



Jam roulade

3 egg yolks

100g (3.5 oz) caster sugar

40g (1.4 oz) flour

40g (1.4 oz) cornflour/corn-starch

3 egg whites

Oven pre-heated to 180°C

Baking time - 10 minutes

Jam of your choice (here it's raspberry)

Icing sugar

To prepare the genoise sponge, first separate the egg whites and yolks.

3 egg yolks

Whisk the egg yolks with the sugar until pale.

100g (3.5 oz) caster sugar

Add the flour using a sieve

40g (3.5oz) cornflour

Add in the cornflour

40g (3.5oz) cornflour

Then mix.

Tip: If mixing is difficult with a whisk, it's much easier to use a wooden spatula.

Whisk the egg whites with a pinch of salt until they form stiff peaks (an electric whisk is best)

3 egg whites

Fold half the egg whites into the previous mixture and mix well. Then gently fold in the remaining egg whites. Tip: Use a circular mixing motion to fold in the egg whites without losing too much air.

Spread the mixture onto a baking tray lined with greased baking paper. Bake for

10 minutes at 180°C. Keep a close eye on the sponge, it should be just golden and firm to touch (the edges burn easily)

180°C (350 F) - 10 minutes

Remove the sponge from the oven, cover with a clean, damp dishcloth, then turn it out onto the workbench.

Gently remove the baking parchment and roll up the still-warm sponge with the dishcloth. Doing this will help the sponge take the roulade shape without breaking. Leave the rolled sponge to cool a little before un-rolling it and spreading the jam evenly over the whole surface.

Jam of your choice - here it's raspberry

Tip: Don't put too thick a layer of jam or it will spill out of the sides. Re-roll the sponge in on itself (without the dishcloth), without pressing too tightly.

You can slice off the ends to neaten it up and dust with icing sugar

<https://www.sikana.tv/en/cooking/prepare-your-own-desserts/jam-roulade>