

Swiss Roll with Cream & Raspberries



Serves 8 Prep: 20 mins + 50 mins cooling Cooking 15 mins Challenge

Ingredients

For the Swiss roll

melted butter, for greasing
125g plain flour, plus extra for dusting
4 eggs
125g caster sugar
3 tbsp icing sugar, for dusting
2 tbsp warm water
1tsp vanilla extract

For the filling

6 tbsp raspberry jam (or diabetic jam)
150g raspberries (crush half)
225 ml double cream, whipped

1. Preheat the oven to 190C/gas 5. For the Swiss roll: line the base of a 25 x 38cm Swiss roll tin with greaseproof paper, brush the base and sides of the tin with melted butter and dust with flour.
2. Whisk the eggs and caster sugar together in a large bowl or in an electric food mixer until light and fluffy, then add the water and vanilla extract. Sift in the flour, about one-third at a time, and fold it into the mixture using a large metal spoon.
3. Pour the mixture gently into the prepared Swiss roll tin and bake in the oven for 12-15 minutes, or until the centre of the cake is slightly springy and the edges have shrunk away a little from the sides of the tin.
4. Spread out a piece of greaseproof paper (slightly larger than the tin in size) on a work surface and sprinkle evenly with caster sugar (this stops the roll from sticking to the paper). Turn the Swiss roll tin onto the sugared greaseproof paper, then carefully remove the tin and greaseproof paper from the bottom of the cake. Place a slightly damp, clean tea towel over the cake and leave to cool for 30 minutes this will prevent it drying out and cracking when you roll it.
5. Mix the crushed raspberries with the whipped cream. When the cake is cool, spread the raspberry jam sparingly over it, followed by the whipped cream/raspberry mixture. With the longest side facing you, roll up the Swiss roll away from you, then transfer to a plate to serve. Sprinkle with caster sugar or dust with icing sugar to finish and serve with the rest of the raspberries.