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Matcha Swiss Roll

TUESDAY, 3 FEBRUARY 2015



Knock, knock!

Who's there?

Matcha!

Matcha who?

Much ado about Swiss rolls.

This is another Swiss roll post, the third on this blog.

My matcha sheet cake is barely sweet, to keep it in character with green tea which is drunk without sugar. It has quite little oil because matcha doesn't absorb much oil. My vanilla sheet cake, in comparison, has twice as much. Green tea powder also helps "lighten" the cake. You know how tea makes food seem less rich? Matcha does that with cake.



If you don't know much about matcha, please read my post on [matcha layer cake](#). You'll find information on what type of matcha to buy and how to store it.

My matcha sheet cake uses the chiffon method. Making the batter is quite easy. Just do the usual stuff that applies to all cakes, e.g. measuring the ingredients correctly, not over- or underbeating, not over- or undermixing, etc.

The baking part is less straightforward. When I bake the cake, I block the oven's bottom heat around two-thirds of the way. Why? To keep the inside of the cake moist whilst allowing the crust to dry out sufficiently. Without blocking the bottom heat, the crust would be sticky when the inside is just right. And if the bottom heat is blocked too early, the bottom of the cake would stick to the parchment paper.



What makes the crust dry out slowly? Matcha. Some of the fine powder rises to the top of the cake when heated. Do wet leaves dry well in the oven? No, not as well as flour which has starch to help it set. That's why the crust needs the tray's help.

I like to fill my matcha roll with matcha whipped cream and red beans. You can, of course, make sweetened red beans from scratch. But chances are your homemade version won't be as fragrant as Japanese canned red beans unless your beans are from Hokkaido. Chinese red beans are far inferior.



I've tried two brands of red beans: Hashimoto and Imuraya. Both are fragrant but I prefer Hashimoto. It has more bite and is less sweet.

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4 eggs (each...

Swiss Roll · 6 days ago

Lola Ferrarium

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Imuraya beans are mushy and the syrup, because it's thickened with cornstarch, is very gloopy. The gloop clings to the beans, adding to the sweetness and mushiness. Unlike Imuraya, Hashimoto is thickened with sorbitol. The syrup isn't as thick at room temperature, so I can drain it.



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rolled inside out and there's no icing. I think the green, spongy look is quite pretty. Is rolling the cake difficult? Not at all. The cake handles well (provided it's made right). If you don't know much about rolling Swiss rolls, please read my post on vanilla Swiss roll.

After you make the Swiss roll, have a small piece to see what it's like. Take note of the taste and remember it. Keep the rest of the roll in the fridge, covered, for two days. Your saintly patience will be rewarded with a matcha flavour that's more intense than two days prior, and melded with the red beans. After taking a bite, you'll never again eat matcha Swiss roll that's freshly made . . . or store-bought.

Here's my video to walk you through the recipe:

Matcha Swiss Roll (抹茶瑞士蛋糕卷) **



MATCHA SWISS ROLL (抹茶瑞士蛋糕卷)

(Recipe for one small roll)

Cake

10 g very hot water
1/2 tbsp green tea powder

30 g egg yolks
10 g castor sugar
15 g corn oil
15 g cake flour

70 g egg whites
1/16 tsp cream of tartar
20 g castor sugar

soft butter for greasing pan

Filling

75 g fresh dairy cream, 35% fat
1/2 tsp green tea powder
40 g drained red beans, Hashimoto brand
(beans need at least 30 min to drain well)



If you double the recipe, use a 13" x 10" pan.

1. **To make cake**, preheat oven to 200°C. Grease 10" x 7" cake pan with butter. Line with 14" x 7" parchment paper, making sure paper has no air pockets or creases. Measure and prep ingredients as detailed above.

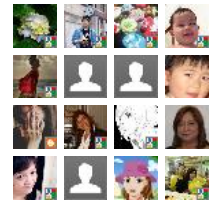
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2. Add water to green tea powder. Stir till smooth. Cover. Set aside.

