



## Lemon and caraway roulade

### Ingredients

|                      |              |
|----------------------|--------------|
| Caraway seeds        | 5 ml         |
| butter               | 25 g         |
| flour                | 75 g         |
| eggs                 | 3 medium     |
| caster sugar         | 75 g         |
| lemon extract        | 1.25 ml      |
| fresh whipping cream | 150 ml       |
| icing sugar          | 5 ml         |
| vanilla essence      | 1.25 ml      |
| lemon curd           | 75 g         |
| caster sugar         | for dredging |

Oven: 200 °C / gas mark 6

### Method

1. preheat oven
2. grease and line a Swiss roll tin, 20 cm x 30 cm approximately
3. Dry fry the caraway seeds for 1 -2 minutes until the colour changes and they become fragrant. Leave to cool.
4. Melt the butter and remove from the heat.
5. Sieve the flour onto greaseproof paper.
6. Whisk the eggs and caster sugar until thick and creamy
7. Re-sieve the flour on top of the egg mixture, sprinkle on the caraway seeds and carefully fold in.
8. Fold the melted butter and lemon extract into the sponge mixture.
9. Pour evenly into the prepared tin and bake for 8 – 10 minutes until golden brown and well risen
10. Turn the sponge out onto lightly sugared greaseproof paper and trim the edges
11. Cover with another piece of greaseproof paper, roll up immediately and leave to cool
12. Whisk the cream to soft peak, fold in the icing sugar and vanilla essence to give a piping consistency.
13. Reserve one third of the cream for piping.
14. Carefully unroll the sponge, spread with the lemon curd and cover with the remaining whipped cream.
15. Carefully re-roll and pipe the reserved cream along the length of the roulade. Decorate appropriately.
16. Serve on a clean plate at room temperature.

