

## SWISS ROLL RECIPE

### INGREDIENTS:

Vegetable oil for oiling  
3 large eggs  
100g caster sugar plus extra for dusting  
100g self-raising flour  
1 tablespoon warm water

**Filling** - raspberry jam

### METHOD:

Heat oven to 200°C C/Gas 6. Line a 32 x 22cm Swiss roll tin with baking parchment and oil it lightly.

Using an electric whisk or food mixer, whisk the eggs and sugar together in a large bowl until the mixture turns pale, increases in volume and is mousse-like in texture. It should hold a trail on the surface, when the whisk is lifted. Sift in the flour and carefully fold in. Finally fold in the warm water.

Pour the mixture into the prepared tin and spread it out evenly and into the corners. Bake for 10-12 minutes until golden and firm to the touch.

Cut a sheet of parchment paper larger than your Swiss roll tin and sprinkle with caster sugar. When the sponge is cooked, invert it onto the sugar paper. Remove the paper from the bottom of the sponge. Score a line along one short edge (*about 1cm in*) and with this edge nearest to you, roll up the sponge with the sugar paper as tightly as you can. Cover with a damp tea towel and leave until just slightly warm. Unroll the sponge, remove the paper and spread with the jam. Re-roll the sponge, trim the ends to neaten and sprinkle with extra sugar if necessary. Place on a serving plate with the seam underneath.