



**BLAS
BUCANIER**



**TASTE OF
BUCANIER**

Cyhoeddwyd gyntaf yn 2020 ar gyfer y Prosiect BUCANIER

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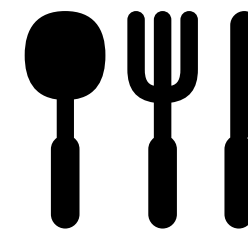
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BLAS BUCANIER



TASTE OF BUCANIER



RHAGAIR

Croeso i *Blas BUCANIER*

Mae'r gyfrol ryseitiai hon yn ddathliad o gyfoeth ac amrywiaeth y cynnyrch bwyd a'r busnesau, sy'n dod o Iwerddon a Chymru, a gymrodd ran yn y Prosiect BUCANIER.

Prosiect arloesol yw Adeiladu Rhwydweithiau mewn Arloesedd Menter ac Ymchwil (BUCANIER) a gefnogir gan fusnesau Gwyddelig a Chymreig er mwyn datblygu meddylfryd ag arloesedd ar gyfer Busnesau Bach a Chanolig eu Maint (SME) er mwyn gallu datblygu cynnyrch a gwasanaethau newydd.

Y canlyniad yw rhwydweithiau a chysylltiadau newydd sbon sydd rhannu profiadau ac yn galluogi datblygu syniadau a chynnyrch gan ddefnyddio'r dulliau a ddatblygwyd yn ystod y prosiect. Y mae medru cael mynediad at gyrrff cyhoeddus a sefydliadau addysg uwch, ynghyd â fframwaith o fentoriaid hynod fedrus o'r ddwy wlad, wedi cynorthwyo i greu gwytnwch busnes a lle ar gyfer capasiti arloesedd o fewn yr economi leol.

Nid yn unig y clymodd y profiad o ddigwyddiadau traws-ffiniol o'r dwyrain i'r gorllewin y busnesau at ei gilydd drwy gymryd rhan, ond hefyd creodd gydweithio cynhyrchiol a datblygodd set o sgiliau er mwyn symud busnesau yn eu blaenau yn ogystal.

Y mae canlyniadau peth o'r cydweithio a'r arloesedd ar gael i chi eu mwynhau yn y gyfrol hon. Cynlluniwyd pob un o'r ryseitiai i gyfuno peth o'r cynnyrch a gynhyrchir gan rai o'n busnesau BUCANIER talentog ni. Y mae'r cynhwysion a'r cyfarwyddiadau wedi'u nodi'n glir, fel bod modd i chi ddilyn y ryseitiai'n hawdd eich hun.

Cefnogwyd ac ariannwyd Prosiect BUCANIER gan y Gronfa Datblygu Rhanbarthol Ewrop drwy Raglen Gydweithredu Iwerddon a Chymru. Gwelodd y prosiect y prif bartner, Cyngor Sir Penfro yn ymuno gyda Cyngor Sir Caerfyrddin ac Athrofa Gwyddor Bywyd Abertawe ac Athrofa Technoleg Carlow, Bord Iascaigh Mhara ynghyd â Chyngor Sir Wexford.

Hoffai'r prosiect ddiolch i'r holl fusnesau a gymrodd ran yn y gyfrol, cyfrannodd nifer ohonynt eu ryseitiai a/neu gyflenwi samplau o'u cynnyrch i'w cynnwys yn y ryseitiai. Diolch i:

Lisa Fearn am helpu i dynnu'r gyfrol at ei gilydd drwy gydlynw a chasglu cynnwys gan gyfrannwyr yn ogystal â chynllunio rhai o'r prydau ei hun; Aled Llywelyn am dynnu nifer o'r lluniau o'r prydau bwyd a ddangosir yn y gyfrol; Rebecca Ingleby Davies am ddylunio a gosod y cynnwys a'r delweddau; Elinor Wyn Reynolds am brawfddarlennu a chyfieithu'r cynnwys.

Diolch hefyd i Swyddfa Gyllid Ewropeaidd Cymru a Rhaglen Gydweithredu Iwerddon Cymru 2014–20 drwy'r Gronfa Datblygu Rhanbarthol Ewrop.

Gobeithio y gwnewch chi fwynhau'r cynnyrch a'r ryseitiai blasus yma drwy garedigrwydd BUCANIER.

Barry Hale

Cydlynnydd Datblygu Economiadd, Adran Datblygu Economaidd, Cyngor Sir Gâr

FOREWORD

Welcome to *Taste of BUCANIER*

This recipe book is a celebration of the wealth of diverse food products and businesses originating in Ireland and Wales that participated in the BUCANIER Project.

Building Clusters and Networks in Innovation Enterprise and Research (BUCANIER) is an innovation project that supported Irish and Welsh businesses to develop an innovation mind-set for SMEs to develop new products and services.

The results have been brand new networks and contacts that have a shared experience enabling them to develop ideas and products using tools developed during the course of the project. Access to public and higher education bodies, together with a framework of highly skilled mentors in both countries, has helped create business resilience and a space for innovation capacity within the local economies.

The experience of cross border events from east to west and back, not only bonded businesses through their participation but also created productive collaborations and developed the skillsets to take businesses further.

The results of some of the innovation and collaborations are available for you to enjoy in this book. All of the recipes have been designed to incorporate some of the lovely produce grown or produced by some of our talented BUCANIER businesses. The ingredients and instructions are clearly described, so that you can follow the recipes yourselves.

The BUCANIER Project was supported and funded by the European Regional Development Fund through the Ireland Wales Cooperation Programme. The project saw lead partner Pembrokeshire County Council join forces with Carmarthenshire County Council and Swansea Institute of Life Science in Wales and Institute of Technology Carlow, Bord Iascaigh Mhara and Wexford County Council.

The project would like to thank all the businesses that took part in the book, many of whom supplied their recipes and/or supplied samples of their produce to be included in the recipes. Thanks go to:

Lisa Fearn for helping to pull the book together, by coordinating and sourcing content and recipes from participants as well as creating some of the dishes; Aled Llywelyn for taking many of the photographs of the dishes illustrated in the book; Rebecca Ingleby Davies for designing and setting the content and images; Elinor Wyn Reynolds for proofreading and translating the content.

Thanks also to the Welsh European Funding Office and the Ireland Wales Co-operation Programme 2014–20 through the European Regional Development Fund.

We hope you enjoy the delicious produce and recipes courtesy of BUCANIER.

Barry Hale

Economic Development Co-ordinator, Economic Development Division,
Carmarthenshire County Council

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Y CYNHYRCHWYR

THE PRODUCERS



Ballyhack Smokehouse



Cwmni bach teuluol yw Ballyhack Smokehouse sy'n rhedeg tŷ cochi arbenigol wedi'i leoli mewn pentref glan-môr yn ne-ddwyrain Iwerddon. Fe gawsant eu peiriant cochi gan hen ddyn yn y pentref a arferai gochi pysgod 'nôl yn y 1960au. Defnyddir naddion o bren ffawydd yn eu proses cochi sy'n rhoi mwg ysgafn, tyner, sy'n rhydd o lwch. Gwneir yr holl broses cochi gyda llaw, sy'n sicrhau bod pob pysgodyn yn derbyn yr amser a'r gofal sydd ei angen i sicrhau cynnyrch terfynol o'r ansawdd gorau. Fe enillon nhw wobwr tair seren yng ngwobrau y British Great Taste yn 2017 sy'n fawr eu bri, am eu heog arbennig a gochwyd gan ddefnyddio pren ffawydd.



Ballyhack Smokehouse is a small family-run artisan smokehouse located in a seaside village in the south-east of Ireland. They acquired their smoker from an elderly guy in the village that used it to smoke fish as far back as the 1960s. Beechwood chips are used in their smoking process which gives a light, gentle, dust-free smoke. All of their smoking process is done by hand which ensures each fish gets the time and care needed to ensure a top-quality finished product. At the British Great Taste awards in 2017, they won a prestigious 3-star award for their Artisan Beech Smoked Salmon.

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Beara Bitters

Cwmni Gwyddelig yw Beara Bitters, sy'n arbenigo mewn creu cynnyrch â blas sy'n cyd-fynd â phroffil blas alcohol. Yn benodol, maent yn gwneud gwirodydd chwerw eu blas (bitters) i'w cymysgu mewn coctel, mae'n gynhwysyn hanfodol i unrhyw goctel gwerth ei halen.

Mae gan Mary ddiddordeb aruthrol mewn planhigion, fe'i magwyd gan fam a drodd y fferm deuluol yn un organig a threuliodd hithau ei hafau'n dysgu am yr holl blanhigion a'r anifeiliaid oedd ar y fferm.

Fel myfyrwraig aeth i astudio cynefinoedd ac ecoleg planhigion ac mae ganddi raddau mewn Bywydeg Bywyd Gwyllt a Bywydeg Esblygol. Arweiniodd y cyfan oll hi at ei gwir hoffter, sef defnyddio planhigion er mwyn arddangos eu persawrau ar eu gorau a hefyd yn sicrhau bod ei busnes mor gyfeillgar i'r blaned ag sy'n bosibl. Mae'r alcohol a ddefnyddir yn 100% organig, a ble bo hynny'n bosibl, y mae'r perlysiau ffres a sych yn rhai organig hefyd. Crewyd Beara Bitters er mwyn rhannu'r prydferthwch naturiol sydd mewn cynhwysion a gaiff eu hanwybyddu'n aml, gyda'r byd, y betws a'r bitters!

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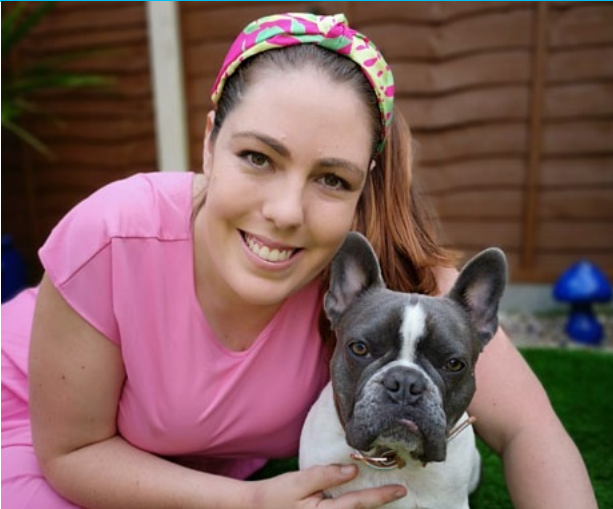
Beara Bitters is an Irish business that specialises in producing flavoured products that complement the taste profile of alcohol. In particular, they make cocktail bitters, an essential ingredient in any high end cocktail.

Mary has a tremendous interest in plants, nurtured by a mother who turned the family farm organic; and spent summers learning all the plants and birds there.

As a student she went on to study habitats and plant ecology with degrees in Wildlife Biology and Evolutionary Biology. All this led her to her true passion, utilising plants to best showcase their aromatics while ensuring her business is as planet friendly as possible. The alcohol used in the product is 100% organic, and where possible, the dried and fresh herbs are too. Beara Bitters were created in order to share with the world the beauty that is there naturally, in often overlooked ingredients.

Biscuit's Barkery

Amanda Leanne Thomas yw perchennog ac unig fasnachwr Biscuit's Barkery, sef becws cartref ar gyfer cŵn yn arbennig. Mae Amanda'n faethegydd cymwysedig ac yn 2018, cystadlodd yng nghystadleuaeth menter busnes, Bwsari'r Goleudy ac fe enillodd y wobr gyntaf sef grant a chefnogaeth i'w busnes. Daeth rhan o'r gefnogaeth fusnes oddi wrth y prosiect BUCANIER. Dechreuodd y fusnes pan ddychwelodd Amanda i Gymru ar ôl bod yn byw yn Dubai a gweithio fel rhan o griw awyren gan weithio i gwmni awyrennau yn yr Emiraethau. Dyma pryd y cafodd hi ei chi cyntaf, sef ci tarw Ffrengig o'r enw Biscuit. Roedd gan Biscuit nifer o alergeddau i fwydydd cŵn a gynhyrchwyd yn fasnachol a phe baen cael gormod o garbohydradau a siwgrau, byddai ei groen yn troi'n fflamgoch a byddai'n crafu'n gyson. Mae Amanda'n grediniol ein bod ni yr hyn a fwytewn, a bod hynny'n wir am gŵn hefyd. Ar y dechrau roedd hi'n rhoi olew cnau coco ar y croen ac fe gafodd hyn effaith fawr, ond byddai'r ci'n ei lyfu i fwrdd. Drwy gymysgu'r olew ynghyd â chynhwysion iach eraill oedd yn addas i gŵn, megis blawd cnau coco, ffrwythau amrywiol ac wyau buarth, dechreuodd y busnes bisgedi cŵn. Ers iddi ddod yn faethegydd cŵn cyntaf Cymru, mae Amanda'n gobeithio datblygu'r fusnes i fod yn fan ymgynhori ar ddeiet cŵn, gan helpu nifer o berchnogion cŵn gydag alegreddau a chyflyrrau y mae modd eu gwella drwy ddeiet.



