



# Honey Cinnamon Sponge Roll & Seedy Date Chew.



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## Honey Sponge using Super Sponge Mix

Super light and delicious.

### Ingredients

250gms Super Sponge Mix

2 eggs

100mls Hot water

2 T honey

1 t Dutch Cinnamon

### To Make the Sponge.

1. Place the eggs in a bowl of fairly hot water for a minute.
2. Measure the sponge mix into a medium sized bowl, add the hot water and then the eggs.
3. Beat on high speed for 5 minutes, then on moderate speed for 2 minutes.
4. In the last 2 minutes of beating, blend in the honey and the cinnamon.
5. Line a swiss roll tray, approx. 30x40cm, with baking paper or mat, grease lightly. Pour the mixture onto the baking paper.
6. Bake in the hot oven for about 9-10 mins until golden and baked.
7. Go to Step 8.

### Honey Cream Filling

#### Ingredients

300ml thickened cream

2 T honey

1 t Dutch Cinnamon

2 T Creamy Custard Mix

1. Beat all the ingredients until thickened.

### To Make the Honey Sponge from Scratch

#### Extra Ingredients

2 large Eggs

1/3 C caster sugar

2 T honey

1/2 -1 t Dutch Cinnamon

1/2 C S.R. Flour

1 1/2 T hot water

1 1/2 T melted butter

1. Line a swiss roll tray (about 30x40cm) with baking paper or mat. Lightly grease.
2. Sift flour and Dutch Cinnamon together at least once.
3. Using electric beaters, beat the eggs for at least 1 min, then slowly beat in the caster sugar.
4. Continue beating the eggs and sugar until the mixture will form a thick figure "8", blend in the honey.
5. Remove the beater and using a whisk or a thin metal spoon, gently fold in the hot water and butter and then gently but thoroughly fold in the flour.
6. Spread the sponge mixture gently and evenly into the prepared swiss roll tray.
7. Bake in moderately hot oven for about 8-12mins, until cake springs back when pressed lightly.

Oven Temp

Fan-Forced

180-200 °C

Electric/Gas

200-220 °C

Page 1 of 2

## To Make the Sponge Roll

8. While cake is baking, spread a thin, clean tea-towel or baking mat, onto the bench and sprinkle it lightly with cinnamon sugar.
9. Working quickly, turn cooked sponge onto the sugar and peel off the lining mat, if edges are crisp, trim them off with a sharp knife.
10. Using the tea-towel or mat to help, roll the sponge up, with the mat or towel rolled up with the cake.
11. When the cake has cooled to almost cold, gently unroll the cake, spread with whipped honey cream or honey buttercream and re-roll.
12. Place the rolled cake onto a serving tray. When set, you can dust it with icing sugar.

## Honey Buttercream Filling.

### Ingredients

75gms slightly softened butter	150-200gms soft fondant
2 T Honey	1 t Dutch Cinnamon
	1 T milk

1. Using electric beaters, beat the butter until soft and as white as possible.
2. Beat the fondant into the butter, a spoonful at a time, until as soft and sweet as desired.
3. Beat in the honey and Cinnamon, beat in the milk.

## Seedy Date Chew

This slice is full of soft moist dates but is flavoured with all sorts of extra goodies.

### Dry Ingredients

1 C S.R. Flour	½ C brown sugar
1 C pepitas	3 C Dates (halved)
½ C Sunflower Kernels	½ C sesame seeds
1 C Rolled Oats	

### Liquid Ingredients

125 gms Butter	3 T Non-Diastatic Malt
1 Egg	

1. In a large bowl, combine the dry ingredients and mix well.
2. In a small saucepan or microwave bowl, melt butter and malt, blend in the egg.
3. Pour liquid ingredients onto the dry ingredients and mix well.
4. Line a Coffee Scroll/Roll tray with Silicone Paper, and press mixture in well.
5. Bake in pre-heated oven for 20-25 minutes, until golden brown.
6. When cooked, remove from oven, and while still in the tray mark through the top to make slice shapes.
7. Using the paper, lift the slice onto a cooling rack, when cool, cut into slices.
8. Store in an airtight container.