

Whisking method of cake making

Whisked sponges contain no butter, and are therefore lower in fat. They are made by **whisking** the eggs and sugar until thick in a bowl placed over a pan of simmering water. The flour is then very gently folded into the mixture.

The whisking method is used to make swiss roll, sponge drops, trifle sponges and fruit flans.

You tube video: <https://www.youtube.com/watch?v=XxYRNH-gwqM>

Swiss Roll



Whisked sponge is sometimes called fatless sponge

Sponge drops

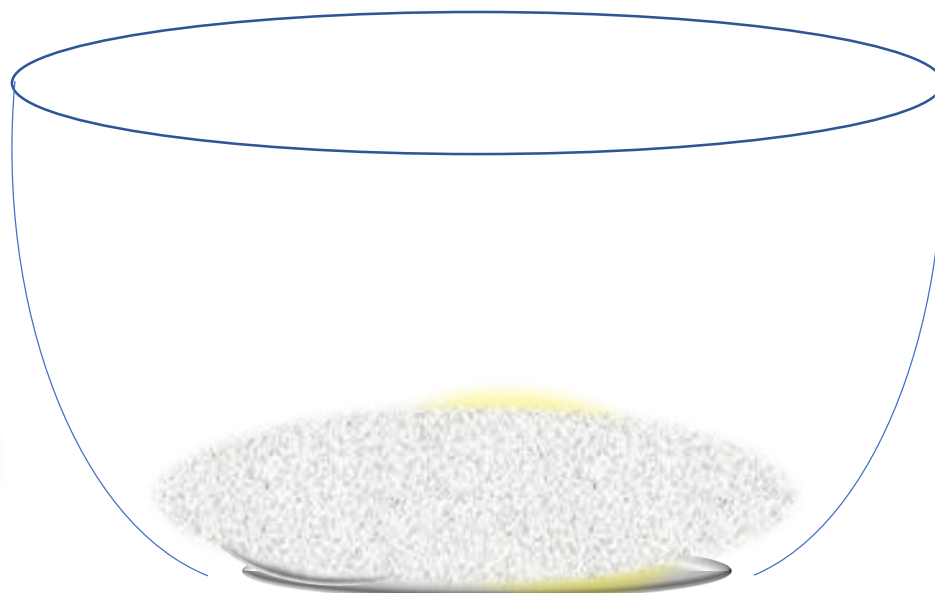
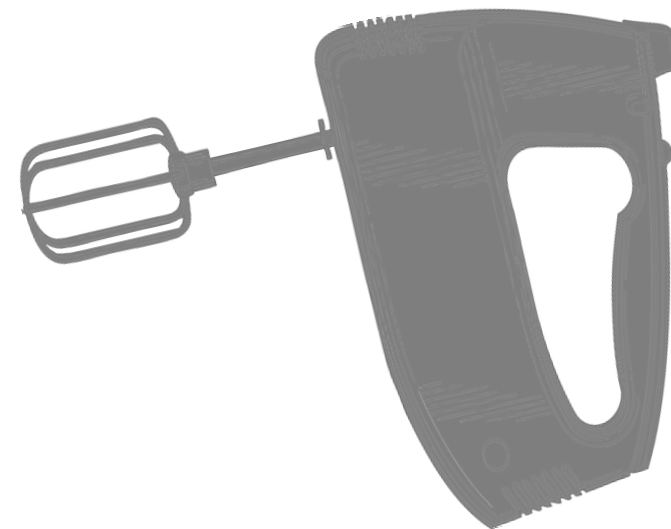
Fill & sandwich together



