

# Swiss Roll

## Requisition of Equipment

2 blue trays, safety mat, large mixing bowl, large saucepan, round bladed knife, sieve, digital scale (optional), digital timer, baking tray, electric beater, spatula, slotted spoon, vegetable knife, tablespoon.

## Method

Time	Steps
<b>Step 1</b> 15 min	Personal and kitchen hygiene. Collect equipment. Weigh/measure ingredients. Set oven to 180°C. Line baking tray with paper. RE SET TIMER.
<b>Step 2</b> 10 min	Fill saucepan (half full) with hot water from the tap and turn hob onto number 6. Place large mixing bowl onto saucepan (the bowl MUST NOT BE PLASTIC OR TOUCH THE WATER). Crack eggs using the back of a round bladed knife and add caster sugar. RE SET TIMER.
<b>Step 3</b> 10 min	Whisk egg and sugar mixture with the electric beater. Keep the blades pointed down at all times. Keep moving the electric beater around as this will speed up the whisking process. When the volume of the whisked mixture is nearly half way up the mixing bowl you are going to remove from the saucepan and complete the whisking on the work surface. Too much heat will make the mixture turn into scrambled eggs. Using oven gloves, tilt the mixing bowl away from you and then place the mixing bowl onto your safety mat on the work surface. Turn hob off. RE SET TIMER.
<b>Step 4</b> 5 min	Keep whisking until you have a thick, light coloured mixture. To remove the blades from the electric beater you will need to press the "eject" button. The blades will need washing BUT DO NOT PUT THE BODY OF THE ELECTRIC BEATER INTO WATER! Just wipe with a damp cloth. RE SET TIMER.
<b>Step 5</b> 5 min	You will now need to work quickly. Sieve flour into whisked egg mixture. Gently fold flour in using a spatula OR slotted spoon. As you do this you will see the volume of mixture going down. BE CAREFUL as the longer you keep folding in the more air will escape. If the mixture starts to look like chewed chewing gum then you have mixed too long and your swiss roll WILL NOT WORK. RE SET TIMER.
<b>Step 6</b> 10 min	Scrape all mixture into the swiss roll baking tin. Spread evenly and place into the oven. Bake for 6 to 8 minutes. While baking, place a piece of baking paper on your work surface and sprinkle with caster sugar. RE SET TIMER.
<b>Step 7</b> 10 min	Remove from the oven when golden brown and the edges of the sponge have started to pull away from the sides of the baking tray. Place on hob and hold with the oven glove while running the blade of the sharp knife around all four sides. Carefully turn out from the baking tray onto the baking paper of your work surface. Carefully remove baking paper from the sponge. DON'T JUST PULL IT OFF as this will damage the sponge. Cut crispy edges away from the four sides. Try and cut as close to the edge as possible and as straight as possible! Carefully roll up and leave to cool. Clean up while you are waiting. RE SET TIMER.
<b>Step 8</b> 10 min	Gently un roll the sponge. Spread an even layer of jam over the sponge using a round bladed knife. Re roll and carefully place into your container.  Do a final clean up. Sweep floor. Spray down counter. Set out washing and drying cloths for the next class.



## Ingredients

3 eggs  
75g caster sugar  
75g self raising flour  
Strawberry jam

**CONTAINER**