

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

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

