Swiss roll

Ingredients.	Equipment.
5 Eggs 140g caster sugar 100g Self Raising Flour Castor sugar for dusting 4 tbsp jam ⭐ **Aim Higher** Make a chocolate version by adding 25g cocoa powder and using brown sugar	**All equipment is provided by school** **** Remember to bring a lidded container to take your cake home****

Oven Temp : 190°C or 170°C fan or Gas Mark 5

Method

1. Preheat Oven. Grease and line the base and sides of a swiss roll tin with baking parchment.
2. Separate the eggs, putting them into two large mixing bowls.
3. Make sure the whisk beaters are clean. Whisk the egg whites until they are stiff. Put to one side.
4. To the Yolks (In the other bowl) add the sugar and 2 tablespoons water. Using an electric whisk, whisk the mixture for 5 mins until it is pale and thick enough to leave a trail when the whisk blades are lifted.
5. Sift in the flour, then fold in lightly using a metal spoon.
6. Fold the egg whites into the mixture carefully to keep as much air in the mixture as possible.
7. Pour the mixture evenly over the prepared tin, carefully spread to the sides. Bake for 10-12 mins until the cake feels firm to the touch.
8. Put a large sheet of baking parchment on the work surface and sprinkle lightly with sugar. Turn the cake out onto the parchment and peel off the lining paper.
9. Trim away any dry edges, score along the edge of one the long sides of the cake and roll up from there using the paper to help you **rolling the paper inside the cake.** Allow the cake to cool completely.
10. Carefully unroll the cake and using a palette knife, spread some jam inside. Roll up again, pressing together gently so that the cake holds together.
11. Dust with icing sugar.