It is a light, airy, sweet sponge cake

Whisking method

Ingredients: Eggs, caster sugar, & plain flour



... whisk eggs and sugar together

RATIO

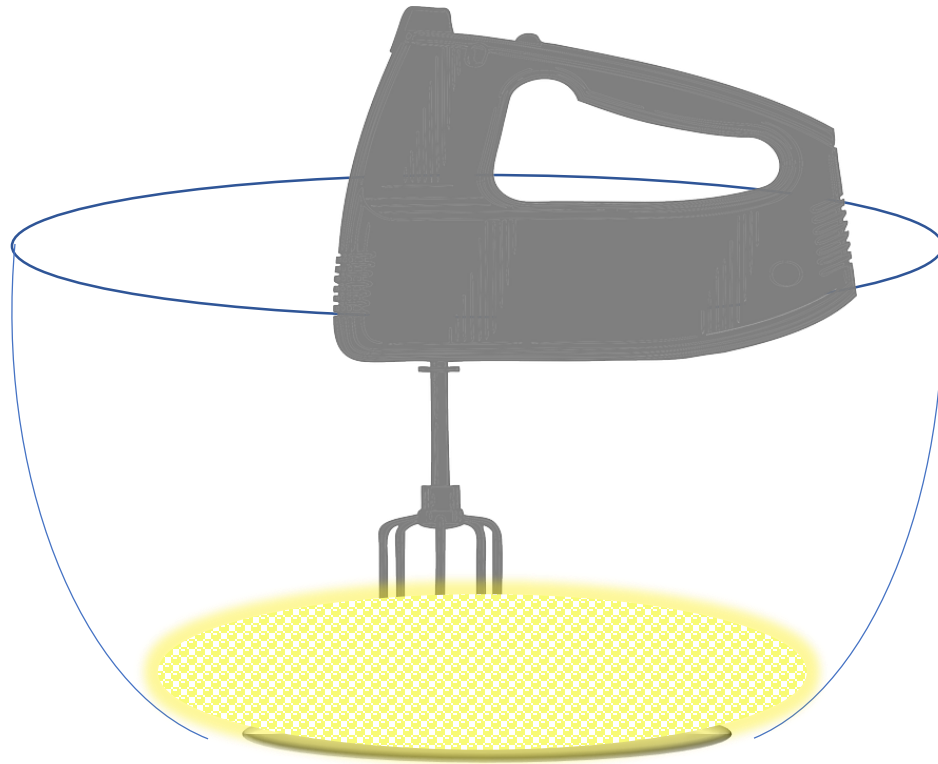
Equal amounts of sugar & flour

No added fat

Eggs do the work

Whisking method

