

*Oven Temperature: 450°F.  
Baking Time: 7 Minutes*

***Biscuit Roulade***  
*(BeeskWee RueLAHD)*

Serves: 8

INGREDIENTS	MEASURE	WEIGHT	
		ounces	grams
<i>room temperature</i>	<i>volume</i>		
sifted cake flour	1/3 cup	1.25 ounces	33 grams
unsifted cornstarch	3 tablespoons	0.75 ounces	23 grams
4 large eggs	•	8 ounces	227 grams (out of the shell)
1 large egg yolk	3 1/2 teaspoons	0.5 ounces	18 grams
sugar	1/2 cup + 1 tablespoon	4 ounces	113 grams
vanilla	3/4 teaspoon	•	3 grams
cream of tartar	1/4 teaspoon	•	•
<i>optional Syrup:</i>	<i>1/3 cup</i>	<i>3.5 ounces</i>	<i>100 grams</i>
sugar	2 tablespoons + a pinch	1 ounces	28 grams
water	1/4 liquid cup	2 ounces	59 grams
liqueur of your choice	1 tablespoon	0.5 ounce	14 grams

***Equipment:*** *One 17-inch by 12-inch jelly-roll pan, greased, bottom lined with a nonstick liner or parchment, and then sprayed with Baker's Joy or greased again and floured. (Liner extends slightly over the sides.)*

Position the oven rack in the lower third of the oven.

***Preheat the oven to 450°F.***

In a small bowl whisk together the cake flour and cornstarch.

Separate 2 of the eggs, placing the yolks in 1 large; mixing bowl and the whites in another. To the yolks, add the additional yolk, the 2 remaining eggs, and 1/2 cup sugar. Beat on high speed 5 minutes or until thick, fluffy, and triple in volume. Beat in the vanilla.

Sift 1/2 the flour mixture over the egg mixture and fold it in gently but rapidly with a large balloon whisk, slotted skimmer, or rubber spatula until the flour has disappeared. Repeat with the remaining flour mixture.

Beat the egg whites until foamy, add the cream of tartar, and beat until soft peaks form when the beater is raised. Beat in the remaining 1 tablespoon sugar and beat until stiff

peaks form when the beater is raised slowly. Fold the whites into the batter and pour into the prepared pan, using an angled metal spatula to level it.

Bake for 7 minutes or until golden brown, a cake tester comes out clean, and the cake is springy to the touch.

Loosen the edges with a small metal spatula or sharp knife and, lifting by a long edge of the liner or parchment overhang, gently slide the cake from the pan onto a flat surface. To use the biscuit for a round cake base or cutouts, allow to cool flat, covered with a clean dish towel. To use it for a roll, roll it up while still hot. If using a liner, tightly roll up the biscuit with the liner. (This keeps the biscuit especially moist.) If using parchment, flip the biscuit onto a clean dish towel, carefully remove the parchment, and roll it up tightly, towel and all. Cool on a rack. When ready to fill, unroll the biscuit. (If a liner was used, first detach the cake from liner and then replace it on the liner.) If using the syrup, sprinkle it on the cake before spreading it with 2 cups filling.

### ***To Make Syrup***

In a small saucepan with a tight-fitting lid bring the sugar and water to a rolling boil, stirring constantly. Cover immediately, remove from the heat, and cool. Transfer to a liquid measuring cup and stir in the liqueur. If the syrup has evaporated slightly, add enough water to equal 1/3 cup syrup.

### ***Understanding***

This biscuit is even lighter than a génoise because it contains no butter and because some of the whites are beaten separately and folded into the batter.

When baking the biscuit as a thin sheet, less structural support is necessary, so the flour/cornstarch mixture can be reduced to about half of what is used for classic génoise (instead of equal weight flour mixture and sugar, the Biscuit Roulade uses only half the weight in flour mixture). A high oven temperature, however, is necessary to set the cake's structure before it can fall. And an extra yolk is added to increase flexibility for rolling the sheet if desired.

***Finished Size:*** 16 3/4 inches by 11 3/4 inches by 1/2-inch. When the cake is rolled or assembled, it compresses to 3/8 inch high.

***Store:*** Syrup: 1 month refrigerated in an airtight container. Biscuit: 3 days room temperature, 5 days refrigerated, 2 months frozen.

***Complementary Fillings:*** Lemon Curd Cream

***Serve:*** Lightly chilled. If used as a roll, cut on the diagonal to form oval slices.

### ***Pointers for Success***

? A large balloon whisk or slotted skimmer is ideal for folding in the flour with the least amount of air loss. If using the whisk, periodically shake out the batter which collects on the inside.