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Swiss Roll

Ingredients:

- 3 Large free range eggs at room temperature.
- 3 oz Castor sugar
- 3 oz Wellfoods Gluten free flour, sifted with
- 2 teaspoons Gluten free baking Powder (Be sure to check its Gluten free)
- 6 tablespoons of jam of your choice, see below.
- Dollop of fresh cream and strawberries add something extra in summer time

Method:

- Grease and line a shallow Swiss Roll tin, 9 x 12 inches (22 x 30cms)
- Pre-heat the oven to 450f gas mark 7.
- Whisk the eggs and sugar until very thick and creamy and leaves a trail when the whisk is lifted out of the mixture.
- Fold in the flour and baking powder.
- Turn into prepared tin and tap the tin gently to ease into the corners.
- Bake in a hot oven, 7 to 10 minutes at the second shelf from top, until the sponge is golden and slightly shrunk away from edge of the tin.
- Meanwhile prepare the jam filling by warming slightly, add a teaspoon of water. Beat jam to ensure even consistency when spreading.
- Dampen a clean tea cloth and place on a wire rack.
- Turn out the sponge and strip off the greaseproof paper. (Take care as the sponge is fragile.)
- Cut off any uneven edges and spread the jam carefully. Then roll it up tightly. Cover with damp tea towel until cold.

Variations:

- Fill with fresh cream and sliced strawberries.
- For a Yule log at Christmas time, fill with a chocolate butter cream and decorate the outside with melted chocolate. Sift a little icing sugar onto the outside for a "snow effect".