

Carrot Cake Roll with Cream Cheese Frosting: A Classic Dessert

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OVEN
350°F

TIME
3-4 min

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INGREDIENTS

- 3/4 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 3 large eggs
- 1/2 cup granulated sugar
- 1/3 cup packed light brown sugar
- 2 teaspoons vanilla extract
- 2 cups finely grated carrots (about 2-3 medium carrots)
- 1/2 cup chopped walnuts (optional)
- 8 oz cream cheese, softened
- 1 cup powdered sugar (confectioners' sugar)
- 6 tablespoons unsalted butter, softened
- 1 teaspoon vanilla extract

DIRECTIONS

- 1. Preheat Oven & Prepare Pan:** Preheat your oven to 350°F (175°C). Line a 15x10-inch jelly roll pan with parchment paper, allowing a slight overhang on the long sides. This overhang will help you lift the cake later.
- 2. Whisk Dry Ingredients:** In a medium mixing bowl, whisk together the 3/4 cup all-purpose flour, 1/2 teaspoon baking powder, 1/2 teaspoon baking soda, 1/2 teaspoon ground cinnamon, 1/2 teaspoon ground ginger, 1/2 teaspoon ground nutmeg, and 1/2 teaspoon salt. Ensure everything is well combined.
- 3. Beat Eggs & Sugars:** In a large mixing bowl, using an electric mixer on high speed, beat the 3 large eggs with the 1/2 cup granulated sugar and 1/3 cup packed light brown sugar. Beat for about 3-4 minutes, or until the mixture is thick, pale yellow, and creamy. Add the 2 teaspoons vanilla extract and mix until just combined.
- 4. Combine Wet & Dry:** Gradually add the whisked flour mixture to the egg mixture, beating on low speed until just combined. Be careful not to overmix the batter.
- 5. Fold in Carrots & Nuts:** Gently fold in the 2 cups finely grated carrots and the 1/2 cup chopped walnuts (if using) until they are evenly distributed throughout the batter.
- 6. Pour & Bake Cake:** Pour the cake batter into the prepared 15x10-inch jelly roll pan. Using an offset spatula or the back of a spoon, spread the batter evenly to cover the entire pan. Bake for 10-12 minutes, or until the cake springs back when gently touched in the center and the edges are lightly golden.

7. 7. Prepare for Rolling: While the cake is baking, prepare for rolling. Dust a clean, thin kitchen towel generously with powdered sugar.
8. 8. Roll the Warm Cake: Once the cake is finished baking, immediately invert the warm cake onto the prepared sugared kitchen towel. Carefully peel off the parchment paper. Starting from one of the short ends, carefully and gently roll the cake up with the towel inside, forming a tight spiral. Don't worry if it cracks a little; the frosting will cover it. Let it cool completely in this rolled position on a wire rack. This step trains the cake to hold its roll shape without breaking.
9. 9. Make Cream Cheese Frosting: While the cake cools, prepare the frosting. In a medium bowl, beat the 8 oz softened cream cheese, 1 cup powdered sugar, 6 tablespoons softened unsalted butter, and 1 teaspoon vanilla extract together with an electric mixer until the mixture is completely smooth and creamy, with no lumps.
10. 10. Assemble the Cake Roll: Once the cake is completely cool (this is important!), carefully unroll it from the towel. The cake should now hold its shape. Spread the prepared cream cheese frosting evenly over the entire surface of the cake, leaving about a $\frac{1}{2}$ -inch border around the edges. Starting from the same short end you rolled from initially (without the towel this time), carefully re-roll the cake, forming a tight spiral with the frosting inside.
11. 11. Chill & Serve: Carefully wrap the re-rolled cake in plastic wrap. Refrigerate for at least 1 hour (or preferably longer, up to several hours or overnight) before slicing and serving. Chilling allows the frosting to set and makes for much cleaner slices. Slice with a sharp, thin knife and enjoy this delicious treat!

SWAPS & NOTES

Carrots: For the best texture, ensure your carrots are finely grated .

You can use a food processor or a box grater.

Spices: The blend of cinnamon, ginger, and nutmeg is classic for carrot cake.

You can adjust the amounts to your preference or add a tiny pinch of allspice or cloves for a deeper spice profile.

TIPS FOR SUCCESS

Finely Grate Carrots: This ensures the carrots blend seamlessly into the cake and contribute to its moisture without being chunky.

Don't Overmix Cake Batter: Mix just until combined to keep the cake tender and avoid a tough texture.

Roll While Warm: The cake must be rolled while still warm (not hot, but not cold) to prevent it from cracking.

Dust Towel Generously: A good dusting of powdered sugar on the towel prevents the cake from sticking to it during the initial roll.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/carrot-cake-roll-with-cream-cheese-frosting-a-classic-dessert/>