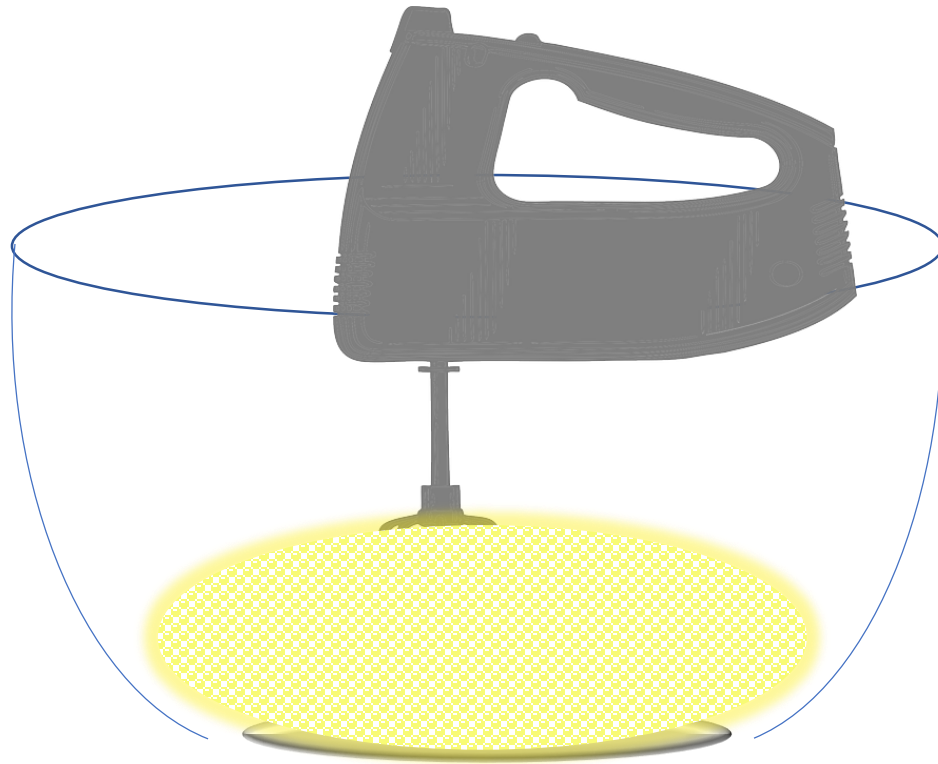
Aerate the mixture



Whisk until mixture is thick and a pale coloured foam

Whisking method

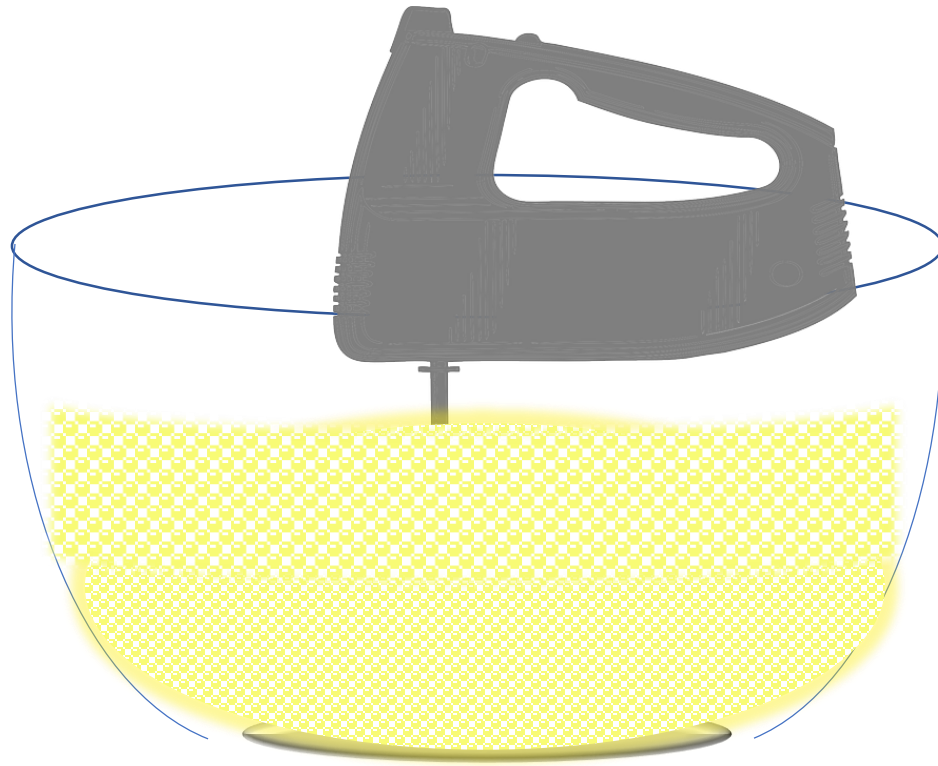
Aerate the mixture



Whisk until mixture is thick and a pale coloured foam

Whisking method

Aerate the mixture