Amanda Leanne Thomas is the owner and sole trader of Biscuit's Barkery, a home based bakery just for dogs. Amanda is a qualified nutritionist and in 2018, entered the business enterprise competition, The Beacon Bursary where she was awarded first prize of a grant and business support. Part of the business support came from the BUCANIER project. The business started when Amanda, a previous cabin crew member returned to Wales, after living in Dubai and working for Emirates airline. She got her first dog, a French bulldog named Biscuit. Biscuit had many allergies to commercially made dog foods and if he had too many carbohydrates and sugars, his skin would turn red raw and he would scratch it constantly. Amanda very much believes we are what we eat, even for dogs. She initially tried coconut oil topically and this had a great effect but he would lick it off. By putting it in a treat with other healthy dog-friendly ingredients such as coconut flour, various fruits, and free range eggs, the dog biscuit business began. Since becoming Wales' first canine nutritionist earlier this year, Amanda hopes to develop the business into a canine diet consultancy, helping many dog owners with their dogs allergies and disease states which can be alleviated with diet.

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Brennan's Brewery



Y mae'r blas tra gwahanol ddaw o fragdy Brennan's Brewery wedi elwa o'r gallu crefftus technegol a chreadigol, bydd yn apelio at chwaeth y blaswr profiadol. Yn nhraddodiad treftadaeth deuluol arbennig, mae lansiad hirddisgwyliedig bragdy Brennan's Brewery a'i greadigaeth newydd yn anrhydeddu penllanw blynyddoedd o brofi ac addasu technegau macsu unigryw er mwyn creu'r cwrw tywyll perffaith a gynhyrchir gan y bragdy teuluol cymharol fychan hwn Sydd wedi'i leoli yn Swydd Wexford, de ddwyrain Iwerddon.

While they have benefitted from the same technical and creative crafting, Brennan's Brewery brings a distinctively different experience to the seasoned taster. In the tradition of an exceptional family heritage, the eagerly awaited launch of Brennan's Brewery and its new creation, honours the culmination of years of testing and adapting unique brewing techniques to deliver the perfect dark beer, produced in this modest family brewery in county Wexford, in the south east of Ireland.



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BT Wines Ltd

Mae BT Wines wedi'i leoli yn Ne Orllewin Iwerddon ac yn cael ei redeg gan Brendan a Trisha a ddaeth yn ffrindiau yn y coleg, lle bu'r ddau ohonyn nhw'n astudio busnes. Mae Trisha hefyd yn gogydd.

Mae Brendan a Trisha wedi treulio blynyddoedd yn ymchwilio ac yn arbrofi gydag amrywiaeth eang o rawnwin a phrosesau i wireddu eu syniad, i greu gwinoedd cwbl unigryw, rhai sy'n priodi tiroedd mawn Iwerddon gyda mathau grawnwin y mae pawb yn eu hadnabod ac yn eu caru. Y canlyniadau, gwinoedd peated Gwyddelig yw'r cyntaf o'u math yn y byd ac maent yn cynnwys grawnwin Pinot noir a Pinot blanc o ranbarthau Rheinhessen a Pfalz yn yr Almaen a mawn sy'n dod yn lleol yng ngorllewin Limerick. Mae aeddfedu'r gwin, yn debyg i'r broses dderw, yn sicrhau bod gan y gwinoedd ddigon o amser i setlo a datblygu taflod cymhleth ac mae hyn yn arwain at liw coch rhuddem deniadol gyda'r Pinot noir. Ar y trwyn, mae arogl cysurus mawn ac ar y daflod, mae'n gyfoethog ac yn grwn ond eto mae'n cadw ei ysgafnder sy'n nodweddiadol o'r clasur Pinot noir. Mae'r Pinot blanc yn cynnig profiad blasu ychydig yn wahanol gyda nodiadau priddlyd cryf ar y trwyn ac ar y blas cychwynnol, fodd bynnag, mae'r melynau mawn wrth i chi barhau i fwynhau'ch gwydraid cyntaf ac ail wydr Pinot blanc Gwyddelig. Mae'r gwinoedd yn brofiad cwbl unigryw.

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BT Wines is based in the South West of Ireland and run by Brendan and Trisha who became friends at college, where they both studied business. Trisha is also a chef.

Brendan and Trisha have spent years researching and experimenting with a wide variety of grapes and processes to make their idea a reality, to create truly unique wines, ones which marry the peat lands of Ireland with grape varieties everyone knows and loves. The results, Irish peated wines are a first of their kind in the world and are comprised of Pinot noir and Pinot blanc grapes from the Rheinhessen and Pfalz regions in Germany and peat which is sourced locally in west Limerick. Maturation of the wine, similar to the oaking process, ensures the wines have ample time to settle and develop a complex palate and this results in an inviting ruby red colour with the Pinot noir. On the nose, there is the comforting aroma of peat and on the palate, it is rich and rounded yet retains its lightness which is characteristic of classic Pinot noir. The Pinot blanc offers a slightly different tasting experience with strong earthy notes on the nose and on the initial taste, however the peat mellows as you continue to enjoy your first and second glass of Irish peated Pinot blanc. The wines are a truly unique experience.

Coaltown

Cychwynwyd cwmni rhostwyr coffi Coaltown yn 2013, fel rhan o bumed don y byd rhostio coffi, gan Scott James gyda'r uchelgais o fod eisiau dod â diwydiant newydd i dref ôl-ddiwydiannol Rhydaman. Mae'r cwmni'n canolbwyntio ar fasnach gynaliadwy a thryloyw gyda ffermydd bychain ar draws y rhanbarthau tyfu coffi drwy'r byd, ac yn bwriadu cynnal safon ar bob cam o'r broses cynhyrchu. Maent yn cael eu gyrru gan eu dymuniad i barhau i weithredu'n foesol a chan eu dymuniad i rostio coffi blasus sy'n llawn personoliaeth.

Tref fach yw Rhydaman o tua 5,400 o bobl. Mae'n gymuned a fu unwaith yn un lofaol ble roedd glo anthracite (aur du) yn danwydd i'r gymuned lleol. Yn anffodus yn 2003, caeodd yr olaf o'r pyllau glo lleol, gan ddod â difodiant araf gyda hynny ynghyd â diweithdra uchel a dim argoel o waith ar gyfer y rhai sy'n gadael ysgol. Eu cynllun yw i newid hyn, dod â diwydiant yn ei ôl a chychwyn cynhyrchu ffurf newydd ar aur du yn y dref hon. Coffi.

Yn ddiweddar daeth Coaltown yn un o'r cwmnïau coffi cyntaf i dderbyn tystysgrif b-Corp yn y DU, a nawr maent wedi ymrwymo'n foesol ac yn gyfreithiol i flaenoriaethu'r cyfrifoldeb dros yr amgylchedd a thros gymdeithas, o'r arbenigwyr sy'n cynhyrchu'r coffi yn y rhostfa hyd at y baristas a'r timau blaen tŷ sy'n gweithio yn eu caffis.

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Coaltown coffee roasters is a Fifth Wave coffee roastery started on 2013 by Scott James with the ambition of bring a new industry to the ex-mining town of Ammanford. The company focus on sustainable and transparent trade with small farms from across the coffee-growing regions of the world, and aim to uphold quality at every stage of production. They are driven by remaining ethical, and by their desire to roast delicious coffee that's full of personality.

Ammanford is a small town of 5,400 people. A former mining community where anthracite coal (black gold) fuelled the local economy. Unfortunately in 2003, the last of the local collieries closed, bringing with it a slow demise with high unemployment with no prospect for the school leavers of today. Their plan is to change this, to bring back an industry and get this town producing a new form of black gold. Coffee.

Coaltown has also recently become one of the first b-Corp certified coffee companies in the UK, and are now morally and legally committed to prioritising responsibility to the environment and society, from the experts who produce their coffee at their roastery to the baristas and front of house teams based in their cafes.

Costello's Brewing Company

Mae Costello's yn bragu cwrw sy'n blasu'n ardderchog ac sydd â sylwedd iddo. Caiff ei fragu gan ddefnyddio cynhwysion 100% naturiol ynghyd â'u proses fragu 'hollol naturiol' blaengar hwy. Maent yn creu pob cwrw gyda golwg ar iechyd y cwsmer. Nid yw eu cwrw, a gynhyrchir yn naturiol, yn dod â'r un effaith negyddol ar yr iechyd ag a gysylltir â chwrw wedi'i brosesu. Mae 'Cwrw Naturiol Pur' yn well i chi. Ac maen nhw wedi profi hynny ...

Costello's yw'r unig fragdy sydd ar ôl yn Kilkenny ac maent yn cymryd eu hysbrydoliaeth o'u hamgylchedd. Maent ar dân dros adfywio diwydiant lleol yn y ddinas.

Mae'r amrywiaeth o gwrw'n cynnwys It's Spelt Lager, lager sych, croyw sy'n naturiol isel mewn calorïau, Beyond A Pale, cwrw golau aml-rawn ar gyfer y rhai sy'n chwilio am flas anturus a The Red, fersiwn modern o'r cwrw coch Gwyddelig.

Maent yn cadw stoc o'u dewis o gwrw tun a chwrw potel mewn rhai siopau yn rhwydwaith SuperValu o raglen y Food Academy. Maent wedi gweld twf aruthrol yn y gwerthiant hwn drwy gefnogaeth rhwydwaith o siopau SuperValu wrth iddyn nhw gefnogi cynhyrchion lleol.



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Costello's brew great tasting beers that go easy on the body. Brewed using 100% natural ingredients and an innovative 'only natural' brewing process. They craft every beer with a keen eye on the consumers' health. The naturally produced beers do not carry the same negative health impact associated with highly processed beers. 'Purely Natural Beer' is better for you. And they've proved it ...

Costello's are the sole surviving Kilkenny brewery and they draw inspiration from the rich brewing heritage of Kilkenny and the local environment. They are passionate about reviving a lost industry in the city.

The range of beers include It's Spelt Lager, a dry crisp lager naturally low in calories, Beyond A Pale, a multi grain pale ale for the adventurous taste buds and The Red, a modern take on the classic Irish red ale.

They stock a range of canned and bottled beers in select SuperValu stores nationwide through the Food Academy programme. They have seen great growth in sales through the support of the SuperValu network of stores and their championing of local products.

Dudes Foods

Cwmni busnes blaengar yw Dudes Foods wedi'i leoli yn Swydd Kerry, maent yn cynhyrchu bwydydd fegan a diglwtan a wnaed gan grefftwyr. Maent yn gwmni teuluol ac mae sawl aelod o'r teulu sy'n helpu gyda digwyddiadau.

Mae Dudes Foods yn gwneud eu holl gynhyrchion yn eu cegin fegan a adeiladwyd yn bwrpasol ac sy'n rhydd o glwten a chnau mwnci a leolwyd yn y brynau uwchben Brosna, Swydd Kerry. Maent yn gwmni sy'n meddwl i'r dyfodol ac er eu bod yn newydd i'r farchnad, maent â'u bryd ar ddod yn adnabyddus. Maent yn ceisio osgoi defnyddio unrhyw becynnu plastig ar gyfer eu cynnyrch ac maent yn defnyddio jariau a photeli gwydr yn helaeth. O Ebrill 2020 ymlaen, byddant yn cynhyrchu 100% o'u trydan eu hunain oddi wrth eu tyrbîn gwynt, paneli solar a system gweithredu a monitro cyfrifiadurol eu hunain.

Drwy'r rhaglen BUCANIER, maent wedi ymestyn eu dewis o gynnyrch sy'n cynnwys mayonnaise di-wy, mayonnaise di-wy blas garlleg a enillodd y wobr aur yn yng ngwobrau Free From Iwerddon a'r mayonnaise di-wy blas chipotle. Enillodd eu saws Swydd Caerwrangon wobr saws gorau ac enillodd eu mêl diwenyn (bee-free honeii) y wobr cynnyrch gorau sy'n rhydd rhag gynhwysion yng Ngŵyl Fwyd Listowel, sy'n ŵyl fawr ei pharch.

Ychwanegodd Dudes Foods nifer o sawsiau eraill i'w casgliad, yn ogystal â winwns wedi'u piclo, cyffug siocled, teisennau a phethau wedi'u pobi gan gynnwys wy wedi berwi fegan, hyd yn oed.

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Dudes Foods is an innovative business in County Kerry, producing artisan vegan and gluten-free foods. They are very much a family-based business and have various members of the family helping out at events.

Dudes Foods make all their products in-house from a purpose-built vegan, gluten free and peanut free kitchen in the hills above Brosna, Co. Kerry. They are forward-thinking and even though new to the market, intend to make their presence felt. Their aim is to avoid all plastic packaging in their products and use glass jars and bottles extensively. As of April 2020 they will produce 100% of their own electricity needs from their own wind turbine, solar panels and state of art computerised operating and monitoring system.

Through the BUCANIER programme, they have extended their product range which includes egg-free mayonnaise, garlic egg-free mayonnaise, that won gold at the Free From Awards Ireland, and the chipotle egg-free mayonnaise. Their Worcestershire sauce won best condiment and their bee-free honeii that won best free from product at the highly respected Listowel Food Fair.

