KOREAN CUISINE

Jogaegui

Grilled Clams | 조개구이



An iconic coastal Korean culinary experience featuring an array of fresh shellfish—such as scallops, pen clams, and surf clams—purged in saltwater, scrubbed clean, and grilled shell-on over open flames or charcoal. Dipped in tangy-spicy red chili paste (*chogochujang*) or melted cheese, plump shellfish harvested from clean, clear waters deliver an explosion of savory ocean juices.

⏱️ **Prep: 30 mins (plus purging) | Cook: 15 mins |** 🍳 **Easy |** 🐚 **Plump & Juicy Seafood |** 🌊 **Coastal Feast**

Ingredients (2-3 servings)

- **Main Shellfish Assortment:** 1.5–2 kg fresh mixed clams (scallops/*garibi*, pen shells/*kijogae*, surf clams/*daehab*, Manila clams/*bagjijak*)
- **Purging & Cleaning:** 4 cups cold water, 2 tbsp coarse sea salt (for saltwater bath)
- **Toppings & Dipping Sauces:** Tangy sweet chili paste (*chogochujang*), 1 cup shredded mozzarella cheese, 2 tbsp unsalted butter, 2 cloves minced garlic, 2 green onions (chopped), 1 red/green chili pepper (sliced)

Allergy Information

- **Contains:** Mollusks (Clams, Scallops, Shellfish), Milk (if using cheese/butter) *(Chogochujang contains Soy, Wheat)*

Equipment

- Grill Pan or Outdoor Charcoal Grill (or Oven/Air Fryer), Tongs, Heat-Resistant Grill Gloves, Stiff Kitchen Brush

Cooking Instructions

1. **Purging the Clams (*Haegam*):** Submerge fresh clams in a cold saltwater bath (2 tbsp coarse salt per 4 cups water) in a dark place (or cover with a dark cloth) for at least 1–2 hours to let them purge sand and grit.
2. **Scrubbing & Prepping:** Scrub shell surfaces thoroughly under cold running water with a stiff brush. Drain well. Slice green onions, garlic, and chilies for toppings.
3. **Grilling Shell-On:** Place clams shell-side down on a hot grill grate over medium-high heat. As heat penetrates, the shells will naturally pop open.
4. **Adding Toppings:** Once popped, detach and discard the top shell. Top larger clams (like scallops and pen shells) with a pinch of minced garlic, chopped green onion, shredded mozzarella cheese, a small knob of butter, or a spoon of *chogochujang*.

5. **Searing & Serving:** Grill for another 2–3 minutes until clam juices bubble and the flesh turns plump and opaque. Serve immediately straight from the shell with extra *chogochujang* for dipping.

💡 Cooking & Pairing Tips

- **Essential Sand Purging (*Haegam*):** Allowing clams to rest in a dark, cool saltwater environment mimics their natural ocean bed habitat, prompting them to spit out swallowed sand for a clean bite.
- **Preserve the Ocean Liquor:** Avoid tipping the clam shells while grilling; keeping the natural juices inside cooks the clam meat gently in its own savory broth.
- **Perfect Food & Beverage Pairing:** A classic seaside street-stall (*pojangmacha*) dish paired with chilled soju, crisp lager beer, or hot clam broth soup.

Storage Instructions

- Fresh clams should be cooked and enjoyed immediately on the day of purchase. Leftover cooked clam meat can be removed from shells and stored in an airtight container in the refrigerator for up to 1 day. Reheat briefly in a pan or stir into seafood ramen.

Nutrition Facts (Estimated)

- Total Content : Approx. 600g edible meat (2-3 servings total)
- Calories : 420 kcal total (approx. 70 kcal per 100g / 140 kcal per 1 serving)
  – Sodium : 890mg (45%)
  – Total Carbohydrate : 12g (4%)
  – Sugar : 2g (2%)
  – Total Fat : 8g (15%)
  – Trans Fat : 0g
  – Saturated Fat : 2.5g (17%)
  – Cholesterol : 160mg (53%)
  – Protein : 68g (124%)
  – Calcium : 180mg (18%)

Editor's Review

1. A Sensual Fusion of Briny Clam Juices and Tangy-Spicy Chogochujang
The moment bubbling clam juices spill over parting shells on the hot grill, releasing

plump, tender morsels of ocean-fresh meat, a clean, briny burst of umami delivers an exquisite sensory thrill. Dipping each tender bite into vibrant, tangy-spicy chogochujang elevates the natural sweetness of the shellfish, completing an endlessly satisfying and dynamic gastronomic experience.

2. Culinary Mastery Forged by Saline Purging Science and Shell-Vessel Thermal Conduction

Jogae-gui stands as a masterclass in coastal seafood searing, utilizing precise saline purging to clear impurities while employing natural shell-vessels to boil internal juices over direct flames. Managing thermal intensity so that the natural clam broth simmers gently within the shell without boiling dry represents fundamental culinary science that locks in succulent textures and ocean-fresh hydration.

3. Coastal Solace Resounding with the Rhythm of Ocean Waves

Gathered around a sizzling grill facing the open horizon, listening to the gentle crackle of shells and the rhythm of distant waves, this seaside feast acts as a tender ritual of restoration. Savoring the briny bounty of the ocean amid the salty breeze washes away daily exhaustion, granting an authentic sanctuary of peace and renewed vitality.



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