



Clotted cream & raspberry ripple Arctic roll

 Vegetarian

READY IN



57 min.

SERVINGS



15

CALORIES



289 kcal

Ingredients

- ☐ 2 large eggs
- ☐ 140 g brown sugar
- ☐ 227 g clotted cream
- ☐ 350 ml milk whole
- ☐ 1 vanilla pod
- ☐ 100 g raspberries
- ☐ 300 g raspberry jam
- ☐ 4 large eggs
- ☐ 125 g brown sugar for sprinkling

- ☐ 125 g self raising flour

Equipment

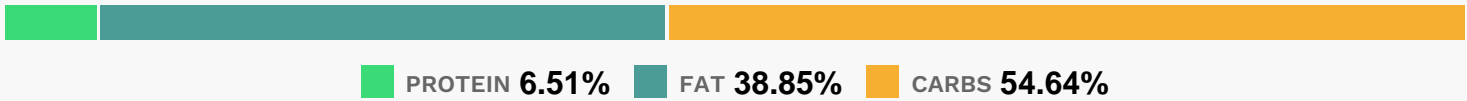
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ serrated knife

Directions

- ☐ Chill the bowl of your ice-cream maker, if using one. In a large bowl, whisk the eggs (note that this recipe contains raw eggs) and sugar until pale and fluffy.
- ☐ Add the clotted cream, milk and vanilla seeds, and whisk again until smooth.
- ☐ Pour into your ice-cream maker and churn until frozen. Alternatively, you can tip the mixture into a tub and freeze for 2 hrs, then transfer to a food processor and blitz to remove any ice crystals.
- ☐ Line a 900g loaf tin (about 20cm long) with cling film. At this stage while your ice cream is quite pliable squash the raspberries with 2 tbsp of the jam (leaving a few chunky pieces), then ripple through the ice cream.
- ☐ Transfer to your loaf tin and freeze again until solid about 6 hrs, or overnight.
- ☐ Now make the sponge.
- ☐ Heat oven to 190C/170C fan/gas
- ☐ Grease and line a 25 x 35cm Swiss roll tin with baking parchment.
- ☐ Put the eggs and sugar in a large bowl and whisk until pale and fluffy this will take about 5 mins. Sift over the flour and fold together until there are no visible lumps of flour. Carefully pour into the tin and smooth over the top.
- ☐ Bake for 10-12 mins until springy to the touch.
- ☐ While the sponge is cooking, lay a sheet of baking parchment, bigger than your tin, on your surface and sprinkle with caster sugar. When the sponge is cooked, flip it onto the sugary parchment, loosely roll it up from one of the shorter ends and twist the parchment to secure. Leave to cool.

- ☐ Remove the ice cream from the freezer and leave to soften for 10 mins.
- ☐ Transfer the ice cream to a large sheet of baking parchment, roll the parchment around the ice cream like a cracker, then roll and squeeze the ice cream with your hands to shape it into a cylinder, about 25cm long.
- ☐ Unwrap and unroll the sponge, then spread the inside surface with the remaining jam.
- ☐ Place the unwrapped ice cream in the centre and wrap the sponge around it to form your Arctic roll.
- ☐ Roll the whole thing back up in the baking parchment, twist the ends tightly to secure, then re-freeze for a further 2 hrs. Before serving, unwrap the Arctic roll and slice off either end with a serrated knife to make it look neat. (Your chance to get a sneaky taste!) Can be stored in the freezer for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:11.89, Inflammation Score:-1, Nutrition Score:4.5565217292827%

Flavonoids

Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 288.94kcal (14.45%), Fat: 12.53g (19.27%), Saturated Fat: 7.11g (44.41%), Carbohydrates: 39.65g (13.22%), Net Carbohydrates: 38.79g (14.11%), Sugar: 28.74g (31.93%), Cholesterol: 101.5mg (33.83%), Sodium: 49.12mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.45%), Selenium: 10.53µg (15.04%), Phosphorus: 87.51mg (8.75%), Vitamin B2: 0.15mg (8.67%), Calcium: 70.95mg (7.1%), Manganese: 0.14mg (6.83%), Vitamin B12: 0.31µg (5.13%), Vitamin B5: 0.48mg (4.82%), Vitamin D: 0.72µg (4.77%), Vitamin C: 3.51mg (4.25%), Vitamin A: 209.88IU (4.2%), Folate: 15.93µg (3.98%), Iron: 0.69mg (3.86%), Potassium: 134.11mg (3.83%), Vitamin E: 0.54mg (3.59%), Fiber: 0.85g (3.41%), Vitamin B6: 0.07mg (3.33%), Copper: 0.06mg (3.21%), Zinc: 0.47mg (3.15%),

Magnesium: 12.24mg (3.06%), Vitamin B1: 0.03mg (2.23%)