Dudes Foods have also added various other condiments, pickled onions, chocolate fudges, cakes and bakes to the range and even their vegan boiled egg.

The Fresh Fish Deli

Mae'r Fresh Fish Deli yn cynhyrchu dewis o fwydydd pysgod o'r safon uchaf sy'n cynnwys cacennau pysgod, pasteiod, goujons a sawsiau bwyd môr; mae'r cyfan yn cael eu gwneud â llaw mewn dull di-ffws. Mae eu cynnyrch yn lleihau'r ofn o baratoi pysgod yn y cartref, maent yn darparu cyflwyniad ardderchog i fwyta pysgod ar gyfer plant ac fe gânt eu gwneud heb ddefnyddio ychwanegolion neu gadwolion, mewn safle sydd ag offer o'r safon uchaf. Mae'r cwmni hefyd yn gweithredu busnes cyfanwerthwyr ble maen nhw'n cyflenwi pysgod ffres i westai a bwytai. Caiff y pysgod eu prosesu mewn uned bwrpasol ar gyfer y gwaith gan ddefnyddio pysgod o'n cychod eu hunain a rhwydwaith o gychod pysgota lleol.

Cychwynodd y Fresh Fish Deli yn 2014 gyda syniad i ddatblygu marchnad leol ar gyfer cynnyrch bwyd môr. O sylfaen cwsmer gwerthu a chyfanwerthu yng ngorllewin Corc, llwyddodd y fusnes i gynyddu cynhyrchu er mwyn cyflenwi siopau SuperValu a Centra drwy Iwerddon. Eu cwsmeriaid mwyaf diweddar yn Iwerddon yw Tesco a Dunnes Stores, bydd Aldi yn cychwyn cydweithio yn ystod y misoedd nesaf.

Mae arloesi a chreadigrwydd, ynghyd â gallu i ddiwallu anghenion cwsmeriaid am ddewis o gynnyrch bwyd môr blasus a chynaliadwy sy'n barod mewn munudau, wedi bod yn hollbwysig i lwyddiant y cwmni hyd yma.

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The Fresh Fish Deli produce a premium range of fish cakes, pies, goujons and seafood sauces; all handmade with a minimum of fuss. Their products take the fear away from preparing fish in the home, provide an excellent introduction to fish consumption for children and are made, without the use of additives and preservatives, in a facility which is fitted out to the highest standards. The company also operate a wholesale business where they supply hotels and restaurants with fresh fish. The fish is processed in their custom built filleting unit using fish from their own boats and a network of local fishing boats.

The Fresh Fish Deli started in 2014 with an idea to develop a local market for seafood products. From a west Cork retail and wholesale customer base, the business was able to scale up to supply SuperValu and Centra stores nationwide. Its latest customers in Ireland are Tesco and Dunnes Stores with Aldi coming on board in coming months.

Innovation and creativity, combined with an ability to satisfy the need of customers for a range of delicious, sustainable seafood products that are ready in minutes, have been paramount to the company's success to date.

The Fudge Foundry

Mae'r Fudge Foundry yn gwmni bychan lleol sy'n cynhyrchu cyffug blas siocled Gwlad Belg yn Sir Benfro. Maen nhw'n gwneud dewis o flasau gwahanol sy'n hufennog a hyfryd, ac sy'n gwneud i bobl eisiau bwyta mwy.

Maen nhw'n gweithio gyda rhai cynhyrchwyr lleol i gynnwys eu blasau hwy mewn peth o'n cynnyrch e.e. cynnyrch gan Pembrokeshire Sea Salt Co. yn eu siocled Pembrokeshire Sea Salted Caramel Fudge neu fferm Pembrokeshire Chilli Farm (powdr tsili sy'n gyfuniad o siocled a habanero) yn eu siocled Fiery Ginger and Chilli Fudge.

Cychwynodd Natalie Mills arni a dechrau ei busnes ar ddiwedd Tachwedd 2018, roedd hi wedi hyfforddi fel cogydd pan oedd hi'n iau, mae ganddi hoffter mawr o greu blasau anhygoel.

Mae Natalie'n cyfaddef ei bod hi'n caru siocled, ychydig yn ormod, efallai.



The Fudge Foundry is a small locally based business producing handcrafted Belgian chocolate based fudge in Pembrokeshire. It is made in a range of unique flavours to create a smooth and creamy moreish texture.

They work with some local producers to include their flavours in some of their products e.g. products from Pembrokeshire Sea Salt Co. in their milk chocolate Pembrokeshire Sea Salted Caramel Fudge, or Pembrokeshire Chilli Farm (chocolate habanero blend of chilli powder) in their dark chocolate Fiery Ginger and Chilli Fudge.

Natalie Mills took the plunge and started the business at the end of November 2018, having trained as a chef in her younger days, she has a real passion for creating flavour sensations.

Natalie confesses that she's a chocaholic!

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Gaelic Escargot

Wedi'i leoli yn Garryhill, Co. Carlow, Gaeleg Escargot yn arloeswr ym maes ffermio escargots Gwyddelig buarth, gyda'u fferm a'u Canolfan Ymchwil a Datblygu y cyntaf o'i caredig ar y glannau hyn.

Ers 2013 maent wedi bod yn ymchwilio i *escargots* ac yn eu ffermio nhw, gyda phwyslais penodol ar gynnyrch fferm fuarth gynaliadwy. Heddiw, maent yn cynhyrchu *escargot* Gwyddelig ffres ac *escargot* mewn dŵr hallt ar gyfer y sector gwasanaeth bwyd ar raddfa ryngwladol.

Daeth Gaelic Escargot i fodolaeth oherwydd diddordeb gwirioneddol mewn bwyd. Ar ôl iddi ddychwelyd o drip i Ffrainc, sylwodd Eva ar y diffyg *escargots* ar y farchnad Wyddelig, penderfynodd geisio bridio nifer sampl er mwyn eu bwyta eu hun a bridiwyd stoc o 200 malwen mewn fflat un ystafell wely yn Kilkenny. A dyna sut y ganed Gaelic Escargot ac y dechreuwyd ffermio malwod yn Iwerddon ...

O safbwynt maeth, mae natur hynod faethlon cig *escargot* yn eu gwneud yn ddewis amgen addas ac iach i ffynonellau cig eraill. Mae cynnwys cyffredin marco-faetholion mewn 100g o gig malwod bwyttadwy yn cynnwys y canlynol: 15g o broteinau, 2.4g o fineralau a 60mg o fitamin A. Mae cig *escargot* yn isel iawn mewn calorïau – mae 12 *escargot* yn cynnwys 80 calori a 100g o'r cynnyrch yn cynnwys 60% o anghenraid calsiwm dyddiol i oedolyn a 25% o'r anghenraid haearn.

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Located in Garryhill, Co. Carlow, Gaelic Escargot is a pioneer of farming free-range Irish escargots, with their farm and R&D Centre the first of its kind on these shores.

Since 2013 they have been researching and farming escargots, with a particular emphasis on free-range and sustainable production. Today they provide fresh Irish escargots and escargot in brine to the food service sector on an international scale.

Gaelic Escargot came into existence from a genuine passion for food. Noticing a lack of escargots on the Irish market, having returned from a trip to France, Eva decided to try to breed a sample batch for her own consumption and a stock of 200 snails was bred in a one bedroom apartment in Kilkenny. And this is how Gaelic Escargot and snail farming in Ireland was born ...

From a nutritional point of view, the high nutritive value of the escargot meat makes them a suitable and healthy alternative to other conventional meat sources. The average contents of macro-nutrients of 100g of edible snail meat are: 15g of proteins, 2.4g of minerals and 60mg of vitamin A. Escargot meat is also very low in calories – 12 escargots contain just 80 calories, and 100g of the product covers 60% of the adult daily calcium requirement and 25% of the iron requirement.

The Gluten Free Kitchen Company



Mae'r Gluten Free Kitchen Company yn frand artisan a lles sy'n cynhyrchu bwyd sy'n arbenigo yn y sector Rhydd Rhag. Sefydlwyd y brand yn 2011 yn eu stondin marchnad gan Doireann Barrett.

Mae'r Gluten Free Kitchen Company yn cynhyrchu bwydydd artisan fel teisennau, bara, teisennau bach, cynnyrch sawrus fel cawl, lasagne, quiche a dewis o frechdanau.

Maen nhw hefyd yn cynhyrchu pethau 'Rhydd Rhag' fel fitaminau, ategolion bwyd, rhaglenni rheoli pwysau a chwaraeon, gofal croen a chynhyrchion hylendid y byddan nhw'n cael hyd iddyn nhw o bob cwr o'r byd.

Mae'r Gluten Free Kitchen Company yn gwerthu'n uniongyrchol i'r cwsmer drwy eu gwefan a'u stondinau marchnad.

Sefydlwyd y Gluten Free Kitchen Company er mwyn gwasanaethu'r sector 'Rhydd Rhag' oherwydd bod Doireann ei hun wedi byw gyda chlefyd coeliac sy'n gyflwr difrifol yn ymwneud â'r imiwnedd. Cychwynwyd y Gluten Free Kitchen Company fel y caffï cyntaf sy'n rhydd rhag pob glwten a gwenith yn Iwerddon, wedi'i leoli yn Tralee, Swydd Kerry yn 2012 fel caffï am 10 niwrnod ac fe arhoson nhw ar agor am ddwy flynedd ar les dros dro, dyma ble sefydlon nhw eu brand. Maent bellach yn frand llwyddiannus sy'n ennill gwobrau.

The Gluten Free Kitchen Company is an artisan food and wellness brand specialising in the 'Free From' sector. The brand was established in 2011 at their market stall by Doireann Barrett.

The Gluten Free Kitchen Company produce artisan foods such as cakes, breads, pastries, savoury products such as soups, lasagnes, quiches and sandwich ranges.

They also supply quality 'Free From' products such as vitamins, food supplements, weight and sports management programs, skincare and hygiene products which they source globally.

The Gluten Free Kitchen Company sell directly to the customer via their website and market stalls.

The Gluten Free Kitchen Company was established to service the 'Free From' sector because Doireann had her own personal experience of living with coeliac disease which is a serious autoimmune condition. The Gluten Free Kitchen Company set up Ireland's first all gluten and wheat free café in Tralee, Co. Kerry Ireland in 2012 as a 10 day pop up café which remained open for two years on a temporary lease where they established their brand offering. They are now a multi award winning brand.

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Good Carma

Cwmni bwyd bach a blaengar yw Good Carma sy'n arbenigo yn natblygiad amrywiaeth o gynnyrch sy'n seiliedig ar blanhigion. Wedi'i leoli yng nghanol Sir Gâr, Charlotte Bates yw'r perchennog sy'n rhedeg y cwmni. Bu Charlotte yn fegan ers 2010 ac yn llysfwytawraig am 10 mlynedd cyn hynny. Bu Charlotte yn frwd dros hawliau anifeiliaid a'u lles erioed; ac mae ganddi ddealltwriaeth gref a diddordeb brwd mewn iechyd a maeth.

Dechreuodd Charlotte gwmni Good Carma yn ystod haf 2013 er cof am ei mam, Lynne, a fu farw'n gynharach y flwyddyn honno. 'Pan roedd fy mam yn fyw, roeddwn i'n ceisio'i helpu hi drwy gynnig dewis arall i gaws wedi'i wneud o laeth heb golli blas ond gan ddefnyddio cynhwysion iach hefyd. Bellach, caiff cynnyrch caws Good Carma eu mwynhau gan bobl sy'n feganiaid a'r rhai nad ydynt yn feganiaid fel ei gilydd.'

Y cynnyrch caws amgen cyntaf a ddatblygwyd gan Good Carma oedd Flavour Fusion – sef dewis o gawsiau amgen yn arddull Parmesan wedi'u pecynnu mewn tiwbiau i'w hysgwyd dros fwyd (tebyg i Parmesan wedi'i gratio).

Bwriad a rhesymeg y fusnes yw i helpu pawb gyda'u maeth, mae'r polisi busnes yn cynnwys arferion moesol a defnydd o soia di-GM.

Ar hyn o bryd maent yn cyflenwi Waitrose, Morrisons yn yr adran iechyd a lles, archfarchnad ar-lein Ocado a phob siop Planet Organic Stores yn Llundain.

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Good Carma is a small and innovative food business specialising in the development of a range of plant based products. Located in the heart of Carmarthenshire, Good Carma is owned and run by Charlotte Bates. Charlotte has been vegan since 2010 and was vegetarian for 10 years before that. Charlotte has always been passionate about animals and their welfare; and has a strong understanding and interest in health and nutrition.

Charlotte started Good Carma in the summer of 2013 in honour of her mother Lynne who died earlier that year. 'When my mother was alive, I tried to help her by offering an alternative to dairy cheese without sacrificing flavour but using healthy ingredients as well. Good Carma's cheese style products are now enjoyed by both vegans and non-vegans alike.'

The initial cheese style alternative product developed by Good Carma is Flavour Fusion – a range of grated Parmesan style alternatives packaged in a shaker tube (similar to grated Parmesan).

