



JERNEJ KITCHEN

FLOURLESS CARROT ROULADE WITH SOUR CREAM

Such a simple, gluten free carrot roulade with a wau effect.

SERVES 6 PEOPLE
PREPARATION: 60 MINUTES

ROULADE

6 eggs, separated
100 g sugar
100 g ground almonds
80 g freshly grated carrot
2 tbsp carrot juice

SOUR CREAM FILLING

200 g sour cream
100 g mascarpone
zest of one lemon
50 g icing sugar

CARROT MERINGUES FOR DECORATION (OPTIONAL)

50 g carrot juice
3 egg whites
150 g sugar
1/2 tsp ground ginger
1 tsp ground turmeric

TOOLS AND EQUIPEMENT

stand mixer
large bowl
baking sheet (40 x 25 cm / 15 inch x 10 inch)
baking paper
cling film
piping bag with a round tip

PREPARE

Preheat the oven to 180 °C / 355 °F. Put the egg yolks to a bowl of a stand mixer and place the egg whites in a large bowl.

WHISK THE EGGS

Add 80g (3 ounces) sugar to the egg yolks and whisk for 5 minutes on a medium speed. Beat the egg whites into soft peaks with the rest of the sugar.

ROULADE

Gradually add the ground almonds and freshly grated carrot to the egg yolks, one tablespoon at a time, whisking well between each addition, still with the beaters on a very low speed. When the almonds and carrot are incorporated, gradually gently fold in the egg whites and carrot juice.

BAKE

Grease the baking sheet (40 x 25 cm / 15 inch x 10 inch) and then line it with baking paper. Pour in the roulade mixture and bake for 15 minutes at 180 °C / 355 °F. Remove from the oven and place the roulade on the wire rack to cool.

TIP

Be careful not to over bake the roulade - it still needs to be soft and a bit sticky.

FILLING

To make the filling: In a bowl mix together the sour cream, mascarpone, zest of one lime and icing sugar. The cream will be runny, but that's okay, because it will thicken up once rested in the fridge. Spread two thirds of the sour cream filling over the batter and then roll into a roulade. Wrap it with a cling film. Put on a plate and place in the fridge for at least 2 hours or even better, overnight. Also put the rest of the filling in the fridge.

Sponsored

(optional)

SERVE

Take the roulade out the fridge, remove the cling film and spread the rest of the filling cream on top of the roulade. You can also spoon the filling into a piping bag with a round tip and pipe the cream on top of the roulade. Also, you can add the carrot meringues for that extra kick in flavor (method below). Cut into thick slices and serve. Enjoy.

CARROT MERINGUES (OPTIONAL)

Pour the carrot juice and sugar into a saucepan. Set over medium heat and bring to 121 °C / 250 °F. Meanwhile start whipping the egg whites using an electric mixer until they form soft peaks. Add the ground ginger and ground turmeric. Very slowly stream the hot carrot - sugar syrup into the egg whites as they continue to whip on medium speed for about 2 - 3 minutes or until the mixture cools.

CARROT MERINGUES (OPTIONAL)

Spoon the meringue into the piping bag with a round tip. Pipe them on the baking sheet lined with baking paper. Place into the convection oven and bake for 90 minutes at 130 °C / 265 °F or until the meringues are dry. Allow the meringues to cool completely before storing in an airtight container or before decorating your roulade.