

How To Make A Cake Roll

What's Cooking II

North American Institute of Modern Cuisine

Yield: 1 spongecake

5 eggs

3/4 cup sugar

1 cup all-purpose flour

1/2 teaspoon baking powder

1 1/2 tablespoons butter, melted

1 teaspoon vanilla extract

Preheat the oven to 375 degrees.

Butter a 15x10-inch cookie sheet. Cover with buttered oven-proof wax paper. Set aside.

Place a stainless steel bowl over a saucepan filled with simmering hot water. In a bowl, beat the eggs and sugar for 5 minutes or until the mixture thickens. Off heat, continue beating until the mixture cools slightly. Set aside.

In a second bowl, sift the flour and baking powder. Fold into the beaten egg mixture.

With a spatula or whisk, gently fold in the melted butter and vanilla extract. Pour the batter onto the cookie sheet. Spread evenly with a spatula. Bake in the oven for 12 minutes or so.

Remove from the oven, Turn out onto a towel sprinkled with sugar - or with cocoa for a chocolate roll.

Unmold the cake. Wait for 2 to 3 minutes, then carefully peel away the wax paper. (If the paper sticks to the cake, moisten with a brush dipped in very cold water.)

With a serrated knife, finely trim the cake to remove the crusty edge and make rolling easier.

Roll up the cake, enclosing the towel. Let cool on a rack.

Prepare the garnish. Proceed with making the cake roll.

Per Serving (excluding unknown items): 1572 Calories; 43g Fat (24.9% calories from fat); 45g Protein; 249g Carbohydrate; 3g Dietary Fiber; 1107mg Cholesterol; 773mg Sodium. Exchanges: 6 1/2 Grain(Starch); 4 Lean Meat; 5 1/2 Fat; 10 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	1572	Vitamin B6 (mg):	.4mg
% Calories from Fat:	24.9%	Vitamin B12 (mcg):	3.3mcg
% Calories from Carbohydrates:	63.7%	Thiamin B1 (mg):	1.2mg
% Calories from Protein:	11.4%	Riboflavin B2 (mg):	1.8mg
Total Fat (g):	43g	Folacin (mcg):	313mcg
Saturated Fat (g):	19g	Niacin (mg):	8mg
Monounsaturated Fat (g):	15g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	13
Cholesterol (mg):	1107mg	% Refused:	0.0%
Carbohydrate (g):	249g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	6 1/2
Protein (g):	45g	Lean Meat:	4
Sodium (mg):	773mg	Vegetable:	0
Potassium (mg):	478mg	Fruit:	0
Calcium (mg):	290mg	Non-Fat Milk:	0
Iron (mg):	11mg	Fat:	5 1/2
Zinc (mg):	4mg	Other Carbohydrates:	10
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	1870IU		
Vitamin A (r.e.):	511RE		

Nutrition Facts

Amount Per Serving

Calories 1572 **Calories from Fat:** 392

% Daily Values*

Total Fat 43g	67%
Saturated Fat 19g	93%
Cholesterol 1107mg	369%
Sodium 773mg	32%
Total Carbohydrates 249g	83%
Dietary Fiber 3g	13%
Protein 45g	
Vitamin A	37%
Vitamin C	0%
Calcium	29%
Iron	60%

* Percent Daily Values are based on a 2000 calorie diet.