

# Ammonite Swiss Roll

INGREDIENTS FOR THE SWISS ROLL (you need to be accurate with your weighing)

Baking parchment/greaseproof paper

A clean tea towel

3 large eggs

Tin (mine was 23cm x 28cm)

75g caster sugar plus extra for dusting

75g self-raising flour

Jam

## METHOD

1. Heat oven to 220°C/Gas mark 7 and line your tin with baking parchment.
2. Whisk the eggs and sugar together in a large bowl until the mixture is light and creamy and the whisk leaves a trail when lifted out. You can either do this by hand which will take longer or use an electric whisk.
3. Sift the flour into the bowl and carefully fold in using a metal spoon.
4. Pour the mixture into your tin and give it a gently shake to level it out. You want your mix to fill the corners of your tin.
5. Bake in the oven for 10 minutes until the sponge has risen and is golden brown and just starting to shrink away from the side of the tin.
6. While your cake is cooking, cut a piece of parchment/greaseproof that is just a bit larger than your tin, sprinkle this with a little sugar.
7. At this point you can heat your jam (about 4 tablespoons) in a small pan so that it is easy to spread. You only want to warm it, not boil it.
8. When the sponge is ready, remove from the oven and turn onto the sugared paper. You want the top of your sponge to get a lovely sugary coating here.

9. Carefully, remove the lining paper completely.
10. To make rolling easier, trim any crisp edges (all four) and then make a score line 2.5 cm in from a short end - DO NOT CUT ALL THE WAY THROUGH, YOU ARE ONLY MAKING A MARK.
11. Spread the cake with jam, not quite to the edges.
12. Fold the narrow strip down on the jam and begin rolling. Use the paper to help with this and to keep a tight roll.
13. Leave the swiss roll wrapped in the paper for a couple of minutes to cool on a wire rack. Remove the paper and sprinkle with a little more sugar if liked.
14. Leave to cool completely before you tuck in.

ENJOY!

