

GREAT SUCCESS SWISS ROLL



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4 eggs (separated)
50 ml ice cold water
5 ml vanilla essence
5 ml baking powder
250 ml castor sugar
150 ml apricot jam
250 ml cake flour
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon cream of tartar

Grease a baking/biscuit tray, line it with greaseproof paper and grease the paper, dust the paper greased with flour and shake off excess flour.

Set oven at 200°C and ensure the oven rack is in the middle of the oven.

Beat together the egg yolks, iced water and castor sugar till light in colour and fluffy, set aside.

Sift together the flour, cream of tartar and baking powder, fold into the egg yolk mixture using a perforated metal spoon (do not beat!!)

Beat/whisk the egg whites with the salt to form stiff peaks and fold into the cake mixture (do not beat!)

Pour the mixture into the prepared tray and spread it evenly.

Bake for EXACTLY 10 minutes (NOT more!!)

Whilst the cake is in the oven, dampen (not too wet) a clean

kitchen towel, sprinkle with white sugar.

When the 10 minutes is up remove the cake from the oven, working quickly turn the pan over onto the sugary kitchen towel, carefully remove the paper, spread the warm jam evenly over the cake.

Trim away the long edges from the cake to prevent it from breaking.

Using both hands, begin rolling up the cake using the dishtowel to help as the cake will be hot (don't roll up the dishtowel with the cake ☐)

keep rolling in this manner until your swiss roll is done!

Recipe: Helené Smith