



Basic Swiss Roll

Servings: 12-15 slices

Prep Time: 10min

Cook Time: 8min

Ingredients

- 3 extra large eggs
- 90ml Sugar
- 150ml cake flour
- 5ml (1t) baking powder
- 2 ml (¼t) salt
- Castor sugar for dredging raspberry OR youngberry jam sweetened whipped cream

Directions

1. Grease and line a 230mm x 330mm Swiss roll pan with greaseproof non-stick paper. Make sure sides are about 50mm high all the way around, secure with paper clips. Grease paper, set aside. Using electric mixer, which together eggs and sugar until pale and thick
2. Sift together flour, salt and baking powder into a bowl. Gently, but thoroughly, fold into egg mixture. Pour batter into prepared pan
3. Bake at 190°C, 8 min. Meanwhile, dampen a clean tea-towel, lay out on working surface. Cover with sheet of grease proof or non-stick paper. Dredge with castor sugar. Turn out baked Swiss roll on to paper
4. Peel off paper backing. Score across width 25mm from end of Swiss roll using the back of a knife/. Roll up from this end with paper inside roll, using tea-towel as guide. Wrap tea-towel around roll, leave to cool completely
5. Carefully unroll cake, spread generously with jam to edges. Spread with sweetened whipped cream to within 20mm of edges, roll up again without paper. Dredge top with extra castor sugar if desired. Serve sliced

VARIATIONS:

6. For a chocolate Swiss roll, use 125ml flour and 25ml cocoa powder in place of four. Continue according to recipe, spread with jam and a chocolate butter icing made by creaming 1225g butter, adding 260g (500ml) sifted icing sugar and 20g (50ml) cocoa powder. Beat well, thin down slightly with 37,5ml fresh cream or milk. Coat outside of cake with same icing and pipe decoratively across top. Decorate with pieces of glace cherry

7. Spread with softened ice-cream, roll up and freeze until required. Serve as a dessert on its own or with canned fruit
8. Omit whipped cream, spread with jam or vanilla-flavoured butter icing
9. Fill with sweetened whipped cream and your favourite canned or fresh fruit. Decorate top with fruit and cream