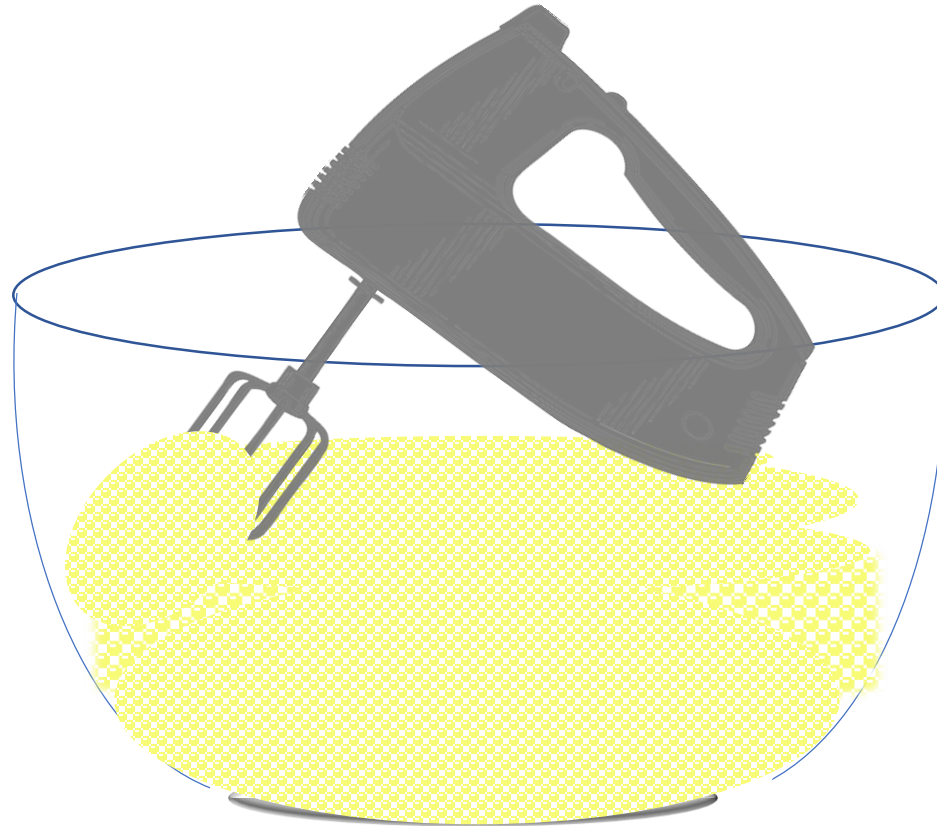


Whisk until mixture is thick and a pale coloured foam

Whisking method

Eggs and
sugar whisked
together

Notice a
change in the
colour



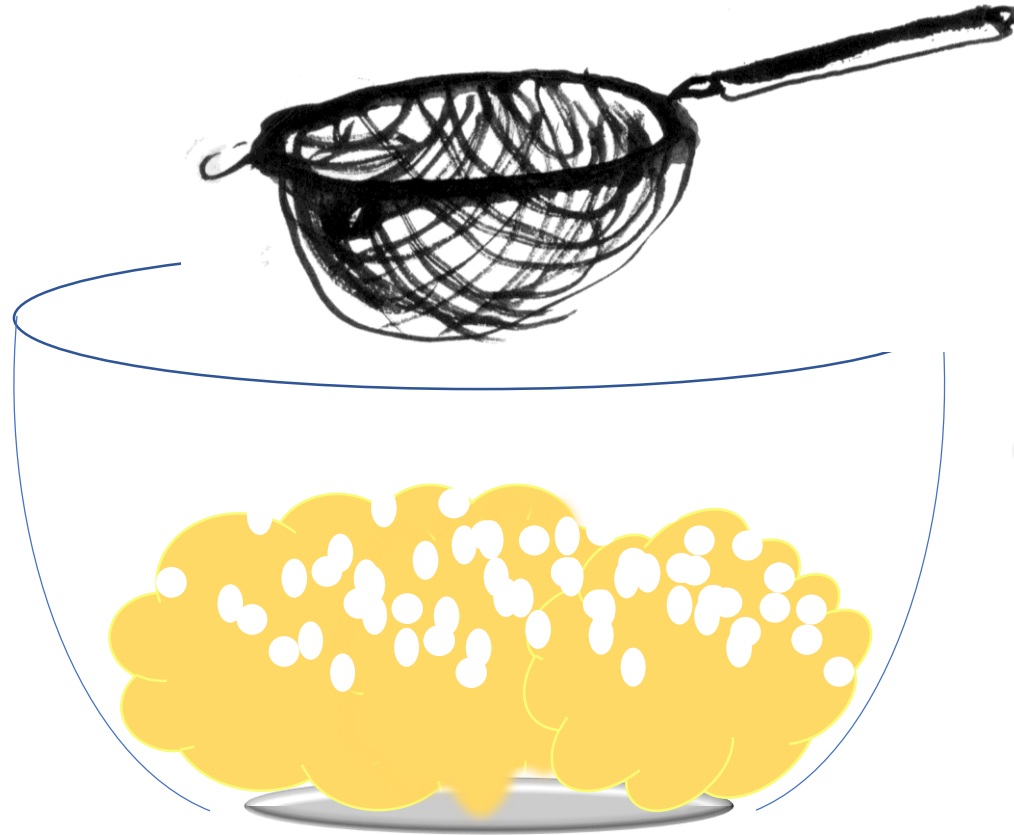
It's foamy ...
It's aerated ...
Its pale ...

