

1950s Swiss Roll with a Modern Twist

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Prep Time: 30-40 minutes, Cook Time 4-5 minutes, Makes: 1 Swiss Roll

Ingredients

3 Eggs.
3 tablespoonsful Golden Syrup.
3 tablespoonsful Flour.
1/2 teaspoonful Baking Powder.

Instructions

1. Separate the yolks from the whites of eggs. Beat the yolks with the lukewarm golden syrup for 10 minutes. Then fold in the stiffly beaten whites with the flour and baking powder a little at a time.
2. Prepare baking tin very carefully by greasing well and dusting evenly with flour — no superfluous flour. Spread the cake mixture thinly over the tin and bake in a hot oven for from 4 to 5 minutes.
3. Have a damp cloth ready on which is spread a sheet of greaseproof paper sprinkled with castor sugar. Tip the cooked sponge cake on to this and roll up immediately — get the first turn by bending the sponge cake with the edge of the greaseproof paper. Then it will roll easily.
4. Allow the roll to cool.
5. When wanted unroll and fill with warmed jam or cream or fruit well pureed and thickened with a little arrowroot.
6. This can also be made into a Chocolate Swiss Roll Log. Use half the chocolate filling inside and the other half spread over the outside and fork the outside to make log-markings.
7. Decorate with crystallised flowers or nuts or coloured icing (for the modern twist)