

# Swiss Roll

## Method

1. Preheat oven to 180°C
2. **Line** the bottom of the Swiss roll tin with baking paper **[A]**
3. **Weigh** out 75g sugar into a small bowl
4. Crack the eggs into a large bowl
  - ! Wash hands after touching raw egg
5. Add the sugar to the eggs in the large bowl
  - Place a safety mat under the large bowl
6. **Weigh** out the flour in the small bowl (for later)
7. **Whisk** the egg and sugar mixture with the electric beater
  - Keep the blades pointing down
  - Keep moving the electric beater around
8. Keep **whisking** until you have a thick, light-coloured mixture that has considerably increased in volume **[B]**
  - Test for readiness by checking for 'trails' across the surface
9. Working quickly, **sieve** the flour into the whisked egg mixture
10. Gently **fold** in the flour using a spatula or slotted spoon **[C]**
  - There will be a slight loss of volume as you fold
  - ! Stop folding as soon as all the flour is incorporated
  - ! Over-folding or mixing will result in losing all the volume
11. Use a spatula to scrape all the mixture into the Swiss roll tin
12. Gently spread the mixture evenly across the tin **[D]**
13. **Bake** for 8 to 10 minutes **[E]**
  - ! If possible, wait for your partner and bake at the same time
  - Cake is ready when golden-brown and 'springs back' when touched with fingers
14. While baking, place a large piece of baking paper on your work surface and sprinkle with the remaining caster sugar
15. Remove cake from oven and place on the hob or wooden triangle
16. Run the blade of the vegetable knife around all four sides of the tin
  - ! Use oven gloves to hold tin steady
17. Turn out the cake from the tin onto the sugared baking paper **[F]**
18. Carefully remove baking paper from the sponge **[G]**
19. Cut the crispy edges away from the four sides
  - This should be less than 1cm from each side
20. Carefully **roll up** the cake and leave to cool **[H]**
  - Cake should be rolled up still with the sugared baking paper
21. Once cool, gently unroll the sponge
22. Spread an even layer of jam over the sponge using a round bladed knife
23. **Re-roll** without the baking paper **[I]**

## Ingredients

- 3 eggs
- 100g caster sugar (75g + 25g)
- 75g plain flour
- Strawberry jam
- Container

## Equipment

- Blue tray
- Safety mat
- Digital scales
- Digital timer
- Electric beater
- Spatula
- Slotted spoon
- Vegetable knife
- Dessert Spoon
- Round bladed knife
- Swiss roll tin
- Baking paper x2
- Sieve
- Large mixing bowl
- Small mixing bowl

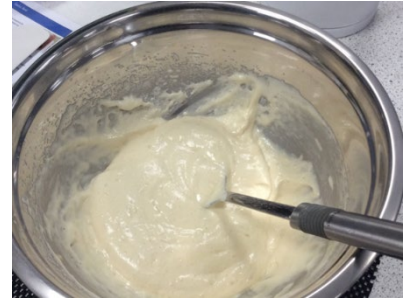
## Key Moments



**[A]** Bottom of tin lined



**[B]** Drips leave a trail when the mixture is ready



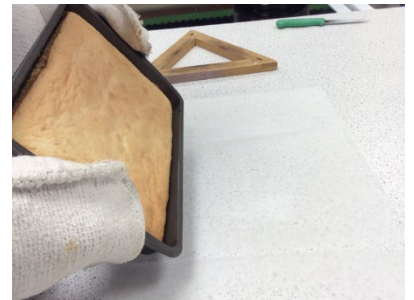
**[C]** Carefully fold in the flour to prevent loss of volume



**[D]** Evenly and gently spread the mixture



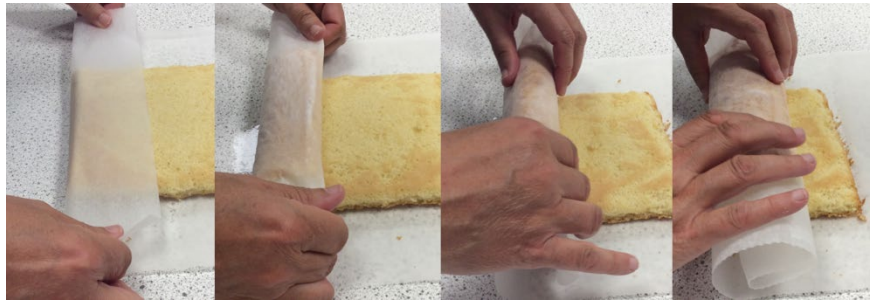
**[E]** Golden-brown sponge cake



**[F]** Cake being turned out onto the sugared baking paper



**[G]** Be careful when peeling back the baking paper



**[H]** Warm cake rolled up within the baking paper



**[I]** Finished Swiss Roll with jam