



Modumhoe

Assorted Sliced Raw Fish | 모듬회



Modum-hoe is a gastronomic showcase of diverse marine textures and lipid profiles, elegantly combining different species of fish—such as sea bream (dom), rockfish (ureok), and flounder (dodari)—on a single platter. The culinary engineering behind this dish relies on precise slicing mechanics tailored to the unique collagen matrix of each species, along with absolute moisture control. To fully appreciate the spectrum of flavors, diners utilize the acetic acid in cho-gochujang or the volatile allyl isothiocyanate in wasabi as chemical palate cleansers between tasting the different types of fish.

 **Total:** 25 mins | **Prep:** 25 mins | **Cook:** 0 mins (Raw) |  **Difficulty:** High (Requires impeccable sanitation and advanced knife skills) |  **Profile:** Clean, Bouncy, and Richly Savory |  **Focus:** Lean Protein, Varied Textures, and Amino Acids

Ingredients (2–3 servings)

- **Main Ingredients:** 400g assorted sashimi-grade fish fillets (e.g., 150g sea bream, 150g rockfish, 100g flounder / skinned and pin-boned), 2 large handfuls finely shredded daikon radish (mu-chae), 10 lettuce or perilla leaves, 1/4 lemon, 2 green chilies, 3 cloves garlic
- **Accompaniment Sauces:**
 - Cho-gochujang: 3 tbsp gochujang, 3 tbsp vinegar, 1.5 tbsp sugar (or agave syrup), 0.5 tbsp minced garlic, 0.5 tbsp sesame oil
 - Soy-Wasabi: Premium soy sauce with a dab of fresh wasabi
 - Makjang: 2 tbsp doenjang, 1 tbsp minced garlic, 1 tbsp minced green chili, 1 tbsp sesame oil, a pinch of sesame seeds

Allergy Information Contains: Fish (Sea Bream, Rockfish, Flounder), Soy, Wheat (from gochujang, soy sauce, doenjang)

Equipment Highly sharpened Sashimi or Chef's Knife, Sanitized Cutting Board, Absorbent Food-grade Paper (Haedongji)

Cooking Instructions

1. **Thermal Blockade & Sanitation:** To prevent protein denaturation and bacterial growth caused by human body heat, chill the cutting board, knife, and serving plates. Keep the fish fillets in a near-freezing environment (3–5°C) until the exact moment of slicing.
2. **Capillary Moisture Extraction:** Tightly wrap each fish fillet in absorbent food-grade paper. Apply gentle pressure to extract surface and interstitial

moisture via capillary action. Residual moisture will cause the flesh to turn mushy and amplify fishy odors (TMA).

3. **Species-Specific Slicing Mechanics:**

- **Flounder (Dodari):** Flatfish have a tough collagen network. Tilt the blade to a 30–40 degree angle and slice diagonally and thinly to mechanically shorten the tough muscle fibers.
 - **Rockfish (Ureok):** Boasts a dense, highly elastic texture. Slice it slightly thicker (approx. 0.5cm) in straight cuts to maximize its signature satisfying chew.
 - **Sea Bream (Dom):** Offers a balance of tenderness and bounce. Cut thickly against the grain, or utilize the *Matsukawa* technique (briefly scalding the skin side with boiling water) for added texture.
4. **Plating & Antioxidant Base:** Arrange a bed of finely shredded daikon radish on a chilled plate. Artfully arrange the assorted fish slices over the radish, alternating colors and species for visual striking contrast.
5. **Serving:** Serve with the sliced garlic, chilies, ssam greens, lemon, and the three dipping sauces. (Squeeze the lemon into the soy sauce, not directly on the fish, to prevent the citric acid from prematurely denaturing the delicate proteins.)

