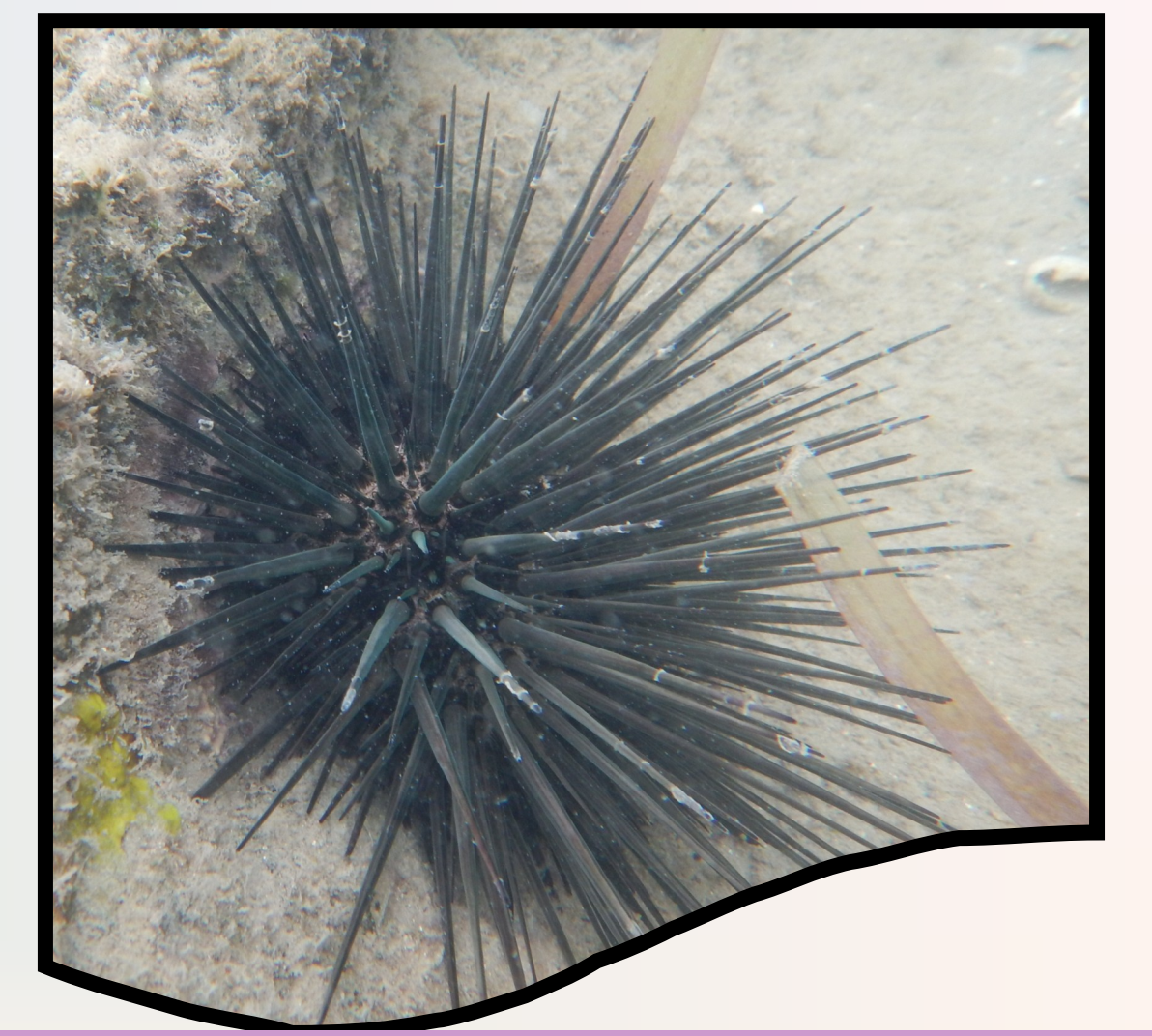


**Background**

Sea urchins are marine echinoderms and their body consists of five gonads covered by a calcareous test. The gonads of male and female sea urchins are commonly called 'roe' and have been known a delicacy in several parts of the world. However in India not all the coastal community eat the gonads of sea urchin, but fishers of a fishing village along Gulf of Mannar, have the habit of consuming the sea urchin roe for centuries. There are a variety of sea urchin recipes viz., Risotto with Sea Urchin-Dill, and Smoked Caviar-Sea Urchin Mousse with Ginger Vinaigrette, Sea Urchin Bruschetta and Sea Urchin Linguine available in the western world, but in India the cuisine of sea urchin roe is not well known, the present study documented for the first time on the two cooking methods viz., Grilling and dry fry of sea urchin roe from the fisherfolk community of Gulf of Mannar region.

**Key informant technique**

Manangudi is a fishing village along the Coast of Gulf of Mannar situated near Uchipuli in the district of Ramanathapuram in the southern state of Tamil Nadu. Historically, the fishermen of the Manangudi fishing village consume gonads of the sea urchin species *Stomopneustes variolaris* for centuries. This villagers consider the sea urchin gonad as a delicacy and this particular consumption pattern is very unique of this fishing village, hence a key informant interview was undertaken in the village to document the culinary methods of sea urchin gonad otherwise called 'roe'. The sea urchin *Stomopneustes variolaris* was collected from the neighbouring rocky coastline by SCUBA divers and they were brought to the fishing village. The key informant of the Manangudi fishing village Mr. Somu demonstrated the cooking methods viz., Grilling sea urchin roe and sea urchin roe's fry.

Sea urchin *Stomopneustes variolaris***Sea urchin—Grilling method****Sea urchin roe fry**

Collect wild sea urchin  
*Stomopneustes variolaris*

Split open the sea urchin

The whole sea urchin with its test and spine intact is put on fire for 30 min.

Collect the gonads in a cooking vessel

Add 250g of Moringa leaves to 750 g of gonads

Cook it over a medium fire with continuous stirring ( No salt is required) for 30 min.

Dry fry of Sea urchin gonads

**Dry fry of Sea urchin roe****Grilled sea urchin****Summary**

The gonads of rock boring sea urchin *S.variolaris* is nutritionally superior sea food contains Protein ~40%, Fat ~29%, Crude fibre ~0.3%, Nitrogen Free Extract ~22% , Total ash ~8% and can give more than 5000Kcal/kg of gross energy. This study documented the traditional cooking methods of sea urchin roe practiced by the fisher folk of Manangudi fishing village and brought out the methods to the scientific diaspora.

**Acknowledgement**

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Mr. Somu,  
Key informant**References**

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