

delle

PERSIAN CARDAMOM ROULETTE

Ingredients:

- Nonstick cooking spray or butter, for greasing the pan
- 7 eggs, room temperature
- 3/4 cup + 3 tablespoons granulated sugar, divided
- 3 teaspoons vanilla, divided
- 3/4 cup + 2 tablespoons sifted all-purpose flour
- 1 teaspoon ground cardamom
- 1 1/2 pints (6 cups) heavy cream
- 2 tablespoons confectioners sugar
- 1/2 cup pistachios, ground or finely chopped, for topping
- 1 1/2 cups strawberries, thinly sliced, for topping



What You'll Need:

- Measuring cups and spoons Knife
- Cutting board
- Flour sifted
- Serves 8-10
- Rimmed baking sheet
- Baking parchment

- Clean kitchen towel
- Stand mixer (if using a handheld mixer, you will need: 1 large mixing bowl + 1 **chilled** large metal/glass mixing bowl)
- Spatula
- Offset spatula Wire cooling rack

Procedure:

1. *Preheat the oven 375 degrees. Lightly spray or butter a 13"x18" rimmed baking sheet with nonstick cooking spray and line the bottom with parchment. Lightly spray or butter the parchment, and set aside. Prepare a second sheet of parchment (or kitchen towel) about the same size as the one in the baking sheet, and set aside.*
2. *In the bowl of an electric mixer fitted with the whisk attachment, beat the eggs and 3/4 cup + 2 tablespoons of sugar on medium speed for 2 minutes. Add 1 teaspoon vanilla, and beat on the highest speed for 4 more minutes, until it has thickened and the color is a light yellow. Reduce the speed to low, and slowly add the flour and ground cardamom, until just mixed.*
3. *Pour the batter into the baking sheet, making sure to spread it evenly with an offset spatula.*
4. *Bake until the cake springs back when touched in the middle, and it has started to pull away from the sides, about 14 minutes.*
5. *Let cool for 2 minutes. Evenly sprinkle the remaining 1 tablespoon sugar over the remaining piece of parchment or towel, then invert the cake onto it. Gently peel off the top parchment, and roll the cake, starting at the long end. Let cool on a wire rack for 30 minutes. This helps to train the cake into the roulade form.*
6. *While the cake cools, prepare the filling. In the bowl of an electric mixer fitted with the whisk attachment, add the heavy cream and mix on high until it has reached soft peak stage, about 2 1/2 minutes. Add 2 teaspoons of vanilla and the confectioners sugar and mix until it has reached stiff peaks, 30 seconds more. Cover and refrigerate until ready to use.*
7. *Fill the cake: On a clean work surface or large cutting board, unroll the cake, and use an offset spatula to evenly cover with 2-3 cups of whipped cream. Re-roll the cake and refrigerate for 4 hours. Keep the remaining whipped cream tightly covered in the refrigerator for the decoration.*

8. *Decorate the cake: once completely cooled, take the cake out of the refrigerator and transfer to a cutting board. Completely cover the cake with the remaining whipped cream. Next, sprinkle with ground pistachio, and top with a line of sliced strawberries along the top.*
9. *Slice into 1 1/2" pieces, and serve, with a few extra sprinkles of pistachio if you like.*

Eat Well. Cook Often.

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