



Jeonbokgui

Grilled Abalone | 전복구이



A luxurious Korean seafood delicacy featuring fresh abalone scored in a crisscross pattern and grilled over charcoal or pan-seared to perfection. Renowned for its uniquely springy, tender texture (*odol-odo*) and rich ocean flavor, this high-protein, low-fat delicacy is traditionally served in its natural shell and brushed or dipped with fragrant toasted sesame oil and sea salt (*gireum-jang*).

 **Prep: 15 mins** | **Cook: 10 mins** |  **Easy to Moderate** |  **High Protein & Low Fat** |  **Seafood Delicacy**

Ingredients (2-3 servings)

- **Main Ingredients:** 6–8 fresh live abalones (*jeonbok*), coarse sea salt (for scrubbing)
- **Sesame Oil Dip (*Gireum-jang*):** 2 tbsp toasted sesame oil, 1/2 tsp fine sea salt, a pinch of black pepper
- **Garlic Butter Option (Optional Glaze):** 2 tbsp unsalted butter, 1 tsp minced garlic, 1 tbsp chopped parsley or scallions

Allergy Information

- **Contains:** Mollusks (Abalone), Sesame, Milk (if using garlic butter glaze)

Equipment

- Stiff Kitchen Brush, Spoon, Knife, Frying Pan or Grill Pan (or Charcoal Grill), Cutting Board

Cooking Instructions

1. **Cleaning the Abalone:** Scrub the tops and sides of the abalone flesh thoroughly using a stiff kitchen brush under cold running water to remove dark surface film until pale and clean.
2. **Separating & Prepping:** Slide a sturdy spoon between the shell and flesh from the flat end to detach the meat. Carefully remove the dark green/brown internal organs (*naejang*). Cut off the hard, triangular beak/radula from the mouth end using a knife.
3. **Scoring the Flesh:** Make shallow, crisscross diagonal cuts across the top surface of each abalone. This helps heat penetrate evenly and highlights its signature springy texture (*odol-odo*). Rinse shells clean and dry them to use as serving platters.
4. **Grilling or Pan-Searing:** Heat a grill pan or skillet over medium-high heat with a touch of butter or oil. Place abalone flesh-side down and grill for 2–3 minutes, then flip and grill for another 1–2 minutes until opaque and springy.

5. **Plating & Serving:** Nest each grilled abalone back into its cleaned shell. Drizzle or serve alongside savory toasted sesame oil mixed with sea salt (*gireum-jang*).

Cooking & Pairing Tips

- **Crisscross Scoring:** Shallow diagonal cuts prevent the dense abalone muscle from curling up and ensure quick, even heat distribution without making the flesh tough.
- **Do Not Overcook:** Abalone cooks rapidly; over-grilling turns the delicate flesh rubbery. Flash-grilling over medium-high heat preserves its ideal tender, pleasantly chewy (*odol-odol*) bite.
- **Perfect Food & Beverage Pairing:** Complements fresh vegetable wraps, garlic slices, and toasted sesame dip. Enjoy alongside clear white wine, premium rice wine (*Cheongju*), or chilled soju.

Storage Instructions

- Best enjoyed immediately straight off the grill while piping hot. Leftovers can be stored in an airtight container in the refrigerator for up to 1 day and gently reheated in a pan over low heat with a touch of butter.

Nutrition Facts (Estimated)

- Total Content : Approx. 350g (2-3 servings total)
 - Calories : 320 kcal total (approx. 91 kcal per 100g / 106 kcal per 1 serving)
 - Sodium : 480mg (24%)
 - Total Carbohydrate : 6g (2%)
 - Sugar : 0g (0%)
 - Total Fat : 12g (22%)
 - Trans Fat : 0g
 - Saturated Fat : 2.5g (17%)
 - Cholesterol : 110mg (37%)
 - Protein : 44g (80%)
 - Calcium : 50mg (5%)
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Editor's Review

1. A Sensual Fusion of Snappy Elasticity and Savory Sesame Glaze

The moment the delicately scored, charcoal-grilled abalone touches the palate, its uniquely snappy yet tenderly yielding texture delivers an exquisite sensory thrill.

Served proudly in its native shell and kissed by a gentle touch of smoky charcoal, brushing a savory mix of sesame oil and salt over the abalone releases a deep, pristine oceanic umami that fills the mouth with unparalleled gastronomic joy.

2. Culinary Mastery Forged by Grid Scoring Science and Low-Fat Heat Control

Grilled abalone stands as a masterclass in seafood searing, expertly softening the dense muscle fibers of high-protein, low-fat abalone through precise grid-scoring while locking in internal moisture using high charcoal radiant heat. Timing the grill to allow the sesame oil glaze to permeate the deep crevices without compromising the delicate, succulent flesh represents fundamental culinary science that safeguards structural perfection and textural harmony.

3. Refined Oceanic Solace Recharging Body and Soul

Carrying the pure, enduring vitality of the open sea, a meticulously prepared plate of grilled abalone acts as a dignified ritual of restoration that fills a weary spirit with unpretentious warmth. Savoring this nutrient-dense coastal delicacy washes away daily exhaustion, granting an authentic sanctuary of recovery and enduring peace.

