

SWISS ROLL



Serves : 8






Prep time : 15 minutes





Cooking time : 10 minutes



Ingredients

-  4 large eggs
-  100g (4 oz) caster sugar
-  100g (4 oz) self – raising flour

For the filling

-  Caster sugar to sprinkle
-  About 5 tbsp of raspberry jam

GOURMET GEORGE SAYS...

Homemade Swiss roll is not difficult if you follow these instructions and if you weigh all the ingredients out perfectly.





Swiss Roll Cooking Instructions



1. Preheat the oven to 220°C/Fan 200°C/Gas 7. Grease a Swiss roll tin 33 x 23cm (13 x 9 in) and line with non-stick baking paper.
2. Whisk the eggs and sugar together in a large bowl until the mixture is light and creamy and the whisk leaves a trail when lifted out.
3. Sift the flour into the mixture and carefully fold it in with a metal spoon.
4. Turn the mixture into the tin and give it a gentle shake so the mixture finds its own level, making sure that it spreads evenly into the corners. Bake in the preheated oven for about 10 minutes or until the sponge is golden brown and begins to shrink from the edges of the tin.
5. While the cake is cooking cut a piece of non-stick baking paper, a little bigger than the tin and sprinkle it with lots of caster sugar.
6. Remove the cake from the oven and invert on to the sugared paper. Quickly loosen the paper from the bottom of the cake and peel it off. To make the rolling easier, make a score mark 2.5cm (1in) in from one of the short edges, being careful not to cut through. Fold the narrow strip created by the score mark down and begin rolling, using the paper to keep a firm roll. Leave for a few minutes with the paper still around it so it will settle. Lift onto a wire rack.
7. When cool, remove the paper and spread the with jam, taking it almost to the edges. Reroll and sprinkle with more sugar before serving.