

SWISS ROLL

INGREDIENTS

- 3 medium eggs
- 75g castor sugar
- 75g plain flour
- 1 Tbsp hot water
- 1 teaspoon caster sugar for dusting
- Sprinkle of icing sugar for the final touches
- 1/4 cup jam (warmed)

PREPARATION

1. Preheat the oven to 220 / 200 (fan bake) degree celcius
2. Grease and line a 30cm x 25cm swiss roll tin with baking paper
3. Using an electric or hand mixer, whisk the eggs and sugar together in a large bowl until thick and creamy and leaves a trail
4. Sieve the flour and fold into the mixture carefully with 1 tbsp hot water, trying not to knock out too much air
5. Place into the prepared tin and tilt the tin to level the mixture, making sure it goes right into the corners
6. Bake for 10 - 12 minutes until springy to the touch
7. Dust a large piece of baking paper (or dry clean tea towel) with caster sugar and turn the sponge out onto it. Carefully peel off baking paper. Trim off the hard edges and make a dent along the width, 1cm in. From this end, roll it up with the paper in the middle
8. Cool on a wire rack
9. Once cooled unroll and spread the jam all over the sponge until it is spread evenly, re-roll and sprinkle with icing sugar

