

Grilled Eel Recipe

(Jangeo Gui - Korean Recipes)

Ingredients: Serves 4-6

1 fresh eel, about 1kg), filleted
Bamboo skewers
Oil, to grease
1 portion Seafood Glazing Sauce
(pls. refer More Korean Recipes below)

Garnish:

2 scallions, green part only, thinly sliced
1 inch ginger, slivered
4 cloves garlic, sliced and grilled
½ tablespoon toasted sesame seeds
Ground white pepper

Method:

Prepare the Seafood Glazing Sauce by following the instructions in the recipe. To keep the eel fillets straight during cooking, gently thread the skewer through each fillet lengthwise. Heat a grill until very hot and brush the eel lightly with oil. Place the eel fillets on the grill, skin side away from the heat, and grill for 3 minutes on each side. Brush one side of the eel with the Seafood Glazing Sauce and grill for a minute. Turn the eel over, brush the other side with the glazing sauce and grill for another minute. Repeat twice. Cut the eel into 2½-inch pieces. Garnish with the scallions, ginger and garlic. Then sprinkle the sesame seeds and pepper. Serve hot. Eel can be bought parboiled or grilled, and vacuum packed from good Asian or Japanese markets. If eel is unavailable, salmon makes a good substitute.

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