The aim and rationale of the business is to nutritionally help all people, business policy includes ethical practices and the use of non GM soya.

They currently supply Waitrose, Morrisons in the health and wellbeing section, Ocado online supermarket and all Planet Organic Stores in London.

Good for You Ferments

Cwmni o weithwyr crefftus yw Good for You Ferments gaiff ei redeg gan Aoife a Jon. Maent yn gwneud cyflenwadau bychain â llaw o sauerkraut heb ei bastureiddio mewn dewis difyr o flasau hynod. Maent yn frwd dros natur, yr amgylchedd a'r economi fwyd leol, dyna pam y maent yn dewis cynhwysion lleol, o'r safon uchaf, a dyfwyd mewn dull sy'n garedig i natur ar gyfer eu heples. Bwriad Good for You Ferments yw i ledaenu'r cariad am fwyd sy'n gyfeillgar i'r stumog ymhell ac agos gan eu bod nhw'n argyhoeddedig bod, 'Hapusrwydd yn dod o'r tu fewn.'



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Good for You Ferments is an artisan business run by Aoife and Jon. They hand-make small batches of unpasteurised sauerkraut in a vibrant range of delicious flavours. They have a passion for nature, the environment and the local food economy which is why they always source local, top quality, nature-friendly grown ingredients for their ferments. The aim of Good for You Ferments is to spread the love for this gut-friendly food far and wide as they believe that, 'Happiness is an inside job.'

Gwenyn Gruffydd



Mae Gwenyn Gruffydd yn dîm gŵr a gwraig o ddyffryn Tywi yn Sir Gâr sy'n cynhyrchu mêl sy'n ennill gwobrau. Mae eu cychod wedi'u gosod mewn mannau gwledig ar draws Sir Gâr ac maent yn cynhyrchu mêl hynod ei flas, caiff hyn ei helpu oherwydd yr holl law sy'n syrthio yn Sir Gâr. Gruffydd sy'n gwenyna tra bod Angharad yn gwneud y gwaith marchnata, rhoi'r mêl mewn potiau a'u labelu – y cyfan yn cael ei wneud â llaw, cynnyrch tra chreffftus.

Mae'r ddau yn chwarae rhan weithredol wrth geisio dadwneud y dirwyiad yn niferoedd y wenynen fêl drwy werthu eu mêl Cymreig tra arbennig a gwneud nifer o gyfweiliadau ar y teledu a'r radio ynghyd â derbyn gwahoddiadau cynyddol i areithio gan grwpiau cymuned, ysgolion a gweithdai, hefyd drwy'r cynllun Mabwysiadu Cwch Gwenyn ar gyfer sefydliadau, busnesau a chwmnïau sy'n chwilio am atebion blaengar ar gyfer cyfrifoldebau cymdeithasol i gwmnïau a diwrnodau arbennig sy'n cynnig profiad yn ogystal â chynllun Mabwysiadu Gwenyn ar gyfer unigolion ar eu fferm fechan yn nyffryn Tywi.

Gwenyn Gruffydd is a husband and wife team that produce award winning honey in the Tywi valley in rural Carmarthenshire. The hives are dotted across rural locations in Carmarthenshire and produce exceptional tasting honey, helped by all the rain Carmarthenshire receives. Gruffydd does all of the beekeeping and Angharad does the marketing, jarring and labelling – all by hand; a truly artisan product.

They are playing an active part in helping reverse the decline of the honeybee through selling their award-winning Welsh, artisan honey. They regularly make numerous TV and radio appearances; with demand to speak with community groups, schools and workshops increasing, also through the Adopt a Hive scheme for organisations, businesses and companies seeking innovative solutions for corporate social responsibility and offering beekeeping workshops and experience days as well as Adopt a Bee scheme for individuals on their small farm nestled in the Tywi valley.

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Gwin Gwenlais



Cychwynnodd Paul Davies ar ei freuddwyd o blannu gwinllan ar ei fferm ger Llandybïe tua phum mlynedd yn ôl. Wedi tyfiant cychwynol da i sefydlu'r winllan, llwyddodd i gael cnwd arbennig o rawnwin yn 2018. Roedd y *vintage* cyntaf yn flasu tu hwnt ac mae'r dyfodol yn edrych yn ddisglair i Gwin Gwenlais dros y blynyddoedd nesaf.

Ysgrifennodd y Prifardd Athro Tudur Hallam englyn i ddisgrifio'r gwin:

Un gwin i adfywio'r geg – a'i olau
i'r galon yn rhedeg;
daw â bywhad bob adeg
a'r blasu fel dathlu'n deg.

Nepell o darddle afon Gwenlais lleolir ein gwinllan deuluol ar fryniau ffrwythlon Dinefwr, a chastell Carreg Cennen yn gefnlen odidog iddi.

Mae Paul eisoes yn wenynwr ac yn gynhyrchydd mêl gyda'i gwmni ei hun, Y Wenynfa. Mae ganddo dros 100 o gychod gwenyn ar draws brynau toreithiog Sir Gâr. Mae'n teimlo'n freintiedig o gael gweithio law yn llaw â byd natur.

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Paul Davies started on his dream of planting a vineyard on his farm am Llandybïe around five years ago. After a good initial first growth in order to establish the vineyard, he managed to get an excellent harvest of grapes in 2018. The first *vintage* was extremely tasty and the future looks bright for Gwin Gwenlais over the next few years.

The poet and academic Tudur Hallam wrote an englyn (a short poem in strict rhyming metre) to describe the wine:

Un gwin i adfywio'r geg – a'i olau
i'r galon yn rhedeg;
daw â bywhad bob adeg
a'r blasu fel dathlu'n deg.

One wine to revive the palate – its light flows to the heart;
it brings life each time
and tastes like true celebration.

The family vineyard is situated not far from the river Gwenlais on the fruitful hills of Dinefwr, with Carreg Cennen castle as a beautiful backdrop.

Paul is already a beekeeper and honey producer with his own company, Y Wenynfa. He has over 100 beehives across the lovely hills of Carmarthenshire. He feels fortunate to be able to work hand in hand with nature.

Halen Dewi



Ganed a maged Ben Lloyd yn Nhyddewi, Sir Benfro, ble'r oedd ei deulu'n rhedeg gwesty'r Warpool Court. Dechreuodd ei gariad tuag at fwyd y môr tymhorol fel cranc, macrell, cregyn glesion a bara lawr yma. Treuliodd ei flynyddoedd cynnar yn hela mewn pyllau dŵr ar lan y môr, yn nofio ac yn archwilio traethau wedi'u gorchuddio â halen y môr.

Ar ôl iddo astudio cefyddyd gain a gweithio yn Lerpwl, dychwelodd i Sir Benfro er mwyn gweithio fel artist ac athro. Fodd bynnag, mae'n ymddangos na fedrodd ddianc rhag tynfa'r heli ac yn 2016, ganed Halen Dewi. Ar hyn o bryd mae Halen Dewi yn datblygu cynhyrchion blasus newydd, sy'n ymrwymo i ddefnyddio cynnyrch lleol wedi'i fedi yn ei dymor.

Ben Lloyd was born and raised in St Davids, Pembrokeshire, where his family ran the Warpool Court Hotel. Here began started his love of seasonal seafood such as crab, mackerel, mussels and laverbread. His early years were spent rock-pooling, swimming and exploring beaches encrusted with sea salt.

After studying fine art and working in Liverpool he returned to work as an artist and teacher in Pembrokeshire. However, it seems he couldn't escape the draw of the sea and in 2016 Halen Dewi was born. He is currently developing delicious new Halen Dewi products committed to seasonally harvested local produce.

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Jin Talog

Y mae Jin Talog yn jin hollol Gymreig, hynod gynhyrfus, sydd â blas ardderchog, mae'n jin 'London Dry' organig o'r safon uchaf wedi'i greu yng nghalon Sir Gâr. Enillodd y cwmni 3 seren yng ngwobrau Gwir Flas 2019, un o bedwar math o jin yn unig sydd wedi llwyddo i gipio'r fath anrhydedd. Cafodd Jin Talog eu henwebu yn y tri uchaf o ran bwyd a diod yng Nghymru 2019 ar gyfer gwobr y Fforc Aur. Ddim yn ffôl am jin a lansiwyd yn 2018.

Y pethau cyntaf yn gyntaf: caiff Jin Talog ei sillafu gyda 'j' am mai dyma ffordd caiff jin ei sillafu yn Gymraeg.

Mae'r cwmni wedi'i leoli ar fferm yn ardal Talog, yn Sir Gâr. Mae'n lle ardderchog i fyw a dyma ble caiff y jin ei wneud felly cafodd yr enw Jin Talog, wrth gwrs.

Jin yw eu bywyd, a dydyn nhw ddim yn gwneud unrhyw beth arall – yn syml, maent yn canolbwyntio ar yr hyn y ymaent yn ei wneud yn dda – gan fynd i eithafion i sicrhau y jin o'r safon gorau.

Cynlluniwyd y label i adlewyrchu eu treftadaeth gwledig Cymreig. Maent yn gwmni dwyieithog gan ddefnyddio Cymraeg a Saesneg i gyfathrebu gyda'u cymuned leol a chyda'u cwsmeriaid.



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Truly Welsh, madly exciting, deeply flavoured, Jin Talog is a premium, organic 'London Dry' gin created in the depths of Carmarthenshire. They have won 3 stars at the Great Taste awards 2019, one of only four gins to achieve this honour. Jin Talog were also nominated as being in the top 3 food and drinks in Wales 2019 for a Golden Fork award. Not bad for a gin launched in 2018.

First things first: they are Jin Talog with a 'j' as that is how 'gin' is spelled in Welsh.

They are based on their farm near Talog in rural Carmarthenshire. It's a great place to live, and it's where they make their gin, so they called it Jin Talog, of course.

Gin is their passion and they don't make anything else – focussing simply on what they are good at – going to great lengths to make the best quality gins.

They have also planned the label to reflect their Welsh, rural heritage. Jin Talog are bilingual and we use both Welsh and English to communicate with the local community and consumers.

Magner's Farm

Mae Kylie Magner yn rhedeg fferm Magner's Farm Cyf. gyda'i gŵr Billy a'u pedwar plentyn; Matilda, Tadhg, Imogen a Finn.

Wedi'i lleoli ar gaeau gwyrddion Tipperary, mae Kylie'n cyflenwi wyau a gynhyrchir gan ieir sy'n byw mewn caeau a chawl esgryn cyw iâr. Mae'r fferm yn newid i fod yn un organig ac mae Kylie'n rhan o fywyd gwaith dyddiol y fferm yr holl ffordd at y pacio a'r dosbarthu. Y mae hi'n hynod frwd dros addysg bwyd a darparu bwydydd o safon uchel o ran maeth, mae hi hefyd yn gweithio ar adfywio a gwella strwythur y pridd ar y fferm.



Kylie Magner runs Magner's Farm Ltd with her husband Billy and their four children; Matilda, Tadhg, Imogen and Finn.

Located on the lush fields of Tipperary, Kylie produces unique pasture range eggs and chicken bone broth. In organic conversion, Kylie is involved in the day to day working of the farm right through to packing and delivering. She is passionate about food education and providing quality nutrition dense food whilst working at regenerating and improving the soil structure on the farm.

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Mo's Kitchen

Katherine Wheatley yw sylfaenydd Mo's Kitchen. Cychwynodd Kath ei busnes yn 2017 ar ôl treialu amrywiaeth o fwydydd sy'n helpu'r iechyd ar gyfer ei mam tra bu hi'n cael triniaeth ar gyfer cancr. Wrth iddi ymchwilio ymhellach i fwydydd sy'n medru iacháu, daeth rhannu'r wybodaeth hyn yn bwysig iddi a cheisiodd gyfuno mwy o'r bwydydd hyn i fwyd mwy cyffredin, gyda'r bwriad o'u cadw'n llawn blas a hwyl.

Dechreuodd Kath gyda pheth suddoedd oer wedi'u gwasgu a datblygodd a thyfodd hynny wrth iddi ddysgu mwy am gyfuniadau sy'n iacháu, drwy siarad â'i chwsmeriaid am eu gofidiau iechyd hwy.

Hefyd, dechreuodd Kath gynhyrchu amrywiaeth o fariau ceirch amrwd a menyn wedi'i wneud o gnau y profodd hi ar ei ffrindiau a'i theulu. Wedi peth anogaeth dyner cynhaliodd ei marchnad gyntaf a dechreuodd Mo's Kitchen ddod yn fusnes go iawn. Doedd Kath ddim wedi cael ei denu at fusnes cyn hyn, ond y brwdfrydedd i gadw enw ei mam (Mo) yn fyw a'i gyrrodd hi yn ei blaen.

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Katherine Wheatley is the founder of Mo's Kitchen. Kath started her business in 2017 after trialling various health boosting foods for her mother whilst she was undergoing cancer treatment. As she researched further into healing foods, sharing this knowledge became a passion of hers and she tried to incorporate more of these into everyday foods, with the aim of keeping them fun and full of flavour.

Kath began with a few staple cold pressed juices that began to grow and develop as she learned more healing combinations, by speaking to her customers about the kind of health concerns that they had.

