

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

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