

Chocolate Roulade

Ingredients

75g SR flour
1 tsp baking powder
1 dsp cocoa powder
4 large eggs
100g icing sugar
100g caster sugar
300g dark chocolate
50g butter (At room temperature)
250ml double cream

Nutrition: This dessert is a high in fat and sugar dessert. It should be served in small portions with a healthy accompaniment such as natural yogurt. In the summer fresh berries could be added to filling or as a side dish. A lower fat filling could be made using greek yogurt instead of cream

Skills:

Whisking method of cake making for the sponge
Lining a swiss roll tin
Melting chocolate
Whisking cream

Food science:

Dextrinisation and caramelisation of the starch in the flour and sugar in the sponge act with the dry heat when baking causes the sponge to brown.

Denaturation of protein during whisking causing the eggs and sugar to thicken and foam.

Coagulation of the protein in eggs and flour in the sponge when heated causing the sponge to set.

Time

Method

1. Heat the oven to 170°C/gas 5. Line a 20x30cm Swiss roll tin with baking parchment, butter and dust with cocoa.
2. Sift the flour, baking powder and cocoa into a bowl.
3. Beat the eggs and caster sugar with an electric mixer until thick, pale and trebled in volume, about 8 minutes in a metal or glass bowl.
4. Fold in the flour mix with a large metal spoon - the less air you squash the better.
5. Pour into the tin and gently spread the batter evenly. Bake for 10-15 minutes or until firm to the touch.
6. Turn it out onto a piece of baking parchment dusted with caster sugar.
7. Peel off the lining paper and roll the sponge up using the paper underneath. It may crack a bit but don't worry, you're going to cover it with icing.
8. **Clean as you go**
9. For the filling, whisk the double cream until it is stiff. **(DO NOT OVER WHISK)**
10. For the topping, put a pan with 3cm water on to boil with a METAL OR GLASS bowl onto with the chocolate in to melt
11. Beat the butter and icing sugar together and fold in the melted chocolate. Leave until cool enough to spread.
12. Gently unroll the sponge and dot blobs of chocolate over with a teaspoon, use just under half the mixture.
13. Spread over the cream and reroll the roulade as tightly as you can, using the paper to help you, without squashing out the filling.
14. Spread the topping over the roulade using a palette knife to give a rough surface and dust with cocoa or icing sugar

Safety and quality points