KOREAN CUISINE

Kkongchigui

Grilled Saury | 꽁치구이



https://koreancuisine.net

A classic, affordable, and deeply savory Korean household and restaurant staple featuring whole Pacific saury (*gongchi*), cleaned, deeply scored, salted, and pan-fried or charcoal-grilled until the silvery skin turns golden-crisp. Renowned for its rich omega-3 fatty acids, deep savory flavor, and mouthwatering aroma, it is a highly nutritious, budget-friendly mealtime favorite.

⏱️ **Prep: 10 mins | Cook: 15 mins |** 🍳 **Easy |** 🐟 **High Omega-3 & Protein |** 🍱 **Classic Banchan**

Ingredients (2 servings)

- **Main Ingredients:** 2 whole fresh Pacific sauries (*gongchi*, cleaned and gutted), 1 tsp coarse sea salt, 1.5–2 tbsp cooking oil
- **Deodorizing & Coating (Optional):** 2 tbsp flour or potato starch, 1/2 cup rice-washing water (*ssal-ttwwott-mul*)
- **Dipping & Serving:** 1 lemon wedge, 1 tbsp soy sauce with a touch of wasabi or grated daikon radish

Allergy Information

- **Contains:** Fish (Pacific Saury) *(Optional coating contains Wheat; optional dipping sauce contains Soy, Wheat)*

Equipment

- Frying Pan or Grill Pan (or Charcoal Grill), Wide Spatula, Paper Towels, Knife, Cutting Board

Cooking Instructions

1. **Prepping the Saury:** Rinse cleaned Pacific saury under cold water. To remove fishy odors (*birin-mat*), soak briefly in rice-washing water (*ssal-ttwwott-mul*) for 5–10 minutes, then pat thoroughly dry with paper towels.
2. **Scoring & Salting:** Make shallow, diagonal crisscross slashes (about 1–2 cm apart) along both sides of each fish. Sprinkle coarse sea salt evenly over both sides and inside the slashes, letting it sit for 10 minutes to firm up the flesh.
3. **Light Coating (Optional):** Lightly dust the scored surface with flour or potato starch, gently tapping off any excess. This seals in natural oils and forms a crispy outer skin.
4. **Pan-Frying / Grilling:** Heat 1.5–2 tbsp cooking oil in a wide frying pan over medium-high heat. Place the sauries in the pan and cook for 6–7 minutes until the underside turns deep golden brown and rendered oils sizzle out.
5. **Flipping & Serving:** Carefully flip the fish using a wide spatula and fry the

other side for another 5–6 minutes until cooked through and crackling crisp. Serve piping hot with a squeeze of lemon and soy-wasabi dipping sauce.

💡 Cooking & Pairing Tips

- **Deep Diagonal Scoring:** Scoring saury before grilling allows heat to penetrate its dense, dark meat evenly while letting excess surface fat render out, creating an ultra-crispy skin.
- **Inexpensive Nutrient Powerhouse:** Pacific saury is exceptionally rich in DHA, EPA omega-3 fatty acids, and Vitamin D, making it one of the most budget-friendly yet healthy fish options in Korean cuisine.
- **Perfect Food & Beverage Pairing:** Served as a staple home-style side dish (*banchan*) alongside warm white rice, soybean paste stew (*Doenjang-jjigae*), kimchi, and fresh lettuce wraps. Also makes a fantastic drinking snack (*anju*) paired with cold soju or crisp lager.

Storage Instructions

- Best enjoyed piping hot straight out of the pan while the skin is at peak crispness. Leftovers can be stored in an airtight container in the refrigerator for up to 1–2 days. Reheat in a dry skillet over medium-low heat or in an air fryer at 180°C for 3–4 minutes.

Nutrition Facts (Estimated)

- Total Content : Approx. 300g (2 servings total)
- Calories : 510 kcal total (approx. 170 kcal per 100g / 255 kcal per 1 serving)
  – Sodium : 680mg (34%)
  – Total Carbohydrate : 2g (1%)
  – Sugar : 0g (0%)
  – Total Fat : 34g (63%)
  – Trans Fat : 0g
  – Saturated Fat : 8g (53%)
  – Cholesterol : 110mg (37%)
  – Protein : 48g (87%)
  – Calcium : 90mg (9%)

Editor's Review

1. A Sensual Fusion of Rich Saury Oils, Smoky Char, and Flaky Tenderness
The moment the golden, crisped skin of the saury—bursting with rich, savory oils

kissed by a gentle char—touches the palate, a deeply satisfying wave of perfectly salted umami unfolds with exquisite luxury. Offering a surprisingly robust and rewarding flavor profile, the brilliant contrast between the crackling skin and the moist, tender flakes of meat delivers an endlessly satisfying culinary experience.

2. Culinary Mastery Forged by Saline Curing and High-Heat Lipid Emulsification

Saury-gui stands as a masterclass in fish pan-searing and grilling, utilizing precise skin-scoring to allow salt to permeate evenly while employing high heat to render rich natural fats into a golden, crisp crust. Managing thermal intensity to lock in internal moisture and delicate oils represents fundamental culinary science that achieves peak textural harmony.

3. Heartwarming Solace Blossoming from a Familiar Home-Style Table

Gracefully steaming atop a modest home-style table, a well-grilled piece of saury acts as a comforting remedy for daily weariness, filling the spirit with unpretentious warmth. Placing a flaky chunk of savory fish over a warm spoonful of rice offers a nostalgic ritual of purification that reconnects the heart to the grounding comfort of a traditional meal.



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