

Swiss Roll



Ingredients list

125g caster sugar plus extra to dust

125g plain flour

3 large eggs

½ jar of strawberry or raspberry jam

Equipment list

- Glass mixing bowl
- Plastic baking spatula
- Plastic spoon
- Swiss roll tin
- Electric hand whisk
- Butter knife
- Baking Parchment

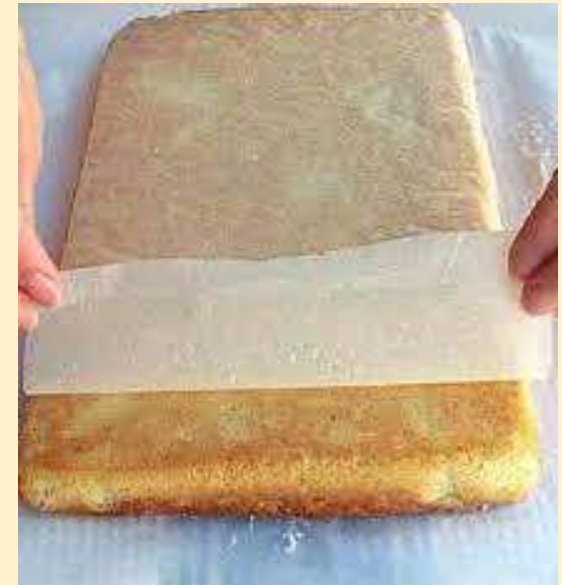
Method

1. Preheat the oven to 200°C/fan180°C/gas 6.
2. Lightly brush the base of a 33cm x 23cm Swiss roll tin with vegetable oil. Cut a sheet of greaseproof paper to fit the base of the tin exactly. Brush the paper with a little more oil, then dust with flour.
3. Put the sugar and eggs into a large bowl and whisk with an electric hand whisk for 8-10 minutes, until pale and thick enough for the mixture to leave a trail when the whisk is lifted.
4. Sift half the flour into the mixture and fold in very carefully until no traces of flour are left. Repeat with the remaining flour. It's important to take your time and do it gently.



Method

5. Pour the mixture into the prepared tin and use a spatula to smooth it evenly into the corners.
6. Bake in the centre of the oven for 10-12 minutes, until golden and risen and just firm to the touch. Meanwhile, put the jam in a bowl and stir well to loosen.
7. Lay a piece of greaseproof paper that is larger than the sponge on top. Dust the greaseproof paper with caster sugar. Run a knife around the edge of the warm sponge and turn out on to the sugar-dusted paper.
8. Peel the paper off the base of the sponge. Trim off the edges of the sponge.
9. Spoon the jam onto the sponge and spread out, leaving a little border of clean sponge all around.



Method

10. Make an incision about 1cm in from the short edge near you, being careful not to cut through the cake: this makes it easier to roll up.
11. Start rolling, using the incision to help you make the first turn. Use the paper to help you roll the sponge tightly.
12. Sit it seam-side down until cold.

