



Swiss Roll Recipe

Swiss roll ingredients:-

5	Large eggs (at room temperature)
125 grams	Castor sugar (slightly warmed)
125 grams	Self-raising flour (sieved)

Fillings:-

Butter Cream:-

150 grams	Butter (softened)
300 grams	icing sugar (sieved)
1 teaspoon	Vanilla flavouring

Approximately 4 level tablespoons of raspberry jam (slightly warmed)

Equipment:-

Swiss roll tin 23cm x 33cm
Greaseproof paper

Swiss roll instructions:-

- 1/ Pre heat the oven to 220C/425F, grease and line the swiss roll tin with greaseproof paper/ baking parchment.
- 2/ With an electric mixer, whisk together the eggs and sugar until pale and thick and forms stiff peaks when the whisk is lifted out.
- 3/ Sieve the flour in and very gently fold together with a metal spoon
- 4/ Pour the mixture into the tin and spread evenly with a pallet knife, place in the hot oven and bake for 7-8 minutes, until the sponge is pale and golden and begins to shrink from the sides of the tin.
- 5/ Place a tea towel on the working surface, then put a piece of greaseproof paper on top larger than the swiss roll tin. Sprinkle sugar over the greaseproof paper. Turn the sponge onto the greaseproof paper and carefully remove the paper from the cooked sponge.
- 6/ While the swiss roll is warm, using the tea towel and greaseproof paper roll the sponge into a tight roll shape and leave for 3-4 minutes, this will make it easier roll once the filling is inside..
- 7/ Meanwhile make the buttercream icing by whisking together the icing sugar, vanilla flavouring, and butter until light and fluffy, add a little milk to soften if required which will allow you to spread the buttercream easily.
- 8/ Remove the tea towel and, making sure it is cool enough so that the buttercream does not melt, spread the buttercream evenly over followed by the jam.
- 9/ Re-roll the swiss roll and trim the edges when fully rolled. Dust with a little more castor sugar to finish.

Alternative Chocolate swiss role:-

At the adding the flour stage sieve in 30 grams of coco powder at the same time Buttercream, add in 30 grams of coco powder along with the icing sugar. Omit the raspberry jam and just spread the chocolate butter cream.