

Recipe for Swiss roll

Food & Cooking Unit 1, Session 3, Page 7

Ingredients:

50g self-raising flour
2 eggs (medium)
50g caster sugar
Extra sugar for rolling up
2-3 x 15ml spoons jam

Method:

1. Preheat the oven to 200°C or gas mark 6.
2. Line and grease the Swiss roll tin, 22cm x 30cm with baking parchment / silicone liner.
3. Using an electric whisk, whisk the eggs and sugar together until thick, creamy and white (and leaves a trail).
4. Sift the flour into the bowl.
5. Gently fold in the flour, using a metal spoon.
6. Pour the mixture into the Swiss roll tin. Use the spatula to scrape the bowl clean.
7. Bake for 8-10 minutes, until golden brown and firm to the touch (do not overcook).
8. While the Swiss roll is baking, place a piece of greaseproof paper on top of a clean damp tea towel and sprinkle the extra sugar on top of the paper.
9. Warm the jam, either in the microwave or in a glass bowl over a pan of hot water.
10. When the Swiss roll is cooked, tip it onto the sugared paper.
11. Carefully peel off the lining paper from the cake.
12. Spread the jam over the sponge with a palette knife right to the edge.
13. Roll up the Swiss roll from the top short edge, using the paper and tea towel to grip and guide the Swiss roll.