

Boston Cream Pie Swiss Roll

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/boston-cream-swiss-roll-recipe>

Ingredients:

- 3 free range eggs
- 3/8 cup caster sugar
- 1/2 teaspoon vanilla extract
- 1 tablespoon hot water
- 5/8 cup plain flour
- 3 egg yolks free-range
- 1/4 cup golden caster sugar
- 3 tablespoons cornflour {cornstarch}
- 1 cup milk
- 1 vanilla pod
- 2/3 cup heavy cream } double {
- 3 1/2 ounces dark chocolate
- 1 teaspoon butter
- 2 teaspoons caster sugar to sweeten if the chocolate is quite bitter {optional}

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 390 milligrams
4. Fat: 36 grams
5. Fiber: 3 grams
6. Protein: 14 grams
7. SaturatedFat: 20 grams
8. Sodium: 135 milligrams
9. Sugar: 41 grams

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