Kath also began to produce a range of raw oat bars and nut butters that she tested on friends and family. After some gentle encouragement she did her first market and Mo's Kitchen started to become a real-life business. Kath had never had a calling to business before, but it was the passion that she had to help her keep mum's (Mo's) spirit alive that drove her on.

Naturally Cordial

Gofynnodd mab Clodagh Davis iddi a fedrai gychwyn stondin lemonêd o flaen y tŷ. Roedd ganddo uchelgais fawr i ddod yn gyfoethog drwy werthu lemonêd. Doedd gan Clodagh ddim rysâit ar gyfer gwneud diod, ond roedd hi'n gwybod am ffrind oedd ag un, rysâit ei mam yng nghyfraith oedd e, ond yn garedig iawn, rhoddodd hi'r rysâit i Clodagh.

Felly, cychwynodd Alex ei stondin a chyda help ei chwaer, gwerthodd ddiodydd i'r cymdogion. Ond yn anffodus, doedd e ddim yn ddiwrnod prysur, felly wnaeth e ddim llawer o arian. Fodd bynnag, fe gychwynodd ddiddordeb Clodagh mewn gwneud diodydd a dechreuodd eu creu nhw'n gyson ar gyfer ei theulu. Rhoddodd rhywun arall rysâit diod grawnffrwyth pinc iddi y gwnaeth hi ei addasu i wneud ei diod ei hun, gostyngodd y canran siwgr ynddo o 50%.

Gallai fod wedi aros yn rysâit i deulu a ffrindiau petasai hi heb ddod yn rhan o gymdeithas rhieni ysgol uwchradd ei phlant. Ar ddiwedd pob tymor haf, byddent yn cynnal marchnad ffermwyr i godi arian. Cynigiodd Clodagh gynnal stondin ddiodydd yn hytrach na phrynu diodydd parod er mwyn eu gwerthu eto.

Roedd yn llwyddiant ysgubol ac mae hi'n cofio meddwl ar y pryd, bod yna gymaint o rieni oedd yn rhan o'r byd bwyd yno, nes ei fod yn ffordd ardderchog i brofi cynnyrch ac y gallai busnes da fod mewn diodydd. Tua wyth mis yn ddiweddarach, fe gollodd Clodagh ei swydd. Roedd ffawd wedi datgan yn glir. Ganed Naturally Cordial allan o hyn.

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Clodagh Davis' son asked if he could set up a lemonade stall at the bottom of their driveway. He had big ambitions of becoming rich by selling lemonade. Clodagh didn't have a cordial recipe at the time, but knew a friend who did. It turned out it was her mother-in-law's recipe and she kindly gave it to Clodagh.

So Alex set up his stall and, aided by his sister, sold glasses of cordial to their neighbours. It wasn't a busy day so unfortunately he didn't make much money. It did however spark Clodagh's interest and she started making cordial on a regular basis for the family's own use. Another acquaintance gave her their pink grapefruit recipe which she also adapted for her own cordial and reduced the sugar content by 50%.

It might all have stayed there as a recipe for family and friends if she hadn't become involved in the parents association of the secondary school that their children attend. At the end of summer term each year, they run a farmers' market fundraiser. Clodagh offered to run a cordial stand instead of purchasing soft drinks for re-sale.

It was a huge success and she remembers thinking at the time, that as so many parents were involved in the food business, it was actually a great way to test a product and that there could be a business in cordials. About eight months later, Clodagh was made redundant from her previous job. Destiny had spoken. Naturally Cordial was born.

No Acres Ltd

Busnes teuluol yw No Acres Limited. Hannah a Rudi Botes, gŵr a gwraig sydd wedi bod yn frwd dros dyfu bwydydd iach a lleihau'r effaith ar yr amgylchedd erioed.

Nhw yw cynhyrchwyr cynnyrch meicrogwyrdd cyntaf Sir Gâr.

Fel y gwyddom, mae'r amgylchedd yn newid ar raddfa gyflym ac anrhagweladwy, sy'n golygu nad yw cynnyrch sy'n cael ei dyfu drwy ddulliau traddodiadol y tu allan yn medru cael cysondeb o ran ansawdd neu edrychiad ac maent yn ddwys o ran defnydd adnoddau. Drwy ddefnyddio technoleg amgen, y maent yn medru rheoli'r amgylchedd tyfu, sicrhau cynnyrch cyson sy'n cael ei dyfu ar gyfer eu cwsmeriaid, ynghyd â graddfeydd cynhyrchu sy'n cael eu gwarantu.

Mae No Acres Limited wedi ailwrpasu cynwysyddion sy'n cael eu defnyddio ar longau i ddod yn fferm iddyn nhw. Er bod yn rhaid iddynt ddefnyddio trydan, mae gan eu system hwy lefel isel iawn o ddefnydd, yn ogystal â lleihau'r cyfanswm o ddŵr a ddefnyddir. Maent yn compostio eu pridd eu hunain, felly does dim gwastraff. Mae modd ailgylchu eu holl becynnau.

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No Acres Limited is a family run business. Husband and wife team Hannah and Rudi Botes have always been passionate about growing health food and minimising the impact on the environment.

They are the first microgreen producers in Carmarthenshire, west Wales.

As we know, climate is changing at a fast and unpredictable rate, which means products grown by the traditional methods outdoors cannot be of consistent quality or appearance and are resource intensive. By using alternative technology, they will be able to control the growing environment, ensure a consistent product is being grown for their customers, along with guaranteed production rates.

No Acres Limited have repurposed shipping containers to become their farm. Although they have to use electricity, their system has a very low level of consumption, as well as minimising the amount of water being used. They compost their own soil, so there is no wastage. All their packaging is recyclable.

Pembrokeshire Chilli Farm

Dechreuodd y cyfan yn 2016.

Sylweddolodd Owen a Michelle bod yna ddiffyg yn y dewis o tsili ffres a chynnyrch tsili oedd ar gael yn yr archfarchnadoedd a siopau'r stryd fawr arferol.

Felly, bant â nhw, i blannu gwahanol fathau o hadau tsili yn y gobaith y byddai hynny'n diwallu eu hangen am tsili. Yn hwyrach yn yr haf a chyda thros 150 o blanhigion, roedd ganddyn nhw lond gwlad o siapiau, lliwiau a gwres gwahanol. Ar ôl nifer o arbrofion gyda blasau llwyddwyd i greu 3 saws a 2 jam.

Ganed y Pembrokeshire Chilli Farm ... Mae'r Pembrokeshire Chilli Farm yn tyfu dewis helaeth o tsilis ac yn gwneud eu cynnyrch unigryw eu hunain allan ohonynt. Maent yn creu cynnyrch na fyddwch chi'n eu gweld yn unman arall, fel jam tsili Aji Limon neu y jam tsili Bakewell.

Cychwynwyd Pembrokeshire Chilli Farm oherwydd yr angen i ailddyfeisio'r tsili gan ddefnyddio rhai a dyfwyd gartref ynghyd â chynhwysion syml.

Maent yn cynnig dewis cyflawn o gynnyrch tsili o sawsiau, jamiau, malwyr a chynnyrch i'w rwbio ar gig a hefyd eu picl Burmese Naga enwog, mae ganddynt citiau tyfu tsili a dewis cyflawn o tsili ffres yn eu tymor.

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It all started in 2016.

Owen and Michelle had the dawning realisation that there was a severe lack of variety in the fresh chilli and chilli products available in the usual supermarkets and high street shops.

So off they went, planting a variety of chilli seeds in the hope this would satisfy their need for the chilli. Later, in the summer and with over 150 plants, they had an abundance of shapes, colours, tastes and heat. After many experiments with flavours they emerged with 3 sauces and 2 jams.

Pembrokeshire Chilli Farm was born ... Pembrokeshire Chilli Farm grow a wide variety of chillies and make their own unique products from them. Products that you probably won't find anywhere else such as their Aji Limon Chilli Jam or their aptly named Chilli Bakewell Jam.

Pembrokeshire Chilli Farm was born out of a desire to reinvent the chilli using home grown varieties and simple ingredients.

They offer a full range of chilli products from sauces, jams, grinders and meat rubs and including their famous Burmese Naga Pickle, they have chilli growing kits and a whole range of fresh chillis when the season is in.

Pembrokeshire Sea Salt Co.

Mae cwmni Pembrokeshire Sea Salt Co. yn cynhyrchu halen môr naturiol o'r safon uchaf, sydd wedi ennill sawl gwobr, mae'n cael ei gynaeafu â llaw, maent hefyd yn cynhyrchu halen wedi'i drwytho â blasau gwahanol yn ogystal â saws caramel cyfoethog. Mae'r fflawiau halen môr naturiol a'r rhai sydd wedi'u trwytho yn hynod frau fel bod modd eu malu'n hawdd rhwng bys a bawd. Maent yn halenau perffaith ar gyfer gorffen pryd, i'w hychwanegu at eich bwyd cyn gweini neu wrth fwrw iddi i fwyta, sy'n eich galluogi chi i reoli faint o halen a fwytwch gan wella blas eich bwyd. Mae'r halen môr naturiol hwn yn ychwanegiad perffaith i unrhyw bryd bwyd, mae'n rhoi blas cryf a glân yn naturiol.

Dechreuodd y cwmni gynhyrchu halen môr i'w ddefnyddio i goginio ym mis Gorffennaf 2016, ond i gychwyn, gwneud halen môr i'w gynnwys mewn sgwrwyr corff yr oeddent, ac roedd Sherrill yn eu defnyddio nhw ar gyfer triniaethau adweitheg Thai yn enw cwmni Cwtch Body & Sole Ltd. Roedd pobl yn eu hoffi nhw ac o'r fan honno fe gyrhaeddodd nhw at y fan hon heddiw. Maent yn dal i gynhyrchu sgwrwyr corff o dan yr enw Cwtch Body & Sole ond maent am dod â hwy o dan frand y Pembrokeshire Sea Salt Co. cyn bo hir.

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Pembrokeshire Sea Salt Co. produce premium, hand-harvested and multi-award winning natural sea salt and flavoured salt infusions as well as luscious salted caramel sauce. The natural and flavour infused sea salt flakes are all so delicate that they can be crumbled easily between your fingers. They are perfect finishing salts, added to your food when serving or at the table, thereby allowing you to control your salt intake whilst maximising the flavour enhancement of your food. This natural salt is the perfect addition to any meal, providing a strong, clean taste, naturally.

The company started producing culinary sea salt in July 2016, but started out making sea salt for sea salt body scrubs, which Sherrill used in Thai reflexology treatments as Cwtch Body & Sole Ltd. People liked them and the rest is history. They still produce the body scrubs under the name Cwtch Body & Sole but they are bringing those under the Pembrokeshire Sea Salt Co. brand imminently.

Printed Chocolates



Cychwynodd hoffter Lee Ann o siocled yn ei chegin gartref pan oedd hi'n 11. Roedd ei chynnig cyntaf trychinebus ar bobi siocled yn y popty wedi esgor ar gariad tuag at wneud a chreu sicoled hyfryd sydd wedi para oes. Cychwynodd ei busnes cyntaf yn gwerthu siocledi i athrawon a ffrindiau yn yr ysgol, rhoddodd yr elw i gyd i'r lloches anifeiliaid lleol.

Cymerodd ei bywyd hi ar hyd sawl llwybr gwahanol, fe gyrhaeddodd Gymru a phenderfynu gwneud yr hyn yr oedd hi'n ei hoffi.

Bellach, mae hi'n rhedeg Printed Chocolates ac mae'n cyflenwi siocledi wedi'u gwneud â llaw i nifer o westai mawr, gan gynnwys ar gyfer y cogydd byd-enwog, Marco Pierre White.

Lee Ann's passion for chocolate started in her home kitchen at the age of 11. A complete disaster of baking chocolate in the oven sparked a lifetime of love to make and create beautiful chocolates. She started her first business selling chocolates to teachers and friends in school, and all profits were given to the local animal shelter.

As life took her on many journeys, she ended up in Wales, UK and decided to follow her passion.

She now runs Printed Chocolates and supplies handmade chocolates to numerous hotel chains and celebrates, including world famous chef Marco Pierre White.

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Rívesci



Lansiwyd Rívesci (Ree-vessy) ym Medi 2019 yn y Clonmel Applefest, roedden nhw'n cynnig bwyd cartref llysieuol a fegan o'u carafan *vintage* 1976. Teimlodd y cyd-sylfaenwyr, Shannon Forrest a Declan Malone, cogydd sydd â seren Michelin, bod agor fan fwyd yn y gaeaf ychydig yn wallgo, ond gwnaeth hynny ddim o'u hatal nhw.

Ar ôl treulio sawl mis yn ymchwilio a gweithio ar eu bwydlen, darganfyddon nhw bod archwaeth mawr am yr hyn yr oedden nhw am ei wneud. Fe wnaethant fasnachu'n llwyddiannus yng ngwyliau Savour Kilkenny, Applefest Abbeylax, Dunbrody House a Ballymaloe, ac yna roedd Rívesci yn dymuno cael cartref mwy parhaol yn Clonmel, a hyd at fis Mawrth 2020, roedden nhw'n masnachu'n wythnosol ym marchnad ffermwyr tref Clonmel ac wrth y cei ger afon Suir.