Don't lose the
bubbles!

... The mixture should leave a trail

Whisking method

Sift flour lightly
over the
surface



... Add the flour

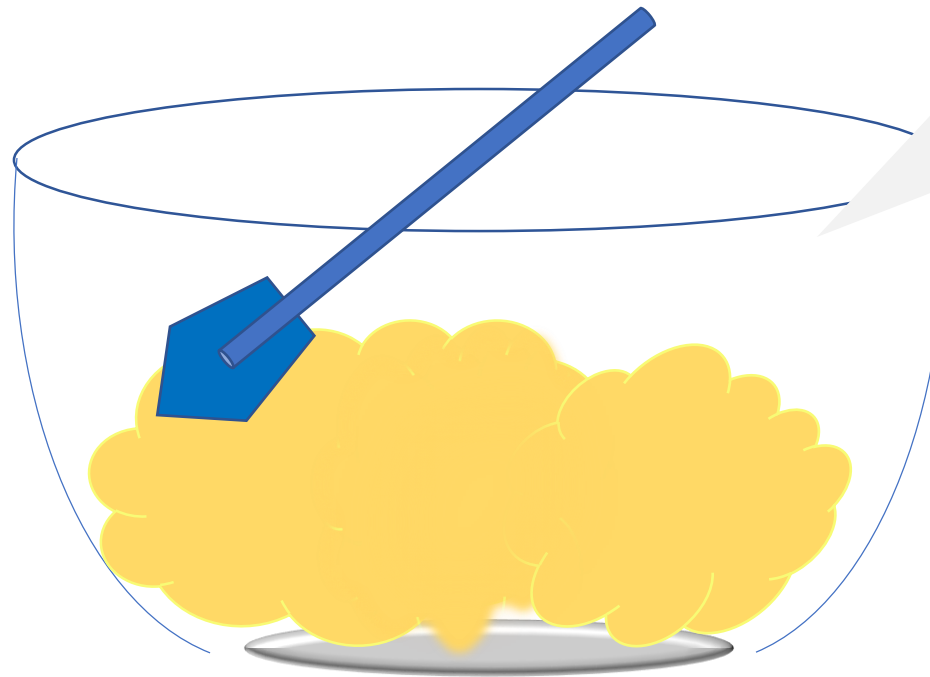
There's not much
flour to mix
Don't lose the
bubbles!
Use a spatula or
metal spoon

Flour sieving traps
more air

Whisking method

Fold – gently

Gluten
development is
not the aim



Protect the air
bubbles
They will make the
cake rise and give a
light texture

... Fold the flour carefully the mixture using figure of eight action.

Making a Swiss roll



Snip corners
of non-stick
paper



... For Swiss Roll prepare a Swiss roll tin

Press non-stick
paper into
swiss roll tin



... Line a swiss roll tin with non-stick paper

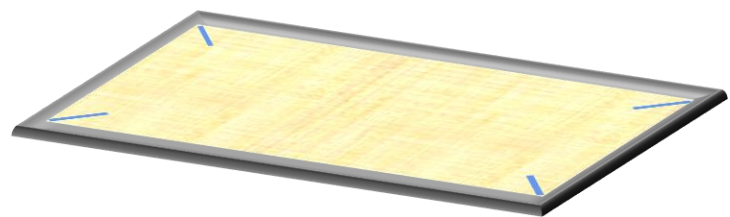
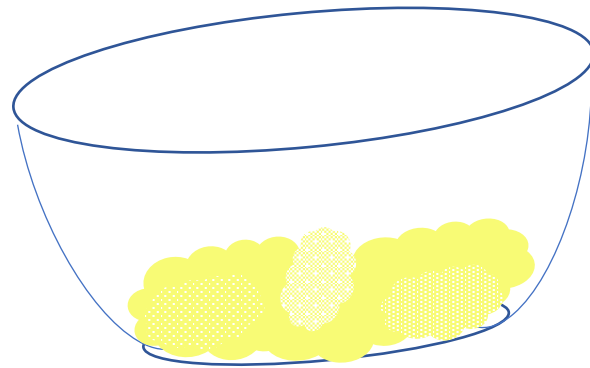
Making sponge drops . . .

