



Okdomgui

Grilled Red Tilefish | 옥돔구이



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Gifted by the blue seas of Jeju Island, Grilled Red Tilefish (Okdom-gui) is a treasured delicacy. Boasting a light yet deeply savory flavor characteristic of tilefish, it is a premium grilled fish once served on royal tables. With its crispy skin and moist, tender flesh, it offers a special dining experience for everyone.

 **Prep: 10 mins** | **Cook: 15 mins** |  **Moderate** |  **Mild** |  **High Protein**

Ingredients (2-3 servings)

- **Main Ingredients:** 2 Red Tilefish (cleaned and prepped), a pinch of coarse salt (or roasted salt), 1 tbsp cooking wine (to remove any fishy odor)
- **Marinade & Seasoning:** 1 tbsp sesame oil (or cooking oil), 0.5 tbsp minced garlic (optional)
- **Others:** A bit of cooking oil, lemon slices (optional)

Allergy Information

- **Contains:** Fish (Red Tilefish)

Equipment

- Pan, Paper Towel

Cooking Instructions

1. **Tilefish Prep & Rinsing:** Gently rinse the prepped red tilefish under running water, then thoroughly pat dry with a paper towel. Lightly brushing cooking wine over the surface helps eliminate any fishy odors.
2. **Scoring:** Make 2 to 3 diagonal scores into the thickest parts of the tilefish flesh to ensure it cooks evenly and absorbs seasoning well.
3. **Seasoning:** Evenly sprinkle salt and let it rest for about 10 to 15 minutes. Just before cooking, brush a thin layer of sesame oil or cooking oil on the surface to lock in moisture and enhance the nutty aroma.
4. **Pan Preheating:** Heat cooking oil in a pan over medium heat until sufficiently preheated, then place the tilefish skin-side down.
5. **Crispy Pan-Frying:** Lower the heat to medium-low and fry for about 5 to 7 minutes until the skin turns crispy, then flip and cook until the inner flesh is tender, juicy, and thoroughly cooked through.

Cooking & Pairing Tips

- **Start Skin-Side Down:** Frying the skin side first prevents the fish from breaking apart, keeps the shape neat, and maximizes the crispy texture.
- **Perfect Food & Beverage Pairing:** It goes wonderfully with a warm bowl of freshly cooked white rice, light side dishes, or a squeeze of fresh lemon. To drink, its clean and savory flavor pairs exceptionally well with traditional soju, clear rice wine (cheongju), or a light white wine.

Storage Instructions

- Store any leftovers in an airtight container in the refrigerator for up to 2–3 days. Reheat gently in a pan over low heat to restore its crispiness before serving.

Nutrition Facts (Estimated)

- Total Content : Approx. 300g (2-3 servings total)
 - Calories : 380 kcal total (approx. 150 kcal per 100g / 190 kcal per 1 serving)
 - Sodium : 650mg (32%)
 - Total Carbohydrate : 0g (0%)
 - Sugar : 0g (0%)
 - Total Fat : 9g (17%)
 - Trans Fat : 0g
 - Saturated Fat : 2g (13%)
 - Cholesterol : 75mg (25%)
 - Protein : 24g (44%)
 - Calcium : 35mg (5%)
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Editor's Review

1. **Fine Dining Perspective: Thermodynamics of Maillard Coating and Lipid Basting:** This dish represents a refined engineering of fish searing that perfectly controls moisture loss and structural collapse—common pitfalls when heating delicate, lean white fish. Brushing a thin layer of oil prior to cooking forms a protective moisture barrier. Cooking skin-side down over medium-low heat allows the collagen and lipids within the skin to achieve a golden, crisp Maillard crust at temperatures exceeding 160°C. Scoring the flesh ensures uniform heat penetration while locking in internal juices, demonstrating a fine-dining level of balance that preserves the tilefish's subtle, natural umami.
2. **Sensory Exploration: A Symphony of Whispering Crispness and Silk-Like Flesh:** The moment your chopsticks press against the golden-brown skin, a gratifying crackle awakens the senses. Breaking through the skin releases a gentle cloud of steam, revealing snow-white, tender flesh that warmly coats the palate. With every bite, a clean yet deep umami unfolds, while the subtle richness of sesame oil and an optional touch of lemon acidity refresh the palate. Paired with warm white rice, clean cheongju, or a crisp white wine, this multi-layered flavor profile leaves a lasting mark of pure satisfaction.
3. **Symbolic Praise: Sacred Hospitality Born from Royal Culinary Heritage:** Once served on the royal tables of Korean dynasties, Red Tilefish is a precious gift from the clean waters of Jeju. By eschewing heavy seasonings to let the fish's raw elegance shine—governed only by salt, oil, and precise fire—this dish symbolizes ultimate hospitality. Facing this warm, aromatic plate is a ritual of quiet healing: a moment to wash away daily fatigue and restore deep, tranquil nourishment to both

body and mind.

4. **Poetic Imagery: A Golden Sunset Etched upon a Canvas of Blue Waves:**
Adorned with clean diagonal scores, the tilefish skin glistens like a golden sunset over the Jeju coastline, beautifully framed upon a ceramic plate. The rising steam and delicate, toasted aroma instantly transform the room into an elegant fine-dining salon. Free from ostentatious garnishes, this single plate stands as a serene and exquisite still life, rendered purely by the pristine quality of its ingredient.
5. **The Critic's Verdict: The Pinnacle of Seafood Searing Born from Restraint:**
True gastronomy does not rely on heavy sauces or aggressive spices. Instead, it lies in bringing out extreme textural contrasts over the flame without compromising the delicate muscle fibers of the fish. Jeju Grilled Red Tilefish stands as a masterclass in seafood cookery, proving how simple restraint, precise thermal control, and pristine ingredients achieve a mature, timeless harmony.