3. Whisk egg yolks with 10 g castor sugar till thick and pale. Add corn oil. Whisk till thick. Add green tea paste. Mix till even. Sift cake flour into mixture in 2 batches. Mix till just even after each batch.



4. Whisk egg whites on medium-low speed till very frothy. Add cream of tartar. Whisk till thick foam forms. Gradually add 20 g castor sugar whilst continuing to whisk. Reduce speed to low. Keep whisking till firm, hooked peak stage.

5. Loosen egg yolk mixture from bottom of bowl. Add egg whites in 2 batches. Mix with whisk till almost even after each batch. Scrape down and fold with spatula till just evenly mixed, banging bowl against worktop 2-3 times.



6. Scrape batter into cake pan, slowly and from 1' high. Spread as evenly as possible. Jiggle vigorously till batter is level, banging cake pan against worktop 2-3 times.

7. Bake cake on middle shelf of oven till risen, about 9 minutes (10 minutes if recipe is doubled). Place baking tray in bottom of oven. Continue baking till crust is lightly brown and middle of cake doesn't make squishing sound when pressed, 4-5 minutes (5-6 minutes if recipe is doubled), checking once every 30-45 seconds towards the end.

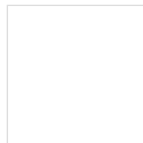
8. Remove pan from oven. Drop from 1' high 2-3 times. Loosen cake with knife. Drag onto wire rack. Leave till cold. Remove from wire rack. Place new parchment paper on cake. Flip cake upside down. Peel old parchment paper from cake, slowly. Flip again.



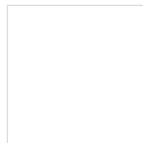
9. **To make filling**, whip cream till thick enough to hold its shape. Add green tea powder. Whisk till thick enough to stick to whisk.

10. **To assemble Swiss roll**, spread cake with whipped cream, then red beans. Roll. Refrigerate for 2 days, covered. Remove from fridge. Cut with serrated knife, wiping knife clean after each cut. Tuck in when cake is soft but filling is still firm.

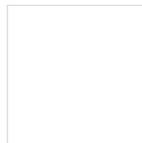
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Green Tea (Matcha) Cake



Chocolate Swiss Roll Video Recipe



Swiss Roll (瑞士蛋糕卷)

Linkwithin

POSTED BY KT AT 3:59 PM 36 COMMENTS

LABELS: BEANS AND NUTS, CAKES, DESSERTS, FAVOURITE RECIPES, JAPANESE, RECIPES, VIDEO RECIPES

36 Comments

Kitchen Tigress

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Calliso · a month ago

That's mine version.

Reply · Share



Iponk · 2 months ago

Hi KT,

Love the scientific approach that you take on all your recipes. Thank you so much for

sharing them with us. I have two questions, first I think you're using bottom heated oven to bake, I was just wondering if you can suggest modifications (temperature and blocking the heat) for people with fan forced oven? Secondly, I love your whisk, seems really easy to store and work well, do you mind sharing the brand name?

^ | v · Reply · Share >

 **KT** Mod → Iponk · 2 months ago

Why do you think my oven is bottom heated?

^ | v · Reply · Share >

 **Shu WeonLi** · 4 months ago

Can i know where did you bought the matcha powder? I cant find it in malaysia TT


^ | v · Reply · Share >

 **Angie** · 7 months ago

Hi KT, I really got to say your recipes are the best. I always have consistent success with them, no matter which recipe i tried.

Any chance that there will be a recipe for french macarons? have tried a couple of recipes on the net and followed all the directions but the results were horrible..

^ | v · Reply · Share >

 **Penelope** · 8 months ago

It is possible to say how many eggs you use instead of in grams? If its not possible then never mind thanks ~

^ | v · Reply · Share >

 **KT** Mod → Penelope · 8 months ago

Of course it's possible.

