

# Milk Tart SWISS ROLL

*A traditional South African dessert with a twist – a delicate vanilla sponge filled with sweet milk custard infused with cinnamon and finished off with a coating of icing sugar and cinnamon.*

## SERVES 10

### MILK TART FILLING

2½ cups milk  
½ cup cream  
2 large eggs  
¼ cup cornflour  
2 Tbsp all-purpose flour  
1 tsp vanilla essence  
½ cup castor sugar  
pinch of salt  
½–1 tsp ground cinnamon

### VANILLA SPONGE

½ cup castor sugar  
3 large eggs  
¼ cup melted butter  
1 tsp vanilla essence  
¾ cups all-purpose flour  
¼ tsp salt  
1 tsp baking powder  
2 Tbsp icing sugar  
1 tsp ground cinnamon

1. To make the filling, line a saucepan with butter – this will prevent the milk mixture from burning around the edges. Bring the milk and cream to a light simmer.
2. Combine the eggs, cornflour, all-purpose flour, vanilla essence, sugar, salt and cinnamon to taste in a bowl. Mix well.
3. Temper the egg mixture by gradually pouring in some of the warm milk mixture and stirring vigorously. Pour the egg mixture into the pan with the remaining milk mixture and return to a low heat to simmer until thickened, stirring continuously. The mixture must be cooked over low heat until very thick. If it's not thick, the filling will be too runny and won't stay in the Swiss roll.
4. Pour the filling into a bowl, cover with clingfilm and leave in the fridge for about 4 hours to fully cool and thicken even more.
5. Preheat the oven to 180 °C. Line a 38 x 25 cm rimmed baking tray with baking paper and grease with butter or oil.
6. To make the sponge, use an electric whisk to whisk the castor sugar and eggs for about 5 minutes until doubled in volume.
7. Add the melted butter, vanilla essence, flour, salt and baking powder and mix until fully combined.
8. Pour the batter into the baking tray and spread all the way to the edges, ensuring it is evenly spread. Bake for 10–12 minutes (no longer). Do not overbake the sponge. It should be a light golden colour. If you overbake it, it will crack when you roll it. Remove from the oven and allow to cool for 5 minutes.
9. Mix the icing sugar and cinnamon and, with a sieve, dust the surface of the sponge. Place another layer of baking paper on top of the sponge, pinch the ends of the tray with the baking paper and flip. You want the cinnamon-sugar to now be at the bottom so that when you roll the Swiss roll, the dusted side will be on the outside. Be sure to only add the filling once the sponge is lukewarm and the filling is fully cooled.
10. Remove the filling from the fridge and loosen it up with an electric whisk. Evenly spread the filling onto the sponge, leaving a border of about 3 cm. Starting at the short end of the sponge, gently lift and securely roll the sponge to the point where the seam is at the bottom. Some of the filling will naturally be pressed towards the edges.
11. After you've rolled up the Swiss roll, wrap it in baking paper and place it in the fridge for 1–2 hours. This will help it keep its shape. After that, you're ready to dig in and devour.
12. The Swiss roll will keep in an airtight container in the fridge for up to 3 days.