



# Jeoneogui

Grilled Gizzard Shad | 전어구이



A celebrated autumn delicacy in Korea, grilled gizzard shad (*jeoneo*) is deeply scored, seasoned with coarse sea salt, and grilled whole over charcoal or on a wire grate. In autumn, gizzard shad accumulates abundant natural oils, producing an intensely savory, roasted aroma when grilled—so enticing that a famous Korean proverb claims its fragrance summons back a runaway daughter-in-law!

 **Prep: 10 mins** | **Cook: 15 mins** |  **Easy** |  **Autumn Peak Season** |  **Rich & Nutty Flavor**

### Ingredients (2 servings)

- **Main Ingredients:** 4–6 fresh whole gizzard shads (*jeoneo*, scales scraped clean), 1 tbsp coarse sea salt
- **Cooking Oil & Serving:** 1 tbsp cooking oil (for pan grilling), 1 lemon wedge, 1 tbsp soy sauce with wasabi (optional dipping)

### Allergy Information

- **Contains:** Fish (Gizzard Shad) (*Dipping sauce may contain Soy, Wheat*)

### Equipment

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

### Cooking Instructions

1. **Cleaning the Fish:** Gently scrape off scales from the gizzard shads using the back of a knife. Rinse under cold water and pat thoroughly dry with paper towels. (*Traditional whole grilling leaves internal organs and small bones intact for maximum richness, though gutting is optional*).
2. **Scoring the Flesh:** Make shallow, diagonal crisscross cuts (about 0.5 cm apart) along both sides of each fish. This helps heat penetrate deeply, renders out fat evenly, and softens the fine internal bones.
3. **Salting:** Sprinkle coarse sea salt generously over both sides and into the cuts. Let sit for 10–15 minutes so the salt penetrates and firms up the flesh.
4. **Grilling / Pan-Frying:** Heat a grill grate over charcoal or a skillet with 1 tbsp oil over medium heat. Place the fish down and grill for 5–7 minutes until the skin turns crispy and golden-brown with rendered fat sizzling out.
5. **Flipping & Serving:** Carefully flip the fish and grill the other side for another 5–6 minutes until cooked through and smoky. Serve hot straight off the grill with a lemon wedge.

## Cooking & Pairing Tips

- **Fine Bones & Scoring:** Autumn gizzard shad contains many fine bones. Deep, close crisscross scoring before grilling softens the small bones so they can be eaten safely along with the rich flesh.
- **Peak Season Oils:** Autumn (September to November) is the peak season for *jeoneo*, when the fish accumulates up to three times more natural fat than in spring, resulting in a rich, buttery, roasted flavor.
- **Perfect Food & Beverage Pairing:** Best enjoyed whole alongside warm white rice, soybean paste stew (*Doenjang-jjigae*), and fresh leaf wraps. Pairs exceptionally well with chilled soju or traditional Korean rice wine (*Makgeolli*).

## Storage Instructions

- Best consumed immediately while hot and fresh out of the pan. Leftovers can be stored in an airtight container in the refrigerator for up to 1 day. Reheat in a dry skillet over 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 : 460 kcal total (approx. 131 kcal per 100g / 230 kcal per 1 serving)
    - Sodium : 680mg (34%)
    - Total Carbohydrate : 1g (0%)
    - Sugar : 0g (0%)
    - Total Fat : 26g (48%)
    - Trans Fat : 0g
    - Saturated Fat : 5.5g (37%)
    - Cholesterol : 130mg (43%)
    - Protein : 52g (95%)
    - Calcium : 180mg (18%)
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## Editor's Review

### 1. A Sensual Fusion of Rich Autumn Fats and Smoky Charcoal Searing

The moment the golden, rack-grilled gizzard shad—bursting with the rich, seasonal oils of autumn—touches the palate, an intensely savory and nutty flavor unfolds with exquisite luxury. Echoing the famous Korean adage that "even a runaway daughter-in-law returns for the smell of grilling jeon-eo," the delightful crunch of edible bones combined with the deep, smoky char delivers an endlessly satisfying and unforgettable gastronomic experience.

### 2. Culinary Mastery Forged by Strategic Scoring and Direct-Flame Searing

Jeon-eo-gui stands as a masterclass in seasonal seafood searing, utilizing precise skin-scoring to allow salt to permeate evenly while employing high wire-rack heat to render and caramelize rich natural fats. Managing thermal intensity to crisp the skin without scorching the delicate inner flesh represents fundamental culinary science that locks in seasonal moisture and achieves peak textural harmony.

### **3. Heartwarming Solace Found Within the Crisp Breeze of Autumn**

Harvested during the bountiful turn of the season, a neatly grilled plate of autumn gizzard shad acts as a tender ritual of restoration that aligns the spirit with the quiet, golden warmth of nature. Savoring this nutrient-dense seasonal delicacy washes away daily exhaustion, granting an authentic sanctuary of recovery and enduring peace.