Dechreuodd 2020 yn ardderchog i Rívesci oherwydd fe gawsant eu rhestru yn yr *Irish Independent*, *The Irish Times* a *The Sunday Times* fel un o'r manau gorau yn y wlad i gael brechdan.

Pan drawodd y pandemig, newidiodd Rívesci i fod yn wneuthurwyr sawsiau llawn amser, diolch i'r ffaith eu bod yn rhan o Academi Fwyd Supervalu. Mae eu Cashew Chilli Crush a'u Red Onion Marmalade with Spiced Port bellach ar gael mewn siopau a chaffis ledled Iwerddon. Yn wir, enillodd y Cashew Chilli Crush wobwr 3 seren Great Taste 2020 gan y Guild of Fine Food UK.

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Rívesci (Ree-vessy) launched in September 2019 at Clonmel Applefest offering cooked from scratch vegetarian and vegan dishes from their 1976 vintage caravan. Co-Founders Shannon Forrest and Michelin Star trained chef, Declan Malone felt that opening a food truck in winter might be a little mad but it didn't stop them.

After spending many months researching and working on their menu offering they found there was a huge appetite for what they wanted to do. Successfully trading at Savour Kilkenny, Applefest Abbeylax, Dunbrody House and Ballymaloe, Rívesci wished to set up a more permanent basis in Clonmel, and up until March 2020 traded weekly in Clonmel town centre at the farmer's market and at the quay alongside the beautiful river Suir.

2020 saw Rívesci off to a great start by being mentioned in the *Irish Independent*, *The Irish Times* and *The Sunday Times* had them listed as one of the best 30 sandwich spots in the country.

When the pandemic hit, Rívesci pivoted to becoming full time condiment makers, with thanks to being part of Supervalu Food Academy. Their Cashew Chilli Crush and Red Onion Marmalade with Spiced Port is now available in shops and cafés around Ireland. Indeed, the Cashew Chilli Crush was awarded a 3 star Great Taste award 2020 from the Guild of Fine Food UK.

Y Sied

Sefydlodd Lisa Fearn ei hysgol goginio, The Pumpkin Patch, yn 2010, er mwyn cynnig gweithdai coginio i blant, ardegwyr ac oedolion mewn cyd-destun ffermdy, sy'n canolbwyntio ar dyfu bwyd eich hunan, coginio i'r teulu a bwyta'n iach.

Mae Lisa i'w gweld yn coginio'n gyson ar raglen ddyddiol *S4C*, *Prynhawn Da* ac i'w chlywed ar Radio Cymru a Radio Wales. Mae hi hefyd yn gogydd arddangos cyson yn y Borough Market, Llundain ac yn Sioe Flodau'r Gymdeithas Arddwriaethol Frenhinol yn Tatton Park, ble mae'n rhedeg gweithdai sy'n annog teuluoedd i ddod at ei gilydd i goginio.

Cyhoeddodd Lisa ei chyfrol goginio gyntaf, *Blas / Taste*, oedd yn dathlu'r teulu a bwyd yn 2016 ac yna *Dathlu / Celebrate* yn 2018, cyhoeddwyd gan Gomer.

Yn ddiweddar mae Lisa wedi agor ysgol goginio bwrpasol newydd sbon o'r enw Y Sied yn Sir Gâr.



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Instagram: ysiedhq



Lisa Fearn established her cookery school, The Pumpkin Patch, in 2010, to offer cookery workshops for children, teenagers and adults in a farmhouse setting, which focuses on GYO, family cookery and healthy eating.

Lisa is a regular cook on *S4C*'s daytime *Prynhawn Da* (Good Afternoon) programme and on Radio Wales and Radio Cymru. She is also a regular demonstrating chef at London's famous Borough Market and at the Royal Horticultural Society Flower Show at Tatton Park, where she runs workshops encouraging families to get cooking together.

Lisa published her first cookery book *Blas / Taste*, celebrating family and food in 2016 and *Dathlu / Celebrate* in 2018, both by Gomer Press.

Lisa has recently opened a new purpose built cookery school called Y Sied in Carmarthenshire.

The Skibbereen Food Company

Sefydlwyd y Skibbereen Food Company gan gogydd llwyddiannus o Seland Newydd, Matthew Brownie yn 2014 sydd wedi'i leoli yn Skibbereen, gorllewin Swydd Corc, Iwerddon. Ar hyn o bryd mae'r cwmni'n cynhyrchu dewis o fyrbrydau proc ar gyfer eu gwerthu mewn siopau o safon ac mewn marchnadoedd diwydiant bwyd drwy Iwerddon, Cymru a'r DU.

Y mae'r dewisiadau byrbryd crofen porc ar gael o dan y brand Scratch My Pork ac mae blasau hyfryd i'w cael: cajun, blas mwg, halen a finegr a blas halen. Cânt eu gwneud o grofen porc Gwyddelig 100% sy'n naturiol uchel mewn protein ac â label glân, yn rhydd rhag MSG, cynnyrch llaeth a glwten. Caiff cynnyrch byrbrydau porc y Skibbereen Food Company eu coginio heb unrhyw olew coginio. Caiff y cynnyrch eu creu gan ddefnyddio dull toddiad ble mae'r grofen yn cael ei goginio yn ei fraster a'i sudd ei hun, mae'n cloi'r blasau i mewn ac yn sicrhau nad oes yna'r un cynhwysyn arall yn cael ei ychwanegu yn y broses. Mae gan y Pork Crunch Range dri blas hynod; caws a winwns, cig moch a tsili melys.

Datblygodd Matthew'r syniad ar gyfer y byrbrydau â'r blasau unigryw hyn gyntaf gan gyfuno cogyddiaeth o Brydain, Iwerddon ac o Seland Newydd ar ôl iddo fod yn astudio Celfyddydau Coginio yn Sefydliad Technoleg Corc yn 2011.

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The Skibbereen Food Company was established by award winning Kiwi chef Matthew Brownie in 2014 and is stationed in west Cork, Skibbereen, Co. Cork, Ireland. The company currently produces a range of pork snacks for the retail, high convenience and on and off trade food service markets throughout Ireland, Wales and UK.

The Pork Crackling Snack Range are available in the Scratch My Pork brand and there are four mouth-watering flavours: cajun, smokey, salt and vinegar and salted. They are made from 100% Irish pork rind, are naturally high in protein, and are clean label, MSG, dairy and gluten free. The Skibbereen Food Company's pork snack products are cooked without any cooking oils. The products are made using a rendering process where the rind is cooked in its own fat and juices, locking in the flavour and guaranteeing that no other ingredients are added in the process. The Pork Crunch Range have three delicious flavours; cheese & onion, bacon and sweet chilli.

Matthew first developed the idea of the unique snacks with the distinct flavourings and incorporating British, Irish and a bit of Kiwi gastronomy after studying Culinary Arts at Cork Institute of Technology in 2011.

Stafford Irish Spirits Co

Daw'r cwmni o Wexford yn Iwerddon. Maen nhw'n wahanol.

Mae 99% o'r jin sy'n cael ei gynhyrchu yn seiliedig ar rawn. Mae Stafford Irish Spirits Co yn gwneud eu jin nhw drwy ddefnyddio tatws.

Er mwyn gwneud gwirod sy'n seiliedig ar datws, rhaid defnyddio 4 gwaith y swm o datws o'i gymharu â grawn. Mae gwneud hyn ond yn fasnachol bosibl os ydych chi'n dyfwr tatws. Caiff y tatws sy'n cael eu defnyddio ar gyfer Jackford Irish Gin eu tyfu ar y fferm gan John Stafford. Mae modd olrhain tarddiad y tatws yn llawn.

Y nod yw dim gwastraff o gwbl. Creodd John Stafford Jackford Irish Gin er mwyn defnyddio tatws oedd dros ben (tatws hyll) nad oedden nhw'n cyrraedd at safon dibenion masnachol. Mae'r cwmni'n lleihau gwastraff ar y fferm ac yn gwneud rhywbeth newydd a blaengar yn Iwerddon.



The company is from Wexford, Ireland. They are different.

99% of gins are grain based. Stafford Irish Spirits Co make gin that is potato based.

To create a potato based spirit you use 4 times the amount of potato to grain. This is only really commercially viable if you are a potato grower. Potatoes that go into Jackford Irish Gin are grown on the farm by John Stafford. They have full traceability.

Zero waste is the goal. John Stafford created Jackford Irish Gin to use the surplus potatoes (ugly potatoes) that don't meet retail requirements. The company reduce waste on the farm and do something new and innovative in Ireland.

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Summit Good

Menter gymdeithasol yn Abertawe yw Summit Good. Fe wnaethant gychwyn fel Cwmni â Diddordeb Cymunedol yn gynnar yn 2019 a dydyn nhw ddim yn bwriadu rhoi'r gorau iddi. Mae Summit Good yn fwy na dim ond sefydliad, dyma beth maen nhw'n ei wneud, dyma pwy ydyn nhw a dyma beth maen nhw'n ei greu – ar gyfer ein hiechyd, ein cymunedau a'n planed.

Criw o ffrindiau yw Summit Good yn y bôn, maen nhw'n chwilio am ffyrdd i gael eu dwylo'n frwnt er lles pawb. Fe'u sefydlwyd i helpu pawb i FWYTA, TYFU a GWNEUD rhywbeth da.

BWYTA – mae Summit Good yn caru planhigion ac yn credu y dylai pawb gael y cyfle i fwyta rhywbeth da. Maen nhw'n cynhyrchu bariâu tryffl a phethau da siocledog eraill sy'n hynod dda i chi – GO IAWN a 100% wedi'u gwneud o blanhigion, yn feگان, heb siwgr pur, heb gnau ac yn ddiglwten.

TYFU – mae Summit Good yn caru ffa. Maen nhw'n tyfu ffa borlotti ar eu safle Summit Good yn Abertawe. Mae ganddyn nhw wagle sydd ar gyfer tyfu llysiau organig ar eu llain o dir dim palu cynaliadwy yn Abertawe.

GWNEUD – mae Summit Good yn credu mai'r ffordd orau a mwyaf cynaliadwy i wneud rhywbeth da yw drwy'r gymuned. Mae cael pobl at ei gilydd i wneud rhywbeth da yn creu newid cadarnhaol – o fewn eu hunain ac o fewn y gymuned. Maen nhw'n credu pan fod cymunedau'n gwneud rhywbeth da gyda'i gilydd fod hynny'n creu ymdeimlad dwysach o berchnogaeth, yn cynnig egni ac agosatrwydd – ac mae'n rhaid bod hynny'n beth da, yntydi?

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Summit Good is a Swansea based Social Enterprise. They setup as a Community Interest Company in early 2019 and don't intend on stopping. Summit Good is more than just an organisation, it's what they do, it's who they are and it's what they're creating – for our health, our communities and our planet.

Summit Good is basically just a group of mates that are looking to get their hands dirty for the greater good. They were established to help everyone EAT, GROW and DO Summit Good.

EAT – Summit Good love plants and believe everyone should be able to eat summit good. They produce chocolate truffle bars and other chocolatey goodies that are ACTUALLY like proper good for you and a 100% plants, vegan, refined sugar free, nut free and gluten free.

GROW – Summit Good love beans. They grow borlotti beans on their Summit Good site in Swansea. They have a space dedicated to growing organic veg on their no-dig sustainable smallholding in Swansea.

DO – Summit Good believe the greatest and most sustainable way to 'Do Summit Good' is through the community. Getting people together to create positive change – within themselves or within society. They believe when communities 'Do Summit Good' together it creates a heightened sense of ownership, energy and closeness – and that's gotta be a good thing, right?

Tea Traders

Cwmni te arbenigol yw Tea Traders. Maen nhw'n gwerthu eu cymysgedd eu hunain o de brecwast Cymreig a thros 100 math arall ar-lein ac o'u siop de yng Nghaerfyrddin. Maen nhw'n croesawu ymholiadau oddi wrth brynwyr, ar-lein ac oddi wrth gyfanwerthwyr.

Mae Tea Traders yn gweithio'n agos gyda'u cyflenwyr i chwilio am ddail te rhydd o bob cwr o'r byd, gan gynnwys mathau o de sy'n cael eu cynhyrchu mewn symiau cyfyngedig ac sy'n anodd eu cael yn y DU. Mae ganddynt de dail rhydd sydd o ddiddordeb i yfwyr te traddodiadol a'r rhai sy'n fwy anturus eu blas.

Sefydlwyd Tea Traders yn 2017 gan bartneriaid busnes Paul Raven a Nicholas Lee. Penderfynwyd cychwyn y fusnes ar ôl tystio i dwf cyflym siopau coffi a chwmnïau rhostio coffi annibynnol ar draws y DU. Mae'r ddau yn yfwyr te brwd, ac fe sylweddolion nhw fod yna fwch yn y farchnad o ran darparu te o safon i gwsmeriaid yn debyg iddyn nhw.