Professional Culinary Tips

- **The Biochemical Role of Shredded Radish (Mu-chae):** The bed of shredded radish is not merely decorative. Radish contains diastase, an enzyme that aids digestion, and allyl isothiocyanate, which exhibits powerful antimicrobial properties to suppress foodborne pathogens. Furthermore, it acts as a mechanical desiccant, absorbing any rogue moisture weeping from the fish, ensuring the sashimi remains pristine and firm until the very last bite.
- **Physics of Texture (Collagen Matrices):** The texture of raw fish is dictated by its lifestyle. Flatfish (flounder) rest on the ocean floor and possess resilient collagen networks that require thin, diagonal slicing. Active swimmers (sea bream) or reef-dwellers (rockfish) have distinct muscle blocks that yield a wonderfully snappy texture when cut thickly.
- **ATP to IMP Conversion (The Umami Curve):** Live-killed fish (Hwareo) retains ATP, providing maximum chewiness but minimal umami. If the fillets are cold-aged (Seoneo) for several hours, enzymes break the ATP down into inosinic acid (IMP), dramatically amplifying the deep, savory umami flavors. A great Modum-hoe balances these aging times to offer a complex spectrum of taste and texture.

Nutrition Facts (Estimated)

Total Content : Approx. 200g (1 serving, fish only)

Calories : 210 kcal

- Sodium : 110mg
- Total Carbohydrate : 0.0g
- Sugar : 0.0g
- Total Fat : 4.5g
- Saturated Fat : 1.0g
- Cholesterol : 95.0mg
- Protein : 41.0g
- Calcium : 45.0mg

*Daily Values are based on a 2,000 calorie diet and standard Korean nutritional reference values

**Nutritional values are calculated based on original ingredients; substitutions may alter specific macronutrients.

The Blooming Canvas of Oceanic Diversity: A Lyrical Masterpiece of Modumhoe and Multi-Textured Sashimi Harmony

Modumhoe (Assorted Raw Fish Platter) stands as the bountiful, dazzling pinnacle of Korean seafood gastronomy, where a vibrant medley of seasonal catches—such as sea bream with its springy resilience, rockfish with its satisfying chew, and flounder with its delicate nuttiness—unite across a single, immaculate serving plate in a breathtaking display of color and form. Escaping the monotony of a single-species dish, this magnificent platter invites diners on a multi-dimensional sensory journey, offering a shifting panorama of textures and flavors with every single chopstick pickup.

Set against a bed of crushed ice like blooming flower petals, the translucent slices of fish catch the light, promising a feast for both the eyes and the palate. The moment a chosen morsel is dipped lightly into tangy chogochujang or sharp wasabi soy sauce, an explosion of clean marine flavor unfolds. From the snappy bite of firm-fleshed white fish to the melt-in-the-mouth richness of fatty belly cuts, every bite transforms the dining table into a celebration of coastal abundance.

True gastronomy does not restrict itself to a single expression; it flourishes in the communal joy of embracing nature's rich diversity and sharing it with those we hold dear. Savoring a magnificent, assorted platter of sashimi today is an elegant and sacred ritual—clearing away the rush of modern life and filling the spirit with unpretentious warmth, coastal richness, and timeless solace.

Editor's Review

1. An Exhilarating Cadence of Diverse Textures, Varied Fish Umami, and Dipping Versatility

The moment a carefully chosen slice of bream, rockfish, or flounder from the assorted platter touches the palate, an immediate wave of distinct textural brilliance—ranging from elastic snap to velvety softness—awakens the senses. This dynamic interplay of varied fish umami, elevated by the sharp tang of chogochujang or the clean kick of wasabi soy, orchestrates an endlessly engaging, multi-layered sensory thrill from start to finish.

2. Species-Specific Myofibrillar Protein Density Control and Comprehensive Omega-3/Taurine Bioavailability

Modumhoe represents an exacting study in marine food physics and nutritional breadth. Tailoring the slicing technique and thickness to accommodate the varying myofibrillar protein densities and lipid distributions of each fish ensures optimal mouthfeel across the entire platter. Concurrently, combining multiple species maximizes the intake of diverse polyunsaturated fatty acids (omega-3s, EPA, DHA), essential amino acids, and fatigue-banishing taurine, establishing a nutritionally comprehensive and highly bioavailable matrix.

3. The Convivial Seaside Gathering and the Grounding Sanctuary of Shared Seafood Celebration

Found gracing bustling seaside ports and celebratory gathering spots as the ultimate expression of Korean sashimi hospitality, a magnificent platter of assorted raw fish serves as an enduring emotional haven against daily weariness. Revered for generations as an essential communal feast that brings people together over shared culinary choices, enjoying this honest, diverse spread washes away modern stress, granting a timeless sanctuary of stillness, collective joy, and grounded culinary happiness.

