

Published August 31st, 2022

Ever-so-slightly tart Swiss jelly roll makes the perfect summer treat

By Susie Iventosch



Raspberry Swiss Jelly Roll with Yogurt Whipped Cream Photos Susie Iventosch

We had this delightful raspberry dessert at a lodge a few weeks ago and it was so fabulous that I promised myself I was going to try to recreate it. What made this particular Swiss roll so delicious was that the filling was made with a blend of yogurt, whipped cream and raspberries. It was ever so slightly tart from the yogurt and the whole dessert was light and fluffy, and just a perfect summer dessert. This was a new use of yogurt for me, and I have to say, I'm sold.

There are a few key things to know about making this dessert. First, you have to be very diligent about buttering the jelly roll tin, then lining it with parchment paper and then buttering the parchment paper to make sure the cake comes out of the pan easily. The second thing is to get the hang of folding ingredients together, because you have to fold beaten egg whites into beaten egg yolks very gently, and then you need to fold the dries into the eggs, making sure to thoroughly incorporate the flour without deflating the eggs. It takes

some patience! Oh, and you will also be folding the yogurt and raspberry coulis into the whipped cream!

My recipe calls for flavoring the whipped cream with raspberry coulis, which is super easy to make, (and excellent on ice cream, yogurt or cheesecake), but if you are short on time, you can always use your favorite raspberry jam to flavor the cream filling. If you do make the coulis, you can make this ahead of time, even several days ahead so it's ready for "go time."

I also decided to add one layer of chopped raspberries over the cream filling before rolling the cake into a log. This makes the color so vibrant, plus you get a little taste of fresh raspberries in every bite. You can also mix strawberries and raspberries for this part.

When all is said and done, you have a beautiful presentation and a lovely dessert for your efforts!

INGREDIENTS

Cake

- 1 cup all-purpose flour
- 1/2 cup cornstarch
- 6 large eggs, separated
- 2/3 cup plus 6 tablespoons granulated sugar (2/3 cup for the egg yolks and 6 tbsp. for the egg whites)
- 1/4 tsp. salt
- 1 cup powdered sugar, sifted
- 2 tablespoons butter for greasing the jelly roll pan
- 1 pint raspberries for filling and garnish (can use a mixture of raspberries and strawberries)

Raspberry Coulis

Note* It's a great idea to make this first, so it has time to cool. You can even make it several days in advance and store it in the refrigerator.

- 12 oz. fresh raspberries
- 1/2 cup granulated sugar
- 2 tablespoons water

Yogurt Whipped Cream Filling

- 1 1/4 cups heavy cream
- 1 cup plain, nonfat Greek yogurt
- 1 teaspoon vanilla extract
- 2 tablespoons powdered sugar
- 4-5 tablespoons raspberry coulis (recipe below)

DIRECTIONS

Vanilla Jelly Roll Cake

Preheat oven to 350 F.

Generously butter the bottom and sides of an 10 x 15-inch rimmed jelly roll tin with butter. Fit a piece of parchment paper over the bottom of the pan and place right on top of the butter. Then, butter the parchment paper and dust with flour. Now, your pan is ready for action!

Lay a clean flour sack cloth or dish towel flat on the counter, and generously sprinkle with sifted powdered sugar. You are going to turn your cooked cake out onto this cloth before rolling it.

Sift flour and cornstarch together into a small bowl. Set aside.

Place the 6 egg whites into the bowl of your standing mixer and using the whisk attachment, beat the egg whites on medium-high speed until stiff peaks form. With the mixer still running, slowly add the 6 tablespoons of granulated sugar and continue to beat until the egg whites are stiff and shiny. Transfer the egg whites to another mixing bowl.

Using the same bowl from your standing mixer, (no need to wash the bowl, since we beat the egg whites first and then the egg yolks) place the 6 egg yolks, 2/3 cup sugar, vanilla and salt in the bowl and beat until the egg yolks are thick and pale yellow, about 3-4 minutes.

Gently fold the egg whites into the egg yolks to incorporate. Now, fold the flour mixture into the egg mixture in several batches, carefully folding until the flour is incorporated after each addition.

Turn the batter out into the prepared pan and smooth out with a spatula all the way to edges.

Bake for 18 minutes, or until a tester comes out clean. Don't over bake or the cake will crack when you roll it!

Use a knife to loosen the sides of the cake all the way around and then invert the cake onto the cloth covered with powdered sugar. Remove the parchment paper, if it doesn't remove itself by staying in the pan!

Dust the top of the cake with sifted powdered sugar. This will help keep the cake from sticking to the cloth.

From the short end, start rolling the cake with the towel into a log shape. Place the seam side down and allow the cake to cool completely.

Make your filling and dice your berries while the cake is cooling.

When the cake is completely cool, unroll it, carefully pulling the towel away. Spread the raspberry yogurt-whipped cream covering the entire top surface. Then spread a thin layer of the chopped berries evenly on top of the cream filling and begin to roll the cake into a log again.

Spread the plain yogurt-whipped cream over the top and garnish with whole berries. Dust the berries with powdered sugar. Refrigerate until ready to slice and serve. Serve with a drizzle of the extra raspberry coulis.

Raspberry Coulis

Make a simple syrup by whisking the sugar and water together in a small pot. Bring the mixture to a boil and continue on a low boil until the sugar is dissolved and the mixture is slightly thickened. Remove from heat.

Meanwhile, place rinsed raspberries into the food processor. Pour warm simple syrup over the berries and process until smooth.

Strain the mixture through a mesh sieve to eliminate the seeds, pressing down through the sieve with the back of a spoon. Use a rubber spatula to scrape the strained sauce into the receptacle bowl. The mixture will cool down through the straining process. Pour into a container with a tight-fitting lid and set aside if using soon, or refrigerate until ready to serve.

Yogurt Whipped Cream Filling

Using your standing mixer or a hand-held beater, beat the heavy cream until stiff peaks form. Whisk the plain nonfat Greek yogurt with a fork or whisk to smooth it out. Then, gently fold it into the whipped cream along with 2 tablespoons powdered sugar and 1 teaspoon vanilla extract. Set aside about 1/3 of the yogurt-whipped cream for the top of the jelly roll cake and to the remaining 2/3 of the yogurt-whipped cream gently fold in 4-5 tablespoons of the raspberry coulis, or raspberry jam if you prefer to use that. Refrigerate until ready to assemble the cake.



Raspberry Coulis



Susie can be reached at suziventosch@gmail.com. This recipe can be found on our website: www.lamorindaweekly.com. If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977. Or visit <https://treksandbites.com>

Reach the reporter at: suziven@gmail.com

[back](#)

Copyright © Lamorinda Weekly, Moraga CA