Mae Tea Traders yn chwilio am ffyrdd i fentro a datblygu eu busnes bob gafael. Un o fantestion mawr bod yn rhan o brosiect BUCANIER yw fod hynny wedi'u galluogi nhw i sefydlu cysylltiadau newydd ac i weithio gyda busnesau bwyd a diod eraill sy'n meddwl fel nhw, yn lleol ac ymhellach i ffwrdd. Mae eu busnes yn cynnig hyfforddiant a chyflogaeth i oedolion ifanc sydd ag anghenion dysgu ychwanegol.

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Tea Traders is a specialist tea business. They sell their own-blend Welsh breakfast tea and over 100 others online and from their award-winning tea shop in Carmarthen, south Wales. They welcome enquiries from retail, online, and wholesale customers.

Tea Traders work closely with their suppliers to source fine quality loose leaf teas from around the world, including many teas that are produced in limited volumes and are difficult to find in the UK. They have loose leaf teas to interest traditional tea drinkers, and adventurous tea enthusiasts.

Tea Traders was established in 2017, by business partners Paul Raven and Nicholas Lee. They decided to set up their tea business after witnessing the rapid growth of coffee shops and independent coffee roasters across the UK. They are both avid tea drinkers, and realised there was a gap in the market to provide quality tea to customers just like themselves.

Tea Traders are constantly looking for ways to innovate and develop their business. One of the great benefits of participating in the BUCANIER project is that it has enabled them to establish new contacts and work with other like-minded food and drink businesses both locally and further afield. Their business provides training and employment for young adults with additional learning needs.

Trudie's Kitchen

Mae Trudie's Kitchen yn darparu gwasanaeth gwledda ar gyfer unigolion, ar gyfer cwmnïau ac ar gyfer pob math o achlysur. Sylfaenodd Trudie a'i gŵr Michael y fusnes oherwydd eu hoffter mawr o fwyd ac o ddiddanu teulu a ffrindiau 'nôl yn 2000, ac maen nhw'n parhau i fod yn fusnes teuluol.

O fewn wythnosau i gychwyn roedd ganddyn nhw bedwar aelod ychwanegol ac maen nhw wedi tyfu i 25 aelod o'r tîm erbyn hyn. Mae Michael yn goruchwyllo bob un o lwybrau'r gyrrwyr a'r amserlenni drwy ardal Munster a Leinster. Maen nhw'n gwneud 20,000 o brydau bob wythnos ac mae gan bob salad dystysgrif geni at bwrpas medru olrhain. Bod yn ffres yw'r allwedd i'w llwyddiant nhw ac mae eu holl gynhywsion yn lleol, gyda 80% yn dod o Swydd Wexford.

Mae Trudie's Kitchen yn cyflenwi Tesco, Grŵp Caulfield-McCarthy, Pettits, Dunnes Stores, Centra, Eurospar, Londis, nifer o siopau, gwestai a bwytai yn Leinster; ac maen nhw'n creu eu brechdanau eu hunain wedi'u brandio. Mae'n cwmni wedi ennill nifer o wobrau, yn fwyaf nodedig yr EIQA sef gwobr genedlaethol am lendid ar gyfer gwneuthurwyr a dosbarthwyr. Fe wnaethant ennill gwobr clod uchel gyda Sefydliad y Busnesau Bychain hefyd. Maent yn rhan o rwydwaith Wexford Food Producers Network.

Mae Trudie's Kitchen ond cystal â'r archeb olaf, a dyna pam mae ganddyn nhw bolisi bod yn iawn y tro cyntaf.

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Trudie's Kitchen provides a banqueting service to the domestic and corporate sector catering for functions of all sizes and all occasion. Trudie and her husband Michael founded the business from a passion for food and entertaining family and friends back in 2000, and they continue to be a family business.

Within weeks they had four additional team members and have grown continuously to 25 team members today. Michael oversees all the driver routes and schedules throughout the Munster and Leinster region. They make 20,000 products a week and every single salad has a birth certificate for traceability purposes. Freshness is the key to their success, and all their ingredients are sourced locally, with 80% coming from County Wexford.

Trudie's Kitchen supply Tesco, Caulfield-McCarthy Group, Pettits, Dunnes Stores, Centra, Eurospar, Londis, numerous shops, hotels and restaurants in Leinster; and create own branded sandwiches. The company has won numerous awards, most notably the EIQA national hygiene award for manufacturing and distribution. They also won a highly commended Small Firms Association award. They are part of Wexford Food Producers Network.

Trudie's Kitchen is only as good as the last order, which is why they have a right first time policy.

Vegan Filth

Creodd Natasha Moore flog bwyd tafod mewn boch yn 2019 o'r enw 'Tofu Tash'. Cychwynwyd hwn i ddechrau er mwyn rhannu ei ryseitiau fegan blasus gyda ffrindiau a theulu ac er mwyn ysgrifennu am y meddyliau rhyfedd a ddaeth i'w phen. Denodd y blog lawer o ddiddordeb yn lleol ac roedd yn rhyfeddod iddi hi pan y dechreuodd pobl o bob cwr o'r byd ddarllen ei blog a chreu ei ryseitiau hi. Mae Natasha wedi dechrau cael lleol yn ddiweddar busnesau sydd eisiau gweithio gyda hi i'w helpu hyrwyddo eu bwyd a'u cynnig fegan trwy Cyfryngau cymdeithasol.

Gadawodd Natasha ei chwrs prifysgol a phenderfynu dilyn llwybr at yr hyn a garai sef y syniad o gael busnes bwyd fegan. Ganed y cysyniad o Vegan Filth ac ym mis Chwefror 2020 prynodd drelyr bwyd ac mae hi yn y broses o gychwyn fan fwyd symudol fydd yn mynd i farchnadoedd lleol i weini ryseitiau bwyd jync ardderchog. Bydd yr enwau ar gyfer y bwydydd fegan o arddull bwyd jync America fel cŵn poeth llwythog, sglods llwythog, macaroni caws ac ysgytleath, bob un yn cael enwau direidus er mwyn cadw'r elfen tafod yn y foch sy'n nodweddiadol o Tofu Tash.

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Natasha Moore created a not so serious food blog in 2019 called 'Tofu Tash'. Initially this was created to share her delicious, vegan recipes with friends and family and write about the strange thoughts that come to her mind. The blog gained a lot of interest locally and it amazed her when people all over the world were reading the blog and making her recipes. Natasha has recently started having local businesses wanting to work with her to help them promote their food and vegan offering via social media.

Natasha left her university course and decided to follow her passion of having a vegan business. The concept of Vegan Filth was born and in February 2020 she purchased a food trailer and is currently in the process of starting up a mobile food van that will go to local markets and festivals to serve epic junk food recipes. The plant based, American style junk food such as loaded hot dogs, loaded fries, macaroni cheese and milkshakes, will all be named with a naughty flair to keep the tongue in cheek style that Tofu Tash is all about.

WASi (Wild Atlantic Seaweed Ireland)

Tyfodd Claire O'Sullivan ac Eli Tanner i fyny yn yr un dref fechan, sef Bantry, ble mae pawb yn adnabod pawb arall, mae'n rhyfedd felly na chwrrddon nhw hyd nes 2012 yn ystod seremoni bendithio'r cychod ar ynys Whiddy. Roedd ganddynt gymaint yn gyffredin gan gynnwys eu hoffter o'r môr, teithio a phethau'n ymwneud â gwymon.

Mae eu pestos gwymon yn cynrychioli dychwelyd at draddodiad sy'n mynd yn ôl genedlaethau o gywain gwymon fel bod teuluoedd lleol yn medru manteisio ar y maeth. Fodd bynnag, mae eu pesto gwymon nhw'n eithaf gwahanol i'r hyn y byddai'r rhan fwyaf yn ei ddisgwyl o pesto fel arfer, ac mae pob un ohonynt â blas penodol ac unigryw.

Mae Eli a Claire wedi bod yn arbrofi gyda gwymon gartref ers blynnyddoedd. Maen nhw wedi creu dewis o dri blas pesto i'w gwerthu: garlleg a lemnw, tsili a gwair lemnw, a sinsir a sesami. Caiff eu holl wymon eu cynaeafu gyda llaw er mwyn sicrhau ei fod ar gael ar gyfer y cenedlaethau sydd i ddod. Yn ogystal â bod yn flasus, maen nhw'n gyforiog o fineralau, fitaminau ac elfennau hybrin.

Eu nod yw sicrhau bod y cynnyrch ar gael i bobl mewn modd sy'n hygyrch, yn flasus ac sy'n hynod hawdd i'w defnyddio.

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Claire O'Sullivan and Eli Tanner grew up in the small town of Bantry where everyone knows everyone, this is why it's so remarkable that their paths didn't cross until 2012 at a blessing of the boats ceremony on Whiddy island. They had so much in common including their love of the sea, travel and all things seaweed.

Their seaweed pestos represent a return to a generations-old tradition of hand harvesting seaweed so that local families can benefit from the nutrients. However, their seaweed pesto is quite different from what people typically expect from pesto, and each of the flavours has a unique and distinct taste.

Eli and Claire have been experimenting with seaweed at home for years. They have created a range of three flavours of pesto for sale: garlic and lemon, chili and lemongrass, and ginger and sesame. All their seaweed is sustainably hand harvested to ensure its availability for generations to come. As well as being delicious it is a treasure trove of minerals, vitamins and trace elements.

Their goal is to have it available to people in a way that is accessible, delicious and very easy to use.

Wicklow Farmhouse Cheese

Mae Wicklow Farmhouse Cheese yn gwmni teuluol a sefydlwyd yn 2005. Mae fferm y teulu Hempenstall yn gorwedd rhwng mynydd Croghan a môr Iwerydd yn Curranstown, Arklow, Swydd Wicklow, Iwerddon, tua 2km o'r arfordir dwyreiniol. Bu John, a'i deulu o'i flaen, yn ffermio yno ers cenedlaethau.

Defnyddir llaeth o fuches Friesian y fferm i wneud y cawsiau hufennog blasus hyn. Mae'r ffaith eu bod nhw'n agos at y môr yn ychwanegu at y blas penodol sydd i'r cawsiau hynod hyn.

Mae'r cwmni'n gwneud Brie glas Wicklow a Brie bán Wicklow a'r cyfan yn cael eu gwneud â llaw gan John a'i ferch Mary, sy'n goruchwyllo'r holl waith gwneud caws er mwyn sicrhau bod y caws o'r ansawdd gorau. Mae Brie bricsen St Kevin ar gyfer y diwydiant arlwyio ar gael hefyd. Gyda'r galw cynyddol am gawsiau o safon uchel, mae John wedi ehangu i gynhyrchu dewis o gaws Cheddar i gyd-fynd â'r Brie – Wicklow Gold Cheddar, Cheddar gyda thomato a perlysiau, Cheddar gyda basil a garleg, Cheddar gyda danadl poethion a chennin syfi, a Cheddar wedi'i fygu gan ddefnyddio pren ffawydd. Mae eu cawsiau ar gael wedi'u pecynnu'n barod ac ar ffurf olwynion.

Ers eu sefydlu mae Wicklow Farmhouse Cheese wedi ennill nifer o wobrau yn genedlaethol ac yn rhyngwladol am eu caws. Maent wedi'u hachredu gan BRC ac mae ganddyn nhw dystysgrif Halal.

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Wicklow Farmhouse Cheese is a family owned business established in 2005. The Hempenstall family farm lies between Croghan mountain and the Irish sea at Curranstown, Arklow, County Wicklow, Ireland, just 2km from the east coast. John, and his family before him, have been farming here for generations.

Milk from the farm Friesian herd is used to make these creamy delicious cheeses. The proximity to the sea adds a distinctive flavour all of its own to these seductively addictive cheeses.

The company make Wicklow blue Brie and Wicklow bán Brie and are handmade by John and his daughter Mary, who oversee all cheese making to ensure that the quality is just right. St Kevin's brick Brie for the catering industry is also available. With the demand growing for high quality cheeses, John has expanded to manufacture a selection of Cheddars to compliment the Bries – Wicklow Gold Cheddar, Cheddar with tomato and herb, Cheddar with basil and garlic, Cheddar with nettle and chive, and beechwood smoked Cheddar. Their cheeses are available in prepacks and in wheels.

Since establishment, Wicklow Farmhouse Cheese has won numerous awards nationally and internationally for its cheese. They are BRC accredited and also have Halal certification.

