

INGREDIENTS

- 200g Sea Urchin Harvest Uni Gold
- 300g sushi rice
- 500ml water
- 60ml rice vinegar
- 2 tbsp caster sugar
- 1 pack nori sheets
- light soy sauce, to serve
- wasabi, to serve
- pickled ginger, to serve

NOTE

Sushi is a great way to involve your family in cooking and understanding the wonderful flavour of sea urchin. In Japan – uni is generally served as gunkan maki sushi – but you can experiment with different styles. We've suggested three in this recipe.

METHOD

1. To cook the rice – place into a small pot with the water and soak for 20 minutes then bring to the boil. Put the lid on, reduce to a simmer and cook for 10-15 minutes or until all the water has been absorbed. Allow to cool.
2. Dissolve the sugar into the vinegar and fold through the cooled rice with a spatula.
3. To make the sushi – experiment with different shapes, and techniques. Whatever is your favourite. we suggest nigiri, uramaki and gunkan maki as three easy shapes that work well with sea urchin. Serve with light soy sauce, fresh wasabi and pickled ginger.