^ | v · Reply · Share >

 **Penelope** → KT · 8 months ago

sorry for the stupid question. I have another question. Does the baking time change if the depth and size of the cake pan differs? Thanks ~

^ | v · Reply · Share >

 **IT** → Penelope · 8 months ago

Eggs come in different sizes. Sometimes I used 2 and other times I need to use 3. Weighing is the most accurate way to know how much to use.

^ | v · Reply · Share >

 **Penelope** → IT · 8 months ago

Ohh I see. Thank you very much :D

^ | v · Reply · Share >

 **KT** Mod → Penelope · 8 months ago

Aah, I see too. You thought I weigh my eggs because I'm too stupid to count.

^ | v · Reply · Share >

 **Penelope** → KT · 8 months ago

OHNO because I thought i need to use half an egg yolk or half an egg white because recipes I normally see states the amount of eggs they use not in grams D; just wanted to clear that up

^ | v · Reply · Share >

 **Fan Ng** · 8 months ago

i made one this moring, the cake is soft but it is also abit sticky. is it meant to be sticky?

^ | v · Reply · Share >

 **Guest** · 8 months ago

Hi Kitchen Tigress! Sorry for asking such a dumb question, but I was wondering if there was a way that you can maybe have a conversion option that would allow an individual to choose to convert to US measurements? Everything looks so good and fun to bake! Can't wait to try one of your recipes! :) Thanks

^ | v · Reply · Share >

 **IT** → Guest · 8 months ago

Just google and use the calculator to convert gms to ozs

^ | v · Reply · Share >

 **Scottiefolds** · 9 months ago

Appreciate all your videos and spending time to exacting the recipes. It's of great help to novice bakers!!

^ | v • Reply • Share >



Sharon • 9 months ago

Hi KT, here is the Matcha Swiss Roll I made today! My oven size is small and I forgot to put a foil on top, and the top layer has become so brownish. Putting aside that, the cake is soooooo yummy! My pan size is 13x9" so I doubled up the ingredients as you advised. I tried one piece and have put the rest in the fridge, looking forward to see how it tastes after a day or two. I totally agree with you that I won't buy any swiss roll from the store after making this! And my girls now don't like the cake from the bakery. (your recipes have lifted their standard!)

I will try a second time soon and hopefully the cake will rise more. Thinking to try chocolate swiss roll with green tea cream too. Putting cocoa powder may affect the fluffiness of the cake. Will see how it goes.

KT, thank you again for this wonderful recipe. I really appreciate your effort in sharing so much details on each recipe, and also the dos and don'ts. Take care!



^ | v • Reply • Share >



Alice • 9 months ago

Thank you soo much KT, I made this swiss roll a few days ago, its turns out vr good.. I love it! Waiting for your next video recipe... Good day to u :)

^ | v • Reply • Share >



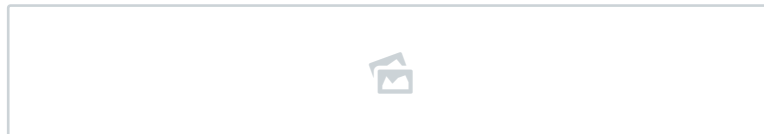
Jack • 9 months ago

Hi KT,

I finally got down to trying this recipe and although I had some hiccups along the way, I think it turned out okay! Thanks for the wonderful recipe and tips!

I definitely need to practise my rolling technique a bit more but I'm really happy with how it turned out! :) Just a quick question though, after draining the red beans do you think its possible to just mix them into the whipped cream and spread the mixture together rather than to spread each one separately?

Thanks once again for all your wonderful recipe and videos! I just love how fluffy all your cakes look <3



^ | v • Reply • Share >



Lara Nagarajan • 10 months ago

I really love all of your swiss roll recipes. I think you have put in a lot of effort in wodetails for each one. Please let me know whether I can use the matcha recipe to make a coffee roll by replacing matcha powder with coffee powder or will I wait for your coffee roll recipe which might come at a later date. Thanking you in advance..

