



Jogigui

Pan-fried Yellow Corvina | 조기구이



A beloved Korean pan-fried fish dish featuring yellow croaker (*jogi*) scaled, gutted, trimmed, and seasoned before frying in oil to golden-brown perfection. Celebrated for its delicate, flaky white flesh and mild flavor, its soft and tender texture makes it an easily digestible, comforting meal especially suited for young children and seniors.

 **Prep: 15 mins** | **Cook: 10 mins** |  **Easy** |  **Soft & Delicate Flesh** |  **Classic Banchan**

Ingredients (2 servings)

- **Main Ingredients:** 2 fresh or salted yellow croakers (*jogi*, scaled and gutted), 1/2 tsp fine sea salt (if using un-salted fresh fish), 2 tbsp cooking oil
- **Light Coating (Optional for crispness):** 2 tbsp flour or potato starch
- **Dipping & Serving:** 1 lemon wedge, 1 tbsp soy sauce with a touch of wasabi (optional)

Allergy Information

- **Contains:** Fish (Yellow Croaker) (*Optional dipping sauce contains Soy, Wheat*)

Equipment

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

Cooking Instructions

1. **Cleaning & Prepping the Fish:** Scrape off scales thoroughly using the back of a knife from tail to head. Trim off fins and tail with kitchen shears. Make a small incision along the belly to remove internal organs, rinse clean under cold running water, and pat completely dry with paper towels.
2. **Salting & Scoring:** If using fresh (un-salted) yellow croaker, sprinkle fine sea salt evenly over both sides and inside the belly. Let sit for 10 minutes. Make 2–3 shallow diagonal cuts along each side to help the fish cook evenly through.
3. **Coating (Optional):** Lightly dust the surface with flour or potato starch and tap off any excess. This forms a delicate, crispy skin that holds the soft flesh together while frying.
4. **Pan-Frying:** Heat 2 tbsp cooking oil in a frying pan over medium heat. Place the yellow croakers in the pan and fry for 4–5 minutes until the skin turns crispy and golden brown.
5. **Flipping & Serving:** Carefully flip the fish using a wide spatula and fry the

other side for another 4–5 minutes until golden and cooked through. Transfer to a platter and serve hot with a lemon wedge.

Cooking & Pairing Tips

- **Gentle Handling Required:** Yellow croaker flesh is remarkably soft and tender. Coating the surface lightly with flour or starch and using a wide spatula prevents the fish from sticking to the pan or flaking apart.
- **Family-Friendly Comfort:** Because the tender meat separates easily from the main backbone and carries a mild, sweet flavor, it is one of the most popular household fish dishes in Korea for multi-generational dining.
- **Perfect Food & Beverage Pairing:** An essential home-style side dish (*banchan*) served alongside warm white rice, scorched rice tea (*nurungji*), soybean paste stew (*Doenjang-jjigae*), and roasted seaweed sheets (*gim*).

Storage Instructions

- Best enjoyed hot straight out of the pan. Leftovers can be stored in an airtight container in the refrigerator for up to 1–2 days. Reheat gently in a dry pan over medium-low heat or in an air fryer at 170°C for 3–4 minutes to restore crispness.

Nutrition Facts (Estimated)

- Total Content : Approx. 300g (2 servings total)
- Calories : 380 kcal total (approx. 126 kcal per 100g / 190 kcal per 1 serving)
 - Sodium : 620mg (31%)
 - Total Carbohydrate : 4g (1%)
 - Sugar : 0g (0%)
 - Total Fat : 18g (33%)
 - Trans Fat : 0g
 - Saturated Fat : 3.5g (23%)
 - Cholesterol : 120mg (40%)
 - Protein : 50g (91%)
 - Calcium : 70mg (7%)

Editor's Review

1. A Sensual Fusion of Crispy Skin and Melt-in-Your-Mouth Tender Flesh

The moment the delicate, flaky flesh of the golden croaker—pan-fried in ample oil to a crisp, fried-like finish—melts across the palate, a savory, well-salted umami

gently envelops the senses. Boasting a tender, effortlessly yielding texture that can be enjoyed by all ages from children to the elderly, it delivers a deeply comforting and wholesome gastronomic experience.

2. Culinary Mastery Forged by Oil Immersion Searing and Saline Seasoning

Jogigu-i stands as a masterclass in fish pan-frying, utilizing meticulous scaling, gutting, and fin removal to eliminate impurities before applying uniform salt-curing and high-heat pan-frying in generous oil. Controlling thermal intensity to crisp the outer skin while safeguarding the delicate inner protein structure and moisture represents fundamental culinary science that achieves peak textural harmony.

3. Heartwarming Solace Blossoming from the Nostalgic Warmth of Home

Evoking the tender memories of elders carefully picking out bones and placing a savory morsel over a warm spoonful of rice, a golden, well-grilled croaker acts as a comforting remedy for daily weariness. Savoring this flaky, tender fish atop fresh white rice offers a nostalgic ritual of purification, bringing back the comforting, familiar solace of a traditional home-style table.

