

Style of Wight Recipe Card

dessert



Coconut and Raspberry Roulade

made with a flourless sponge

method

Line the base and sides of the buttered baking tin with non-stick baking paper. If you make a small diagonal snip in each corner of the paper it will help fit snugly into the corners of the tin.

Preheat the oven to 180C° / 350F / gas mark 4

Separate the eggs, then whisk the egg whites with an electric mixer on high speed until they stand in stiff peaks. If you turn the bowl upside down, the whites should be stiff enough to not fall out.

Add the sugar, vanilla essence, 50ml Malibu or coconut syrup and cornflour to the egg yolks and whisk using the electric mixer (no need to wash it first) on high speed for 2 to 3 minutes or until very thick and pale in colour, and the mixture leaves a ribbon-like trail on itself when the whisk is lifted out.

Add 2 large spoonful's of the whisked egg whites and stir in gently to loosen, then fold in the remaining egg whites using a large metal spoon. Avoid knocking out the air you have just whisked in.

Fold in 50g of desiccated coconut and pour the mixture into the tin and move it around so the mixture finds its own level. Bake for 15 to 20 minutes or until risen and light golden colour. Remove and cool in the tin; the sponge will fall a little as it cools.

Lay a large piece of non-stick baking paper on the worktop and dust it lightly with the remaining coconut. Turn the sponge out onto the paper; then carefully peel off the lining paper.

Whip the cream for the filling until it just holds its shape, then spread it over the sponge leaving a clear edge of about 2cm on all sides. Place raspberries evenly over the cream.

Use the paper to roll by pulling it towards you as you roll. Finish with the join underneath.

Serve with a mango sauce and chocolate.

Recipe by

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erves

4 to 6 people

prep cook

45 minutes

ingredients

- 100g desecrated coconut
- 75ml Malibu or coconut syrup
- 2 tspn vanilla essence
- 1 punnet fresh raspberries
- 6 large free-range eggs at room temperature
- 175g caster sugar
- 2 tbsp cornflour
- 300ml whipped cream
- Icing sugar for dusting

You will also need

- 23cm x 33cm non-stick baking tray
- grease proof paper
- butter for greasing

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