^ | v • Reply • Share >



Fiona • 10 months ago

i tried this recipe and it was pretty much a success. yay!

^ | v • Reply • Share >



fifi • a year ago

Hi KT why don't you use the method in the other swiss roll where you put in egg yolks one by one to make it 'flexible'?

^ | v • Reply • Share >



KT Mod → **fifi** • a year ago

Hi fifi, because I don't want to.

^ | v • Reply • Share >



Mei C • a year ago

Do you know why the Japanese red beans are fragrant? addition of vanilla? red bean itself virtually just smell like beans.


^ | v • Reply • Share >





KT Mod → **Mei C** • a year ago


What's wrong with red beans smelling like red beans?


what's wrong with red beans smelling like red beans?
^ | v · Reply · Share >

 **Alice** · a year ago
Hi KT,
May I know where to buy the Hashimoto brand red bean and green tea powder? Can you show us how to make tiramisu? Thanks.
^ | v · Reply · Share >


 **KT** Mod → Alice · a year ago
You can buy Hashimoto red beans and 羽衣 matcha at J-Mart and Phoon Huat.
^ | v · Reply · Share >


 **Alice** → KT · a year ago
Dear KT
Thank you for your time to reply.
^ | v · Reply · Share >


 **Alice** → Alice · a year ago
Hi KT,
I can't find matcha and hashimoto red bean at phoon huat, they only have redman green tea, beside J-mart where can I get this two items?
^ | v · Reply · Share >


 **KT** Mod → Alice · a year ago
You can call the distributor, Tanesei (tel: 6777 0262), and ask them where you can buy 羽衣 matcha (product code: DR-5900) and Hashimoto red beans (DR-1716). Check the expiry date for 羽衣 before buying. 5 months = very good; less than 4 = no good.
1 ^ | v · Reply · Share >


 **Alice** → KT · a year ago
Thank you for your help :)
^ | v · Reply · Share >

 **TT** · a year ago
Dear KT,
Your demonstration of all posts is always amazing!!!
I do not understand in some points, could you please explain for me?
1/ As I see that this matcha roll recipe is quite similar to chocolate roll, by replacing 10g cocoa powder by 1/2tbp matcha powder(~3g)and difference in the step by step making. I read on some articles that cocoa powder asorbs much moisture than matcha, but why using more cocoa powder?
2/ The chocolate one is used in 12"x9" pan, which is 1.5 times bigger than 10"x7" pan is this post, so I guess that is the reason why matcha roll is baked in ~15mins while chocolate one is in 10mins??
Thanks in advance.
^ | v · Reply · Share >

 **KT** Mod → TT · a year ago
(1) Why not? (2) No. (3) There's as much similarity between my matcha and chocolate roll recipes as there is between your DNA and a chimp's.
^ | v · Reply · Share >

 **K** → KT · a year ago
Actually KT, the chimp and human DNA are close to 99% same. Hope that helps :)
5 ^ | v · Reply · Share >

 **wayan k** · a year ago
Thank you KT! You never fail to impress us. Cant wait to try
^ | v · Reply · Share >

 **sophia** · a year ago
thanks for the effort in creating and sharing this recipe KT! it can't come at a more opportune time, my friend's just requested for a matcha roll with azuki filling and I was at a loss at how to bake one. can't wait to try this one!
2 ^ | v · Reply · Share >

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 **KT** — Since you ask, I'll tell you. Point 1:
To let you know you are mentally ill. If you
were mentally sound, you wouldn't ...

Chwee Kueh

30 comments • 3 years ago

 **pillow** — Can the batter be set aside and
kept at room temperature so that it can
be used later on used to steam to ...

47 comments • a year ago

 **Louisa** —  unsubscribed

Chocolate Swiss Roll

54 comments • a year ago

 **Jonathan livingstone** — Thanks to you, I
can make wonderful cakes now! I read
and studied your "cake Dos & Don'ts, ...

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