**Recipe: Swiss roll**

**Information**

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Language: English  
Persons: 8  
Preparation time: 30 mins  
Nutrition: Unknown  
Tags: cake, sponge, traditional, classic, low fat, swiss roll

**Recipe**

Preheat the oven to 200°C (fan oven 180°C) or gas mark 6. Cut a piece of greaseproof paper to fit the base of a swiss roll tin approx 30x25cm. If you do not have a swiss roll tin a roasting tin will do just fine. Grease the bottom of the tin, then put in the paper and grease that too, dust with caster sugar and a little flour.

Beat the eggs and caster sugar in a large bowl with an electric whisk for around ten minutes. The mixture will almost triple in volume and become paler in colour, it will be thick enough so that when you lift the whisk out of the mixture it will leave a visible trail on the surface (you will notice this more prominently if you leave the mixture to stand for a minute or so). Sift in the flour in three parts, very gently folding it in until the flour is blended in completely, it is important to go slowly and not to be too vigourous or you will lose some of the air in the sponge. Fold in a tablespoon of warm water.

Pour the mixture into the prepared tin and smooth it out evenly to the edges. Bake in the middle of the oven for 10 to 12 minutes until lightly golden and just firm to the touch. Put the jam in a bowl and stir it so it is spreadable; heat it up a little in the microwave if necessary.

Lay out a clean damp cloth or a couple of sheets of damp kitchen paper on your work surface (this is to stop the paper slipping when you roll the cake). Place a large piece of greaseproof paper at least 5cm (2 in) bigger than the cake onto the cloth. Dust it with caster sugar.

Loosen the sponge with a knife and then turn it out quickly onto the dusted paper (topside down). You may need to support the sponge with your hand as your turn it out. Peel the paper off the sponge. Trim the edges so you have a tidy rectangle.

Using a spoon, spread the jam evenly onto the sponge, leaving about 2cm clear around the edges as the jam will spread when rolling.

Make a little incision into the edge of the surface of the sponge (not all the way through) about 1cm in from the end of the sponge (you will be rolling the shorter side inwards) and another cut opposite this on the other side. This just helps with the rolling.

Now you're ready to roll! The cuts at the edges are to help you start rolling. Use the paper to keep the roll tight, I find it best to the take the paper between your index finger and thumb, and use the rest of your fingers to push the roll over. I will try and upload a picture of this! Leave the roll with the seam side down to cool.

Dust with a little caster sugar or icing sugar and serve.

**Ingredients**

- vegetable oil or butter for greasing  
- 3 large eggs (at room temperature ideally)  
- 125g caster sugar  
- 125g plain white flour
- 1 tablespoon warm water
- about half a jar of raspberry or strawberry jam
- extra caster sugar or icing sugar for dusting