

# Elderflower, Roast Peach and Wild Strawberry Roulade

This is a delicious celebration dish which is much easier than it looks. This is totally adaptable too, just switch the fruit out for whatever is in season!

Serves 8-10

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## Ingredients

### For the cake

5 egg whites  
70g caster sugar  
6 egg yolks gently whipped  
75g plain flour sifted  
20g Cornflour sifted  
Icing sugar

### For the yoghurt pastry cream

25g Cornflour  
50g Sugar  
Pinch of salt  
2 Egg Yolks  
200g Yogurt  
20g Butter

### Elderflower syrup or cordial

2 Peaches  
A handful of wild strawberries  
Or the fruit of your choice  
Edible flowers

## Method

The pastry cream needs to be very cold so make that first. Stir together the sugar, cornflour and salt in a heavy bottomed pot. Stir in the egg yolks, yoghurt and butter and then cook over a medium heat for 8 minutes until fully thickened. Remove from the heat and add in 1 tablespoon of elderflower syrup. Allow to cool in the fridge for at least an hour. This lasts a few days in the fridge so you could even make it the day before.

Heat your oven to 175C. Line the bottom of a swiss roll tin or a tin measuring approximately 23 x 32cm and grease the edges with a bit of oil or butter. It can be helpful to make the lining paper slightly longer than needed to allow easy release later.

Using a hand mixer whip together the sugar and egg whites until very thick and almost at the stiff peak stage. Add in the stirred egg yolks and mix together thoroughly so that no egg white remains. Be gentle - you want to retain all the air in those whites. Once this is combined add in your sifted plain and cornflour. Fold gently with a rubber spatula. Take your time and ensure there are no dry pockets of flour remaining. Spread the mix evenly over the tray and place into the centre of the oven. Bake for 12 minutes. It should be just brown and set.

## Method continued

While the cake is baking arrange a clean thin tea towel or cloth on the counter and sprinkle generously with icing sugar. Once baked, allow the cake to sit for 2 minutes and then run a sharp knife around the edges to release any sticking to the tin. It is normal for the cake to sink a little back into the tin as it cools.

Now the scary bit - lift the cake up by the paper and turn over on to the icing sugar layered cloth so that the paper is facing up. This cake is quite elastic and springy so don't worry too much - it can take a bit of movement. Then, taking the end of your cloth, roll the cake up from the short end with the cloth while it is still warm and keep it tightly rolled until it is completely cool.

Remove the pit from your peaches and grill directly on a pan or under a hot grill until they have started to char. If your peaches are very ripe and delicious you can absolutely skip this part but sometimes, they need a little help. When cool, mix with the strawberries and sprinkle with some more elderflower cordial to macerate while you wait for the cake to cool.

Assembly time! Carefully unfurl your roulade and remove the paper. It is absolutely fine if you discover a crack - I did! This will be covered up by icing sugar and flowers. Brush a couple of tablespoons of more elderflower cordial all over the cake. Spread the cold pastry cream over the entire surface. Sprinkle your fruit over 2 thirds closest to you. Then gently roll everything up again and use the cloth to help transfer onto a serving dish.

Place into the fridge to help set up for 30 minutes. Take out of the fridge and sprinkle with a little more icing sugar and decorate with the flowers of your choice. This keeps well for a couple of days in the fridge in an airtight container.

