

## Sea Urchin (Uni) Roe

The largest of the three urchins is the red, with a shell diameter of around 7 inches; greens are the smallest at around 1 1/2 inches. Urchin roe ranges in color from canary yellow to orange. The membrane holding the roe should be intact. High-quality uni has a sweet taste and a smooth, buttery texture. Uni can be eaten from the shell as is or spread on crackers with a dash of lemon juice. Use it as sushi, in omelets, in rich seafood sauces or as a filling in crepes.



### Product Details

<b>Pack Size</b>	Various
<b>Cooking Methods</b>	Bake, Sauté, Steam
<b>Texture</b>	Delicate/Medium
<b>Flavor</b>	Moderate
<b>Availability</b>	January - December
<b>Location</b>	Canada, United States