



LA IMMACULADA CONCEPCION SCHOOL
JUNIOR HIGH SCHOOL
GRADE 11 – BREAD AND PASTRY

MARCH 30 – APRIL 3

TOPIC: SWISS ROLL

Swiss Roll - is a type of sponge cake roll filled with whipped cream, jam, or icing. Flour eggs, sugar, jam or butter cream serves as the main ingredients. The origin of swiss roll is not Switzerland. Some hazard a guess of central Europe, and possibly being Austrian-inspired. In 1960s, the Lyons company introduced mid-sizes Swiss Rolls that the called "Jollyrolls".

Alternative names: Jelly roll, Roll cake , Cream roll or Swiss log

Swiss roll tends to be the term used for this in United Kingdom and Canada. In America the term used is "jelly roll" (though in Canada both terms are understood), because Americans refer somewhat confusingly to jam as jelly.

The sponge cake is usually a white one, but the variations ca be chocolate or other flavors. It is cooked in a flat, shallow, long baking sheet. Some advice to grease the pan, line it in with waxed paper, then grease the waxed paper as well to avoid any sticking.

The batter should have no air bubbles in it, or the cake could end up with pockets of air in it that could break a cake when it is rolled up. Don't bake the cake too long: you don't want the surface to get overly browned or crunchy, which would make it harder to roll.

As soon as the cake is done cooking, invert it out of the baking sheet (yes, while the cake is still hot) onto a clean tea-towel dusted with a layer of icing sugar, the slowly peel away the waxed paper from the bottom. Then, you slowly roll up the cake and the tea towel, pressing gently as you go. When it is all rolled, tith the towel rolled up inside the cake, turn it so that the seam of the covering towel on the bottom(so that it will stay in place).

Let the cake cool this way for an hour or a bit more, then unroll it and remove the towel. Then top with the filling you are using. The filling can be jam, lemon cured , chocolate, buttercream, etc. finally you roll the cake roll back up again (this time without the towel) so that the topping rolls inside the roll.

The outside of the cake can be left plain, iced or dusted with icing sugar. The cake is cut into slices for serving revealing a spiral pattern. When the sponge is a chocolate one with a white cream filling, the cake may be referred to as chocolate cream roll or a "chocolate log". The white cream filling used in this is usually whipped cream (usually artificial whipped cream so it will have shelf life), or butter cream.

INGREDIENTS:

4 pcs. Eggs (room temperature)

4 ½ oz. Caster sugar(superfine), plus 3 tbsp. for sprinkling or use icing sugar (confectioners'), for dusting

2 tbsp. Warm Water

1 tsp. Vanilla extract

4 ½ oz. All Purpose Flour

For the Filling

6 tbsp. Strawberry Jam

8 oz. Heavy cream, whipped\

PROCEDURE:

1. Preheat the oven to 375°F
2. Line the base of a 10 by 15 inches swiss roll or jelly roll pan with greaseproof or parchment paper. Brush the base and sides of the pan with melted butter, and dust with flour.
3. In a large bowl or in an electric food mixer, whisk the eggs, and sugar together until light and fluffy, and then add the water, and vanilla extract.
4. Sift the flour, about a third time, and using a large metal spoon, fold it into the egg mixture.

5. Pour the mixture gently into the prepared pan, and bake in the oven until the center of the cake is slightly springy and the edges have shrunk a little from the sides of the tin, about 12 to 15 minutes.
6. Spread out a piece of parchment paper (slightly larger than the tin in size) on a work surface and sprinkle evenly with caster sugar (this stops the roll from sticking to the paper). Turn or invert the pan onto the sugared parchment paper, and then carefully remove the tin and parchment paper from the bottom of the cake.
7. Place a slightly damp, clean tea or kitchen towel over the cake, leaving a 1-inch border. Repeat with a whipped cream. With the longest side facing you, then transfer to a plate to serve. Sprinkle the cake with caster sugar or dust with icing sugar to finish.

ACTIVITY #4

Instruction: Using the given recipe create a power point presentation in preparing a Swiss Roll.