

Chocolate Roulade

For the swiss roll

3 medium eggs
75g caster sugar
75g plain flour
25g Cocoa Powder

Caster sugar, for dusting

Filling

300ml double cream or greek yogurt
100g fruit eg raspberry, blackberries, strawberries

Nutrition:

Whisked sponges are fatless so a little healthier than a traditional roulade

Adding extra fruit will lower overall sugar and fat content and add vitamin C and fibre.



Skills:

Whisking method cake, whisking cream, melting chocolate, shaping sponge, fine garnishing

Extra equipment you will need:

33 x 23 cm Swiss roll tin
Electric hand mixer

1. Preheat the oven to 200°C, gas mark 6. Grease and line the Swiss roll tin with baking parchment.
2. Using an electric hand mixer, whisk the eggs and sugar together in a large bowl until thick and creamy and leaves a trail. Sieve the flour and cocoa together and fold into the mixture carefully with 1 tbsp hot water, trying not to knock out too much air.
3. Place into the prepared tin and gently spread the mixture, making sure it goes right into the corners. Bake for 10-12 minutes until springy to the touch.
4. Dust a large piece of baking parchment with caster sugar and turn the sponge out onto it. Trim off the hard edges and make a dent along the width, 1cm in. Cool on a wire rack.
5. Whip the cream with an electric whisk until it just holds its shape. Spread the roulade with the whipped cream and add fruit, leaving a border of about 2cm all the way around the edges. Roll up tightly to start with and use the paper to help continue the tight rolling, by pulling it away from you as you roll.
6. Decorate your chocolate roulade with a sprinkle of icing sugar and some fruit

Extra skill: Melt chocolate and drizzle over the roulade, decorate with coulis or strawberry fans.