Mark circles on the baking parchment

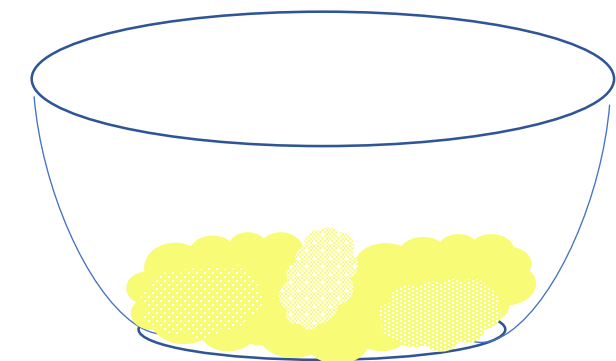
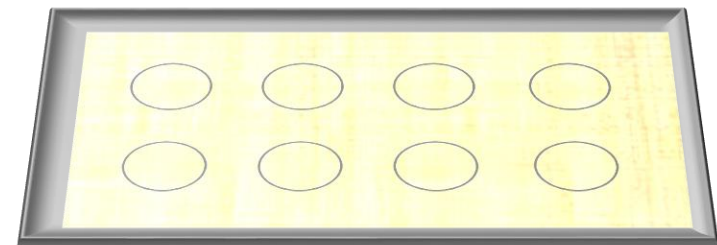


