

Flower and Produce Show.

16. MEN ONLY Recipe

SWISS ROLL, Fatless Sponge.

Ingredients:

4 Large eggs

100g (4 oz) caster sugar

100g (4oz) self raising flour

FOR THE FILLING

4 tablespoons of strawberry jam

1. Pre-heat the oven to 220C/Fan 200C/Gas 7.

Grease a 33x23cm (13 x9in) Swiss roll tin and line with baking parchment.

2. Whisk the eggs and sugar together in a large bowl until the mixture is light and frothy and leaves a trail when lifted out. Sift the flour into the mixture, carefully folding it in at the same time. Turn the mixture into the prepared tin and give it a gentle shake so that the mixture finds its own level, making sure that it spreads evenly into the corners.

3. Bake in the preheated oven for about 10 minutes or until the sponge is golden brown and begins to shrink at the edges of the tin. While the cake is cooling, place a piece of baking parchment a little bigger than the size of the tin on to a work surface and sprinkle it with caster sugar.

4. Invert the cake on to the sugared parchment. Quickly loosen the parchment on the bottom of the cake and peel it off. Trim the edges of the sponge with a sharp knife and make a score mark 2.5 cm (1in) in from one shorter edge, being careful not to cut right through.

5. Leave to cool slightly then spread with the jam. If the cake is too hot the jam will soak straight into the sponge. Roll up the cake firmly from the cut end.