

Chocolate Sponge Roll

Author: From Mrs. Louis P. Hodge, "Recipes on Parade Desserts," 1965

Source: From page 65

Carolyn T's

Main Cookbook

Servings: 10



SOUFFLE CAKE:

3/4 cup cake flour, sifted

1/3 cup cocoa

1 teaspoon baking powder

1 cup sugar

4 whole eggs, separated

1/4 teaspoon salt

1/4 cup water

1 teaspoon vanilla

FILLING:

2 cups heavy cream

6 tablespoons powdered sugar

1 teaspoon vanilla, or rum flavoring

1/2 cup chocolate curls, or grated

GARNISH:

1/4 cup chocolate curls

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 843 Calories; 55g Fat (54.4% calories from fat); 9g Protein; 95g Carbohydrate; 7g Dietary Fiber; 150mg Cholesterol; 165mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 10 1/2 Fat; 5 1/2 Other Carbohydrates.

Notes: Sometimes, no matter what you do, the cake will crack. Ideally Don't despair - continue on, filling it as the recipe indicates. When you finally roll it up (as best you can) and put the cake onto the serving platter, place the cracked portion down. Nobody will ever know!

Description: A chocolate log filled with whipped cream

1. Preheat oven to 375.

2. Sift flour with baking powder, cocoa and 1/2 cup of the sugar. Sift 3 times.

3. Beat egg whites until not quite stiff. Add salt and remaining 1/2 cup sugar, 2 teaspoons at a time, beating well.

4. Beat egg yolks until lemon colored, add water and vanilla. Fold dry ingredients into yolks until blended. Fold entire mixture into whites.

5. Pour into a greased 10 x 13 inch rimmed jelly roll pan lined with greased waxed paper or greased parchment.

6. Bake for 8-12 minutes until cake is risen and springs back when touched. While cake is baking, prepare a thin tea towel (not terry cloth) on the countertop and sprinkle lightly with powdered sugar (sift through a sieve as you do not want any lumps).

7. Remove cake from oven and very carefully turn cake out onto the prepared tea towel. Remove waxed or parchment paper. Sprinkle that side of cake with additional sieved powdered sugar (so it won't stick to itself when you roll it up). Roll up cake in towel on long side and set aside while you prepare the whipped cream.

8. Within about 10 minutes you will want to continue with this next step (if you wait, the cake will have cooled off too much and won't unroll without cracking). Whip the heavy cream and add the powdered sugar and vanilla. If using, also add the 1/2 cup grated chocolate to the whipped cream.

9. Gently, gently, unroll the chocolate cake and spread the cream over it. Leave a clear cake edge on the far side - as you roll it up the cream will likely push clear out to that edge anyway. If the cake won't completely unroll, that's okay - don't force it as it may crack. Fill that part while it's curled up. You won't use all the cream; reserve the remaining cream. Using the towel to help you, carefully re-roll the now filled cake. Place cake on a serving platter (that will fit in the refrigerator) and spread the additional whipped cream on top. Sprinkle top with decorative chocolate curls. Place toothpicks in several places all over the cake, then cover cake well with plastic wrap. You may also just hold the extra whipped cream and put on just before serving, along with the chocolate curls. Refrigerate up to 2 hours. Cut in 10 slices and serve. May drizzle top with chocolate sauce.