. . . For sponge drops use a plain baking sheet with a layer of baking parchment

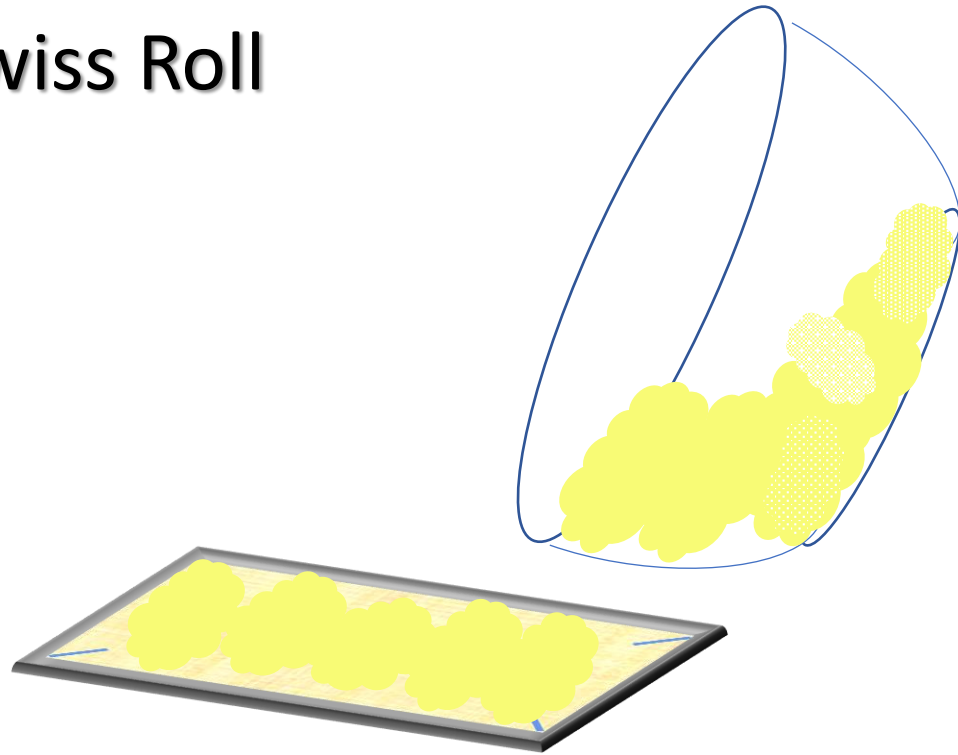
Swiss Roll



Sponge drops



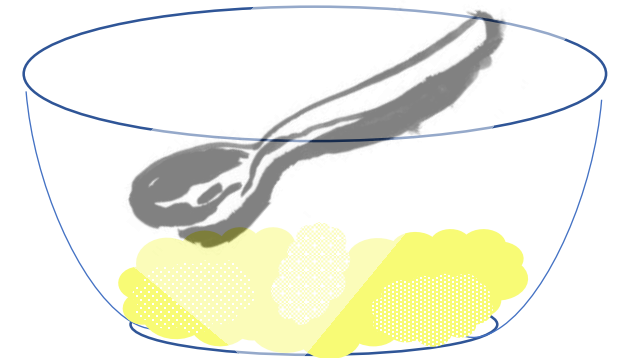
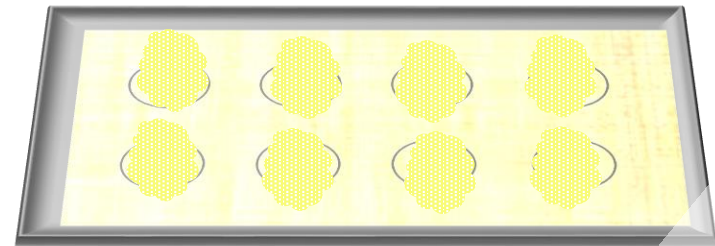
Swiss Roll



*Pour the Swiss roll mixture into the prepared tray
Do not spread – tip the tin to let it flow to edges*

Sponge drops

Place spoonful of mixture onto baking sheet



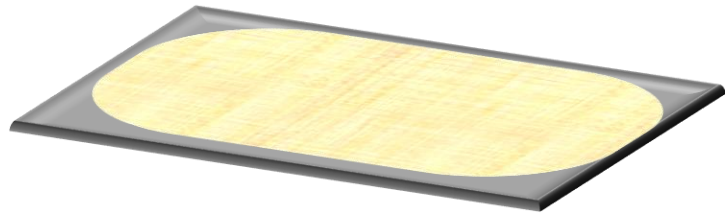
Bake in a hot oven until risen and golden in colour

Swiss roll takes about 12 minutes

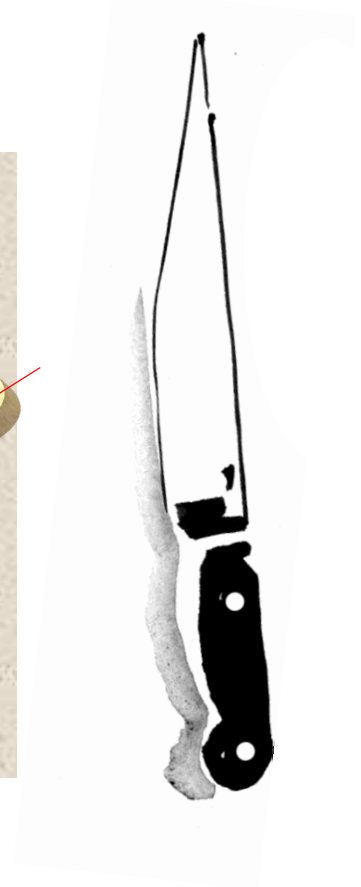
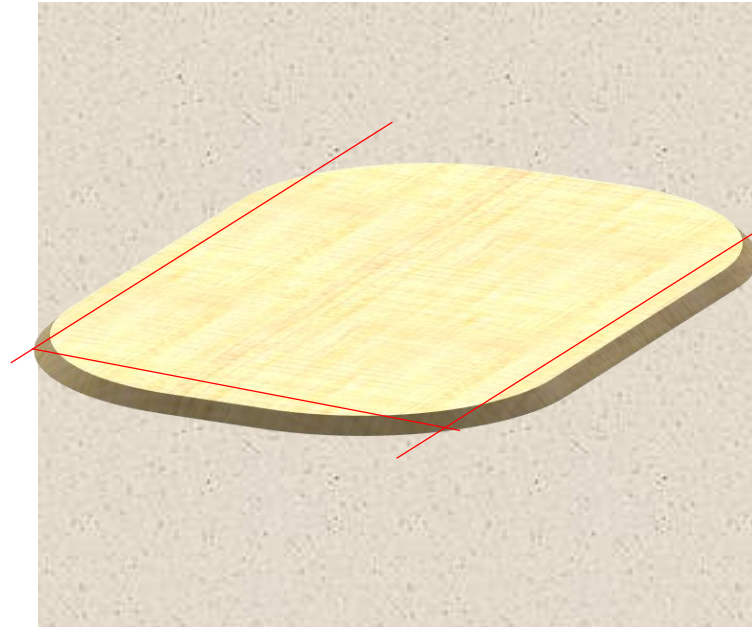
Sponge drops take 8 minutes

