

Choco Fever Dream

Heart Cake Roll

A light, airy sponge cake rolled into a heart shape and filled with silky vanilla cream, ideal for special occasions.

20 min Prep time	**15 min** Cook time	**35 min** Total time
8 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup all-purpose flour
- [ ] 1 cup granulated sugar
- [ ] 4 large eggs, separated
- [ ] 1/4 cup melted butter, cooled
- [ ] 2 tbsp milk
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp lemon juice

For the Filling

- [ ] 1 cup heavy cream
- [ ] 2 tbsp powdered sugar
- [ ] 1 tsp vanilla extract

Instructions

1. Preheat the oven to 350°F (175°C). Line a 10×15-inch jelly roll pan with parchment paper and lightly grease.
2. In a clean bowl, whisk egg whites until soft peaks form; gradually add half the sugar and continue whisking until glossy stiff peaks appear.
3. In another bowl, beat egg yolks with remaining sugar, then stir in melted butter, milk, vanilla, and lemon juice.
4. Gently fold the egg white mousse into the yolk mixture, then sift flour over and fold just until incorporated.
5. Spread batter evenly in the pan; bake 12-15 minutes until the surface is lightly golden and springs back when touched.
6. While the cake rests, whip heavy cream with powdered sugar and vanilla until soft peaks form.
7. Turn the warm cake onto a clean kitchen towel dusted with powdered sugar, peel off parchment, and roll gently with the towel to shape. Let cool completely.
8. Unroll, spread the whipped cream, re-roll tightly, and trim the ends. Dust with extra powdered sugar and serve.

Nutrition per serving

280 kcal	5 g	38 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sponge cracks, let it cool completely before attempting to roll; a warm towel helps relax it.
- For extra flavor, stir a pinch of cinnamon into the whipped cream – it pairs nicely with the vanilla.
- Keep the cake refrigerated if not serving within two hours.