heat for an additional 1–2 minutes per side until the glaze caramelizes slightly without burning. Serve immediately with thinly sliced fresh ginger and perilla leaf wraps.

Cooking & Pairing Tips

- **Essential Fresh Ginger:** Serving with julienned fresh ginger is essential; the sharp bite cuts through the rich fat of the eel and enhances digestion.
- **Low Heat for Glazes:** Sauces containing sugar or gochujang burn easily. Apply sauce only when the eel is 80% cooked, keeping the burner over low heat while glazing.
- **Perfect Food & Beverage Pairing:** A classic Korean stamina meal (*boshing-sik*). Wrap in perilla leaves with garlic and *ssamjang*, paired alongside traditional black raspberry wine (*Bokbunja-ju*) or cold soju.

Storage Instructions

- Best enjoyed immediately hot off the grill. Store leftovers in an airtight container in the refrigerator for up to 1–2 days. Reheat gently in a lightly oiled pan over medium-low heat or in an air fryer at 170°C for 3–5 minutes.

Nutrition Facts (Estimated)

- Total Content : Approx. 400g (2-3 servings total)
 - Calories : 780 kcal total (approx. 195 kcal per 100g / 260 kcal per 1 serving)
 - Sodium : 820mg (41%)
 - Total Carbohydrate : 18g (6%)
 - Sugar : 12g (12%)
 - Total Fat : 48g (89%)
 - Trans Fat : 0g
 - Saturated Fat : 12g (80%)
 - Cholesterol : 240mg (80%)
 - Protein : 68g (124%)
 - Calcium : 120mg (12%)
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Editor's Review

1. A Sensual Fusion of Velvety Richness and Charcoal Smoke

The moment the glossy, perfectly charred grilled eel touches the palate, a rich,

velvety wave of savory fats unfolds with sublime luxury. Ranging from the clean savoriness of salt-grilled styles to the deep umami of soy and gochujang glazes kissed by charcoal smoke, the tender yet springy texture delivers an endlessly satisfying culinary experience.

2. Culinary Mastery Forged by Charcoal Searing and Layered Glazing Science

Grilled eel stands as a masterclass in culinary searing, expertly neutralizing fishy notes while managing open-flame heat to render excess fats and achieve a crisp exterior with moist flesh. Pre-grilling to lock in clean savoriness and repeatedly brushing glazes to build a flawless, uncharred lacquer represents fundamental culinary science that safeguards protein integrity and nutritional value.

3. Heartwarming Solace Restoring Exhausted Vitality and Inner Peace

On days when seasonal shifts or heavy daily fatigue deplete your stamina, a carefully prepared plate of grilled eel acts as a tender ritual of restoration that refills the spirit with grounded energy. Savoring this nutrient-dense feast washes away the weariness of the day, granting an authentic sanctuary of recovery and enduring vitality.