Swiss Roll

Tip cake out onto sugared parchment paper and carefully remove cooking parchment



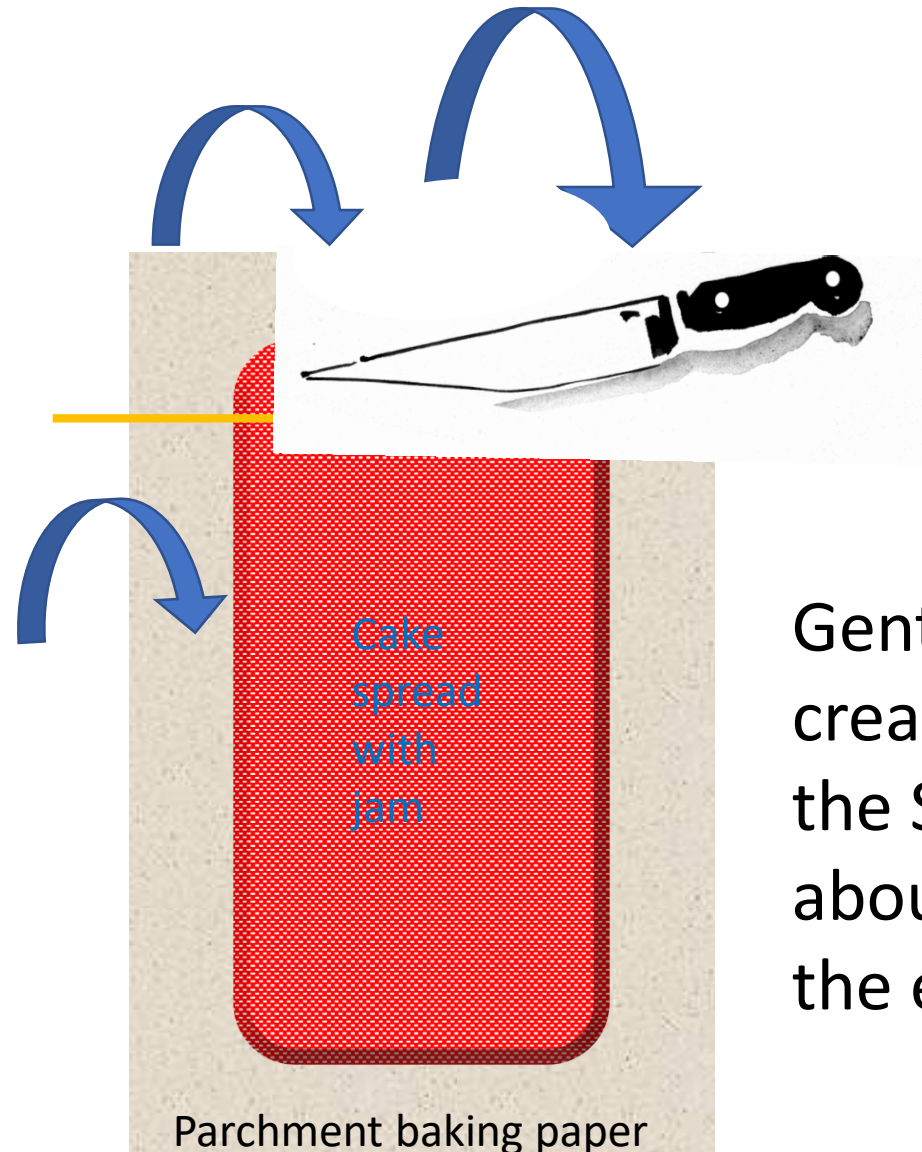
Trim the crisp edges of Swiss roll



Swiss Roll

*Spread with jam
Covering all the surface*

Pull the parchment paper from the top and roll the cake up towards yourself. Stop with the end of the cake underneath the roll.



Gently press a crease line into the Swiss roll about 1 cm from the end

Swiss Roll



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