



Kodarigui

Grilled Half-dried Pollack | 코다리구이



A popular Korean seafood side dish featuring half-dried pollack (*kodari*) lightly pan-seared and glazed with a sweet, savory, and spicy gochujang-based sauce. Carefully grilled a second time over low heat to caramelize the glaze without burning, it is topped with finely chopped green scallions and sesame seeds for a pleasantly chewy, flavorful bite.

 **Prep: 15 mins** | **Cook: 15 mins** |  **Easy to Moderate** |  **High Protein & Chewy** |  **Classic Banchan**

Ingredients (2 servings)

- **Main Ingredients:** 2 half-dried pollack (*kodari*, cleaned, gutted, and cut into 2–3 pieces), 1.5 tbsp cooking oil
- **Spicy Gochujang Glaze:** 2 tbsp gochujang (chili paste), 1 tbsp gochugaru (chili flakes), 1.5 tbsp soy sauce, 1 tbsp sugar (or honey), 1 tbsp rice syrup (*mulyeot*), 1 tbsp minced garlic, 1 tbsp mirin (cooking wine), 1 tbsp sesame oil
- **Finishing Touches:** 2 stalks green onion / scallions (finely chopped), 1 tbsp toasted sesame seeds

Allergy Information

- **Contains:** Fish (Half-dried Pollack), Soy (Gochujang, Soy sauce), Wheat (Gochujang, Soy sauce), Sesame

Equipment

- Frying Pan or Skillet, Spatula, Basting Brush, Kitchen Shears, Knife, Cutting Board, Small Mixing Bowl

Cooking Instructions

1. **Prepping Half-Dried Pollack:** Clean the half-dried pollack under cold water, trim off fins and tail using kitchen shears, and pat dry thoroughly with paper towels. Slice each fish into 2–3 manageable pieces.
2. **Mixing the Spicy Glaze:** In a small mixing bowl, whisk together gochujang, gochugaru, soy sauce, sugar, rice syrup, minced garlic, mirin, and sesame oil into a smooth, thick glaze.
3. **Initial Pan-Searing:** Heat 1.5 tbsp cooking oil in a wide frying pan over medium heat. Place the pollack pieces skin-side down first and sear for 3–4 minutes until golden, then flip and cook the flesh side for another 3 minutes until nearly cooked through.
4. **Glazing & Second Grilling:** Reduce the heat to low. Brush the spicy

gochujang glaze evenly over both sides of the pollack pieces. Grill gently over low heat for 1–2 minutes per side so the sauce caramelizes onto the flesh without scorching.

5. **Garnishing & Serving:** Transfer the grilled fish to a platter, top generously with finely chopped green scallions and toasted sesame seeds, and serve warm.

Cooking & Pairing Tips

- **Gentle Heat for Glazing:** Because gochujang and sugar scorch rapidly, always drop the burner heat to low after applying the glaze.
- **Distinct Chewy Texture:** Half-dried pollack (*kodari*) maintains a firmer, chewier texture than fresh fish, allowing it to hold up exceptionally well against thick, rich glazes without flaking apart in the pan.
- **Perfect Food & Beverage Pairing:** Served as a hearty main side dish (*banchan*) alongside warm white rice, soybean paste stew (*Doenjang-jjigae*), and pickled wild greens. Pairs wonderfully with chilled traditional rice wine (*Makgeolli*).

Storage Instructions

- Store in an airtight container in the refrigerator for up to 2–3 days. Reheat gently in a lightly oiled skillet over low heat or microwave covered for 30–45 seconds to restore warmth and tenderness.

Nutrition Facts (Estimated)

- Total Content : Approx. 400g (2 servings total)
- Calories : 480 kcal total (approx. 120 kcal per 100g / 240 kcal per 1 serving)
 - Sodium : 1,050mg (53%)
 - Total Carbohydrate : 30g (9%)
 - Sugar : 16g (16%)
 - Total Fat : 12g (22%)
 - Trans Fat : 0g
 - Saturated Fat : 2g (13%)
 - Cholesterol : 120mg (40%)
 - Protein : 62g (113%)
 - Calcium : 70mg (7%)

Editor's Review

1. A Sensual Fusion of Chewy Semi-Dried Pollock and Sweet-Spicy Glaze

The moment the chewy yet tender flesh of semi-dried pollock hits the palate, an addictive wave of sweet-and-spicy gochujang and savory garlic glaze delivers an exquisite sensory thrill. Infused with a gentle char from careful pan-searing and topped with crisp, fresh chives, every bite unfolds into a dynamic and deeply satisfying culinary experience.

2. Culinary Mastery Forged by Moisture Control and Non-Burning Glazing Science

Kodari-gui stands as a masterclass in fish grilling, utilizing an initial light sear to lock in semi-dried moisture before applying a second round of seasoned grilling under carefully managed heat to prevent charring. Brushing the rich gochujang glaze over pre-firmized flesh and allowing sugars to caramelize into a clean, glossy finish represents fundamental culinary science that achieves peak textural harmony.

3. Heartwarming Solace Blossoming from a Cozy, Home-Style Table

Gracefully anchored on a traditional dining table, a neatly glazed and carefully grilled plate of seasoned pollock acts as a comforting remedy for daily weariness, filling the spirit with unpretentious warmth. Placing a thick, flavorful chunk of fish over a warm spoonful of rice offers a nostalgic ritual of purification that reconnects the heart to the grounding comfort of a home-cooked meal.

