

# Swiss roll

## Ingredients

75g self-raising flour – **get from school**  
 3 eggs  
 75g caster sugar- **get from school**  
 2-3 x 15ml spoons jam  
 extra sugar for rolling up

Complexity: low-medium



## Equipment

Swiss roll tin, electric hand mixer, weighing scales, greaseproof baking paper, pastry brush, palette knife, sieve, mixing bowl, large metal spoon, cooling rack and sharp knife.

## Method

1. Preheat oven to 200°C or gas mark 6.
2. Line and grease a Swiss roll tin, 18cm x 30cm with greaseproof paper.
3. Sift the flour.
4. Crack the eggs into the mixing bowl. Add the sugar.
5. Whisk the eggs and sugar together until thick, creamy and white.
6. Gently fold in the flour, using a metal spoon, a little at a time.
7. Pour the mixture into the Swiss roll tin.
8. Bake for 8 – 10 minutes, until golden brown and firm to the touch. Do not overcook.
9. While the Swiss roll is baking, place a piece of greaseproof paper on the worksurface and sprinkle the extra sugar on top. Warm the jam in a microwave for 10 – 15 seconds.
10. When the Swiss roll is cooked, tip it onto the sugared paper. Peel off the lining paper from the cake.
11. Spread the warm jam over the cake with a palette knife.
12. Roll the cake, using the paper and a tea towel to help you.
13. Place on a cooling rack.

## Top tips

- This recipe uses a ratio of 1 egg to 25g sugar to 25g flour. Therefore, you could make the recipe above with 2 eggs and 50g sugar and 50g flour.
- Experiment with flavours and fillings. Substitute 25g of flour with cocoa powder to make a chocolate Swiss roll and substitute the jam with cream.
- Alternatively, add a few drops of lemon flavouring while whisking the egg and sugar mixture and spread with lemon curd.

## Food skills

Weigh and measure  
Sift

Whisk  
Fold

Bake  
Microwave

Spread