

# Food Technology GCSE

## Recipe Sheet

### Swiss Roll

### Cake Making

### Whisking Method

## Ingredients

100g Plain flour  
100g Castor sugar  
4 Eggs  
1  $\frac{1}{2}$  tablespoons Water  
4 tablespoons Jam

## Process

- Turn on oven to 200°C
- Grease a baking tray then line it with greaseproof paper
- $\frac{1}{2}$  fill a saucepan with hot water
- Put the eggs and sugar into a bowl
- Using an electric mixer, whisk the eggs and sugar over the saucepan of hot water, until thick enough to leave a trail.
- Then take the bowl off the saucepan
- Sieve the flour
- Fold in the flour and water into the bowl
- Once folded, turn the mixture into the prepared tin
- Bake in the oven for 8 - 10 minutes until the cake springs back when lightly pressed.
- Whilst the mixture is baking, get a sheet of greaseproof paper slightly bigger than the length of the roll and sprinkle sugar over it
- Turn out the roll onto the greaseproof paper
- Trim the edges and peel off the lining
- Spread lightly with the jam and roll up quickly
- Hold in position for a minute, then leave to cool on a wire rack