

## 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 |

