

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



Photos Susie Iventosch

## Raspberry Swiss Jelly Roll with Yogurt Whipped Cream By 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!



Raspberry Coulis

### 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.

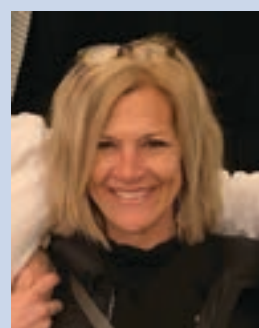
Meanwhile, place rinsed raspberries into the food processor. Pour warm simple syrup over the berries and process until smooth.

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.

Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://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>



## Hiring part-time college application readers

By Elizabeth LaScala, PhD

With the recent surge in college applications, schools have begun to outsource the work of their admission counseling staff (aka admission officers) by hiring part-time application readers. Colleges tell us that this influx of part-timers is a matter of necessity, but a necessity in large part created and greeted positively by colleges themselves.

How do they create these surges? First, colleges send out tons of 'spam' to students encouraging them to apply using the email addresses they purchase from the College Board (makers of the SAT) and ACT, Inc., the ACT test makers. They offer to waive the application fee, compliment the student's achievements (without really knowing about specific achievements) and utilize a variety of other ploys to get students to apply. In addition, during the height of the COVID-19 pandemic, many colleges became test optional to help students apply; everyone who lived through that cycle knows how many test cancellations there were and how difficult it was to find open testing sites. Most of these colleges have continued

their test optional policies because they worked! There was a surge in applications last cycle and there promises to be an equal or even greater surge this cycle.

As colleges continue to see growth in the number of applications they receive, more readers are needed to get through the sheer number of them, and most schools claim they cannot afford to hire more full-time admission officers. The University of California at Irvine, for example, expects to hire 200 part-time readers for next year's admission cycle; for comparison, note that they hired 180 last year. Georgia Institute of Technology expects to hire 60 part-timers, while a decade ago they hired as few as three. These hires are external to the school and may consist of former admission officers from other colleges as well as others in education, such as high school teachers.

This hiring trend has been met with controversy. For example, although most admission officers see benefits to part-time readers, some have shown concern. Those in favor of the practice, argue that it allows more applications to be read and reviewed while still maintaining the integrity of the

school's admission process. They point to the fact that many schools employ a strict training process for part-time readers. Scott Jaschik at Insider Higher Ed writes, "At University of California - Irvine, new part-time readers first review 20 files from the previous year with senior full-time staff explaining why students were admitted or rejected. Then the new recruits review 10 more applications and explain why they would admit or reject them, with senior staff reviewing their decisions." Additionally, when the part-time readers arrive at a conclusion, they are taken as recommendations rather than de facto acceptances or rejections, with full-time admission officers making the final call. To avoid conflicts of interests, part-timers also do not review applicants from their school district, nor do they know the name of the applicant they are reviewing.

However, some admission officers, joined by other higher education voices including independent college advisors like I am, argue that the use of part-time readers may prevent all applicants from getting a fair shot at admission and worry that the practice is becoming increasingly common. Some

also are concerned about the transparency of the process - applicants do not know whether their application is being reviewed by an admission officer or a part-time hire, and they certainly do not know how and how well the individual was trained.

The University of California system's process may be the gold standard in training part-time readers, but that tells us little to nothing about how private colleges and other public university systems operate. Additionally, despite the claim that part-timers only give recommendations, those recommendations might come shortly before the decision deadlines, and could mean that some applicants may not have the benefit of a review by full-time staff. This could result in many applications being reviewed and decided on only by part-time readers.

As it stands, most admission officers seem to be in favor of the process, trusting that their school's administration can hire part-time readers that best suit the needs of the school and avoid any bias in the evaluation of applicants. On the other hand, many college advisors are still decidedly on the fence about this practice and



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Elizabeth LaScala, PhD, brings decades of admissions expertise to personally guide each student through applying to well-matched colleges, making each step more manageable and less stressful. She has placed hundreds of students in the most prestigious colleges and universities in the US. Elizabeth attends conferences, visits campuses and makes personal contacts with admissions networks to stay current on the evolving nature of college admissions. She and her professional team offer resume development, test preparation, academic tutoring, value analysis, merit and need-based scholarship search and more.

hope to see greater transparency from all colleges and universities who adopt the practice.

## Upcoming arts programs and events in Lamorinda

The Pacific Chamber Orchestra will open its 2022-23 season on Sept. 17 at St. Stephens Episcopal Church in Orinda, with programming paying tribute to the classical music giants - Handel, Telemann, Vivaldi and Haydn. Music Director and Conductor Lawrence Kohl says

he is thrilled to continue PCO's momentum into its 34th season. "This season marks our commitment to strengthening our community presence, re-connecting with PCO patrons, and inviting new music lovers into local venues for a series of joyful performances." Tickets

at [pacificchamberorchestra.org](http://pacificchamberorchestra.org)  
On Sept. 24 from 8 to 9:30 p.m., the Lamorinda Arts Council will collaborate with Composer Jean Ahn and Ensemble ARI musicians for a special free program in the Lafayette Library Community Hall. Original artwork will be

included in this program.

The Art of Mixology, one of the Lamorinda Arts Council's largest fundraisers, will return to Orinda Theatre Square on Oct. 22. The event includes both professional and amateur bartenders creating luscious craft cocktails as the audience

and judges vote for their favorites. Registration for at-home and professional bartenders is now open through Sept. 1. Event tickets go on sale in mid-September.

For information, visit [lamorindaarts.org](http://lamorindaarts.org)