

# Sea Urchin

Latin *Strongylocentrotus franciscanus*

Chinese 红色海胆

Japanese 雲丹 (ウニ)

*Sea urchin roe (eggs) are considered a delicacy in Japan where it is known as "uni"*

### Flavour



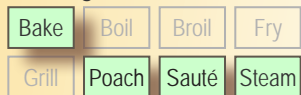
### Texture



### Omega-3 fatty acids/ gram

*Information not available*

### Cooking Methods



### Average Portion Size

Approximately 75-100 grams (2.5-3.5 oz) per person

### Nutritional Value

Per 100 grams (3.5 oz) of raw edible portions

Calories (cal)	29.0
Total Fat (g)	3.1
Saturated Fat (g)	n/a
Protein (g)	n/a
Cholesterol (mg)	498.0
Sodium (mg)	n/a
Omega-3 (EPA & DHA)(g)	n/a

Canadian Nutrient File, Health Canada, 2007



*Red sea urchin with roe (front)*

## How to Cook

Urchin roe is bright yellow with a light and sweet taste and a firm, smooth, dry and paste-like texture.

High grade uni is bright yellow and has a firm texture with small and tightly packed eggs.

Avoid product that appears dull or discoloured with grainy and loosely packed eggs. Poor quality roe will also appear watery and taste bitter.

To prepare a whole sea urchin for use, carefully crack the shell open, scoop out the roe, and rinse and clean it.

Urchin roe is popular served fresh and uncooked as sushi. It is also used in soups, custards and other seafood dishes as a flavour enhancer.

## Recipes

Crispy Sea Urchin Stuffed Zucchini Blossoms with Bosc Pear Fennel Purée and Arugula Greens

## About ...

Red sea urchins are small, spherical echinoderms with a bright red or dark burgundy shell covered in long, spiny needles.

Red sea urchin is the largest of five species of sea urchins found on Canada's west coast. The other most recognized species and currently harvested species is green sea urchin.

## Availability

Available fresh all year



### Products

Sea urchins are available:

- Fresh whole
- Fresh individual roe pieces packaged on wooden or plastic trays
- Frozen roe pieces in bulk bags or plastic trays

Frozen products are available year-round