

Almond Swiss Roll With Strawberries



Preparation time: 35 mins

Serves: 10 people

User Rating: ★★☆☆☆

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Categories: Desserts



Ingredients

Swiss Roll

- 175g yolks
- 117g sugar
- 1 vanilla pod
- 175g plain flour
- 260g egg whites
- 87g sugar
- 3g salt

- 1 hand full of toasted and flaked almonds
- Extra sugar for sprinkling
- 200g strawberry jam
- 2 punnets of strawberries, rough chop

Custard

- 500g full fat milk
- 6 egg yolks
- 125g sugar
- 75g plain flour
- 200g cream
- 1 teaspoon vanilla paste or essence

Method

Swiss Roll

1. Preheat oven to 170 degrees. Line two flat rectangle baking trays with baking paper.
2. Whisk egg yolks in a stand mixer fitted with a whisk, or by hand. Slowly add sugar and vanilla seeds, continue to whisk until pale and thick.
3. As the yolks are mixing, in another clean dry bowl whisk the egg whites. Once they begin to foam slowly, add sugar to form a meringue.
4. Sift flour into the thick pale yolks and fold to combine. Just before completely mixed, begin to fold in the meringue. Once combined, spoon equally onto trays and gently spread to form even sheets of sponge about 1.5cm thick.
5. Bake in the oven for 7-8 mins until just pale and springs back to touch.
6. Whilst the sponge is cooking, prepare two tea towels flat onto the bench, line each with a sheet of baking paper. Sprinkle the sugar evenly over the baking paper, then repeat with flaked almonds.
7. Once you remove the sponge from the oven gently flip onto the sprinkled baking paper to in-vert the sponge. The baking paper will still adhere to the sponge. Peel back the paper, lightly sprinkle the surface with more sugar then roll the sponge in the tea towel and leave to cool. Repeat this process with remaining sponge.

Vanilla Custard

1. Over a medium heat bring the milk to a simmer.
2. In a medium size bowl, mix the yolks and sugar until well combined. Then mix in the sifted flour. Pour over hot milk, strain back into the pot and return to the heat to cook until thick. Pour into a bowl, then cover so custard doesn't form a skin. Once cool, whisk the cream to soft peaks and fold into the custard.
3. Unravel the sponge and spread with jam, custard then chopped strawberries, leaving an inch free on the outer edge. Roll up sponge to form the Swiss roll, top with a sprinkle of lemon myrtle.

By Jo Barrett

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
244g	2160kJ 516kcal	12.9g	18.9g	8.3g	70.9g	53g	203mg	2.3g
	Vitamin D							
	4.8µg							

All nutrition values are per serve.