

# Fudgy Flourless Chocolate Berry Roulade



This impressive fudgy roulade is pre-prep friendly and is a wonderful dessert to cater to multiple dietaries without feeling 'free-from'. Gluten-free, nut-free option, low FODMAP option. Allow 2 hours for cooling and setting.

*Recipe provided by Georgia McDermott as part of the Guardian Feast App Partnership. Download Feast on the [App store for Apple iOS](#) or [Google Play for Android](#).*

## **Ingredients**

For the fudgy chocolate sponge

200g light brown sugar (split into 50g and 150g)

180g 70% dark chocolate (see notes)

5 extra large eggs (45-55g, weighed out of shell)

20g (2 tablespoons) Dutch processed cocoa powder

2.5g (heaped ¼ teaspoon) fine salt

For the whipped cream option

250g whipping cream (regular or lactose free)

25g icing sugar

½ teaspoon vanilla bean paste or extract

For the chocolate hazelnut mascarpone option

250g mascarpone (well refrigerated before use)

75g Nutella

Pinch of fine salt

½ teaspoon vanilla bean paste

To finish

2-3 tablespoons raspberry jam (optional)

250g raspberries (use divided)

Cocoa powder or icing sugar, to roll the roulade in (optional)

20g+ extra jam or Nutella, to adhere the berries to the roulade

Other summer berries, to decorate (such as cherries)

## **Method:**

1. To make the chocolate sponge
2. Preheat the oven to 170°C. Very lightly grease a 33cm x 23cm rectangular Swiss roll tin or cake tin then line it with baking paper.
3. Weigh your light brown sugar into two bowls – 50g in one bowl and 150g in the other bowl.
4. Place the chocolate in a medium heatproof bowl over a small pot 1/3 filled with water. Ensure the water doesn't touch the bowl. Turn the heat to a low-medium and stir intermittently until the chocolate has melted. Take the bowl off the pot and set aside to cool a little.
5. Separate your first egg into two clean, dry bowls. If the first egg white comes out cleanly (with no traces of broken egg yolk) transfer it into your clean, dry stand mixer bowl. Egg whites can't whip when fat is present, so it's important to ensure there is no fat in the egg whites. Repeat with the remaining eggs. Use the whisk attachment to whisk your egg whites on a medium speed until they are light and frothy. The whisk should leave tracks in the top of the foam.
6. Take your 50g bowl of sugar and add it to the egg whites in tablespoon increments. Allow the sugar to briefly dissolve in between additions. Scrape down the bowl once to ensure the sugar is not sitting on the bottom. When the egg whites are ready, you should be able to invert the bowl without them slipping.
7. Use a silicon spatula to scrape all the egg whites into a large mixing bowl and set aside.
8. Add the egg yolks and 150g sugar to your stand mixer. Beat on medium speed for about 3 minutes or until the sugar has dissolved and the egg yolks are much paler and airy in

consistency. Scrape the bowl down to ensure no sugar is on the bottom of the bowl.

9. Once the egg yolks are whipped, stop the mixer to add the cooled chocolate. Use a spatula to fold the chocolate into the egg yolk mixture. Once it is about halfway combined, add the cocoa and salt. Fold just to combine until you have a uniformly chocolate coloured paste about the consistency of a thick nut butter.
10. Take about  $\frac{1}{2}$  a cup of whipped egg whites and begin folding them into the chocolate mixture. You will encounter some resistance at first, but it should loosen up once these egg whites are folded in. Try not to roughly stir and knock all the air out of the egg white, but take comfort in the fact that this first half cup is sacrificial.
11. Add the remaining egg whites and carefully fold them into the mixture. The air is what makes the sponge light, so fold with intention to avoid flattening the egg white. Continue until the batter is a smooth, fluffy consistency and uniform chocolate brown in colour.
12. To bake and assemble
13. Pour the mixture into the prepared baking tin. Bake for 15-20 minutes or until the sponge is cooked through. The sponge should spring back a little if you press on it but shouldn't feel too crispy. Cooked through in the least amount of time possible is the aim of the game for a sponge that is easy enough to roll but still moist and fudgy.
14. Cover the tray with a lightly dampened clean tea towel, then allow to cool completely in the baking tin. I like to leave it for 1 hour.
15. To make the whipped cream filling, whip the cream until medium peaks form and then add the sugar and vanilla. Continue to whip until combined and stiff peaks form. To make the Nutella mascarpone filling, ensure your mascarpone is thoroughly chilled (it splits easily when warmer). Whip the mascarpone just until it starts to look a bit fluffy (maybe a minute or so) then add the remaining ingredients. Beat on a lower speed until just combined, then return to the fridge until you are ready to use. Mascarpone is a bit finicky so if in doubt, under- whip it.
16. Place a clean piece of cling film on a flat surface. You can sprinkle it with cocoa, icing sugar or leave it plain. Carefully invert the cooled sponge onto the baking paper, so that the bottom of the sponge faces upwards. Gently peel off the bottom piece of baking paper.