Zaeire Artisan Chocolates

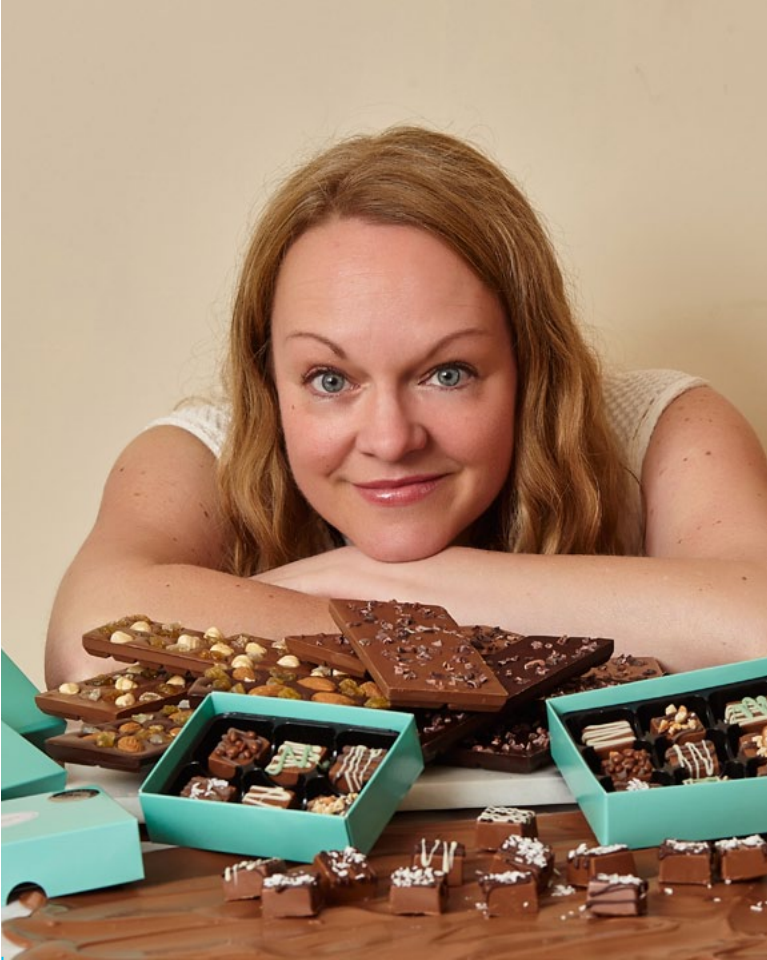
Mae Zaeire Artisan Chocolates wedi'u sefydlu yn Wexford, Iwerddon. Daw Leigh yn wreiddiol o Dde Affrica, made wedi bod yn byw yn Wexford am naw mlynedd ac yn gwneud siocled yn ystod y pum mlynedd diwethaf.

Mae'r dewis o siocledi yn cynnwys blychau siocled gyda blasau amrywiol, bariau a ffyn troelli ar gyfer siocled poeth. Mae'r siocledi wedi ennill sawl gwobr yn ystod y pedair blynedd diwethaf gan gynnwys Great Taste 2016, Blas na hEireann 2018 a Great Taste 2019.

Mae'r siocledi ar gael gan sipoau penodol ar draws y wlad a hefyd ar-lein ar www.zaeire.com a gellid eu hanfon i bob cwr o'r byd.



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Zaeire Artisan Chocolates are based in Wexford, Ireland. Leigh, originally from South Africa has been living in Wexford for nine years and making chocolates for the last five years.

The range includes boxes of chocolates with various flavours, bars and hot chocolate swizzle sticks. The chocolates have won numerous awards in the last four years including Great Taste 2016, Blas na hEireann 2018 and Great Taste 2019.

The chocolates are available in select retailers across the country and also online at www.zaeire.com and can be shipped worldwide.

Y RYSEITIAU

THE RECIPES



POTIAU HUFENNOG WYAU POB AC EOG

CYNHWYSION

Menyn i iro
100g eog wedi cochi Ballyhack Smokehouse,
wedi'i falu
150g crème fraîche
2 lwy fwrdd o gennin syfi wedi'u malu
4 wy
1 llwy fwrdd o gaws Parmesan wedi gratio'n fân
Tost â menyn arno, i weini

DULL

Cynheswch y popty i 200°C /400°F/nod nwy 6.

Berwch y tegell. Taenwch ychydig o fenyn ar ddarn o bapur cegin yna iro tu fewn i 4 x 150ml ramecin yn ysgafn. Rhannwch yr eog rhwng y pedwar.

Mewn powlen fechan, cyfunwch y crème fraîche gyda'r rhan fwyaf o'r cennin syfi, yna ychwanegu ychydig o halen môr a phupur du wedi'i falu'n ffres. Rhowch lwyaid o'r cymysgedd ymhob ramecin.

Torrwch wy i bob ramecin, yna gwasgaru'r Parmesan drostynt a gweddill y cennin syfi. Rhowch y ramecins mewn llestr mawr sy'n medru mynd i'r popty, un digon mawr i ddal y pedwar. Arllwyswch ddŵr berw i'r llestr a chyrraedd hanner ffordd i fyny'r ramecins. Pobwch am 15–18 munud, neu hyd nes bod y gwynwy wedi caledu ond bod y melynwy'n dal i fod yn feddal.

Tynnwch o'r popty a'u gadael i sefyll am 1–2 funud. Gweinwch gyda'r tost cynnes â menyn arnynt.

CREAMY BAKED EGGS AND SMOKED SALMON POTS

INGREDIENTS

Butter for greasing
100g Ballyhack Smokehouse smoked salmon,
chopped
150g crème fraîche
2 tablespoons chives chopped
4 eggs
1 tablespoon finely grated Parmesan
Buttered toast, to serve

METHOD

Preheat the oven to 200°C/400°F/gas mark 6

Bring a kettle to the boil. Spread a little butter on a piece of kitchen paper and lightly grease the inside of 4 x 150ml ramekins. Divide the salmon between all.

In a small bowl, combine the crème fraîche with most of the chives, add a little sea salt and some fresh cracked black pepper. Add a spoonful of the mixture to each ramekin.

Crack an egg into each ramekin, then scatter over the Parmesan and remaining chives. Put the ramekins in an ovenproof dish large enough to hold all four. Pour boiling water into the dish to reach halfway up the ramekins. Bake for 15–18 minutes, or until the egg-whites are set but the yolks are still soft.

Remove from the oven and leave to stand for 1–2 minutes. Serve with the hot buttered toast.



DAU FATH O FENYN BITTERS

Menyn sawrus persawrus

CYNHWYSION

- 120g menyn
- 1 llwy fwrdd o bersli dail fflat
- 3–4 sbrigyn rhosmari
- 1 llwy fwrdd Beara Bitters Aromatic Bitters
- ¼ llwy de o halen môr bras
- 3–4 tro o bupur du o’r felin bupur

Menyn melys persawrus

CYNHWYSION

- 120g menyn
- 1 llwy fwrdd o Beara Bitters Aromatic Bitters
- ½ llwy de o sinamon wedi malu
- ¼ llwy de o nytmeg wedi gratio’n ffres (dewisol, ¼ llwy de o 5 sbeis Tsieineaidd)

DULL

Gadewch i’r menyn ddod i dymheredd yr ystafell.

Cyfunwch y menyn a’r holl gynhwysion eraill mewn powlen gan ddefnyddio fforc.

Rhowch ynghanol darn o bapur gwrthsaim, lapiwch y papur o’i gwmpas a’i ddefnyddio i greu siâp boncyff.

Trowch ddiwedd y papur ar y naill ben er mwyn selio’r menyn, oerwch yn yr oergell.

Torrwch ddarn o’r menyn i ffwrdd i’w ddefnyddio yn ôl y galw.

TWO BITTERS BUTTER

Savoury aromatic butter

INGREDIENTS

- 120g butter
- 1 tablespoon chopped fresh flat-leaf parsley
- 3–4 rosemary leaves
- 1 tablespoon Beara Bitters Aromatic Bitters
- ¼ teaspoon coarse sea salt
- 3–4 grinds of fresh black pepper

Sweet aromatic butter

INGREDIENTS

- 120g butter
- 1 tablespoon Beara Bitters Aromatic Bitters
- ½ teaspoon ground cinnamon
- ¼ teaspoon freshly grated nutmeg (optional, ¼ teaspoon Chinese 5 spice)

METHOD

Allow butter to come to room temperature.

Combine butter and all remaining ingredients in a bowl and blend with a fork.

Put in the center of some greaseproof paper wrap paper around it and use to shape into a log.

Twist the ends to seal the butter, chill in the fridge.

Cut off a piece and use as desired.



TEISEN DDATHLU AERON GORWYCH I’R CI

CYNHWYSION

190g blawd cnau coco
3 llwy fwrdd o olew cnau coco wedi toddi
40g llusi duon a 40g mefus wedi’u torri
2 wy

Eisin ar gyfer addurno
150g iogwrt plaen
Powdr betys i wneud y lliw pinc
Mefus a llusi duon (fel addurn)
Bisgedi Biscuit’s Barkery Bones

DULL

Cynheswch y popty i 180°C.

Cymysgwch yr wyau a’r olew cnau coco wedi toddi. Yna ychwanegwch y blawd a’r llusi a’u cymysgu.

Irwch un tun spring 4 modfedd gydag olew cnau coco, gall fod yn dun crwn, neu unrhyw siâp.

Llenwch y tun gyda’r gymysgedd a phobwch am 20–25 munud hyd nes bod y canol yn teimlo’n reit gadarn.

Tynnwch o’r popty a gadael iddi oeri.

Cymysgwch yr iogwrt gyda’r powdr betys hyd nes i chi gael lliw pinc braf. Eisiwch y deisen a gosod yr aeron a’r bisgedi ar ei phen fel addurn.

Mae’r rysâit hwn er cof am Biscuit.

SUPERFOOD BERRY DOG CELEBRATION CAKE

INGREDIENTS

190g coconut flour
3 tablespoons coconut oil, melted
40g blueberries and 40g cut strawberries
2 eggs

Icing for decoration
150g plain yoghurt
Beetroot powder for the pink colour
Strawberries and blueberries (topping)
Biscuit’s Barkery Bones

METHOD

Preheat oven to 180°C.

Mix together eggs and melted coconut oil. Then stir in flour and blueberries.

Grease one 4 inch springform tin with coconut oil, it can be circular or any shape.

Fill the tin with batter and bake for 20–25 minutes until the centre is firm.

Remove from oven and let cool.

Mix together yoghurt and beetroot powder until you get a nice pink colour. Ice cake and top with berries and the biscuits.

This recipe is dedicated to the memory of Biscuit.



PASTAI CIG EIDION A BRENNAN’S

CYNHWYSION

Ar gyfer y toes:
200g blawd
1 pinsiaid o halen
110g o fenyn, wedi’i giwbio neu cymysgedd cyfartal o fenyn a lard
2–3 llwy fwrdd o ddŵr (oer)
1 wy (wedi’i guro)
2 lwy de o siwgr

Ar gyfer y llenwad:
900g stêc o ran flaen y fuwch (wedi’i dorri’n giwbiau)
25g menyn
1 llwy fwrdd o olew llysiau
2 dau winwnsyn mawr (wedi’u sleisio’n denau)
2 foronen (wedi’u sleisio)
2 lwy de o saws Swydd Caerwrangon
2 lwy de o biwrê tomato
2 lwy de o bersli
500ml Brennan’s Original
300ml stoc eidion
2 lwy de o siwgr
Halén i flasú
Pupur du i flasú

DULL

Gosodwch y blawd mewn powlen fawr ac ychwanegu ychydig o halen, pupur du wedi’i falu a phersli. Ychwanegwch y darnau cig a’u troi’n dda yn y blawd er mwyn eu gorchuddio.

Cynheswch y menyn a’r olew mewn llestr caserol hyd nes bod y menyn wedi toddi. Ychwanegwch y cig a’i frownio’n gyflym am tua munud, yna rhowch ef o’r neilltu.

Ychwanegwch yr winwns and moron i’r ffrimpan a ffriwch am 2 funud. Yna dychwelwch y cig i’r pan gyda’r saws Swydd Caerwrangon, y piwrê tomato, Brennan’s Original, a’r siwgr. Cyfunwch bupur du ac ychydig o halen, trowch yn drwyadl a dewch ag ef i’r berw. Gorchuddiwch a choginio’n araf

BEEF AND BRENNAN’S PIE

INGREDIENTS

For the pastry:
200g flour
1 pinch salt
110g butter, cubed or an equal mix of butter and lard
2–3 tablespoons water (cold)
1 egg (beaten)
2 teaspoons sugar

For the filling:
900g chuck steak (cut into cubes)
25g butter
1 tablespoon vegetable oil
2 large onions (thinly sliced)
2 carrots (sliced)
2 teaspoons Worcestershire sauce
2 teaspoons tomato puree
2 teaspoons parsley
500ml Brennan’s Original
300ml beef stock
2 teaspoons sugar
Salt to taste
Black pepper to taste

METHOD

Place the flour in a large bowl and season with salt, ground black pepper and parsley. Add the meat and toss well to coat in flour.

Heat the butter and oil in a large casserole dish until the butter has melted. Add the meat and brown quickly all over for just a minute, then remove and set aside.

Add the onions and carrots to the pan and fry for 2 minutes. Then return the meat to the pan with the Worcestershire sauce, tomato puree, Brennan’s Original, and sugar. Blend in plenty of black pepper and a little salt, stir well and bring to the boil. Cover and cook slowly for about 2 hours until the meat is tender and the sauce has thickened.



am tua 2 awr hyd nes bod y cig yn dyner a’r saws wedi tewhau. Tynnwch oddi ar y gwres, rhowch mewn llestr pastai a’i adael i oeri’n llwyr.

Cynheswch y popty i 200°C/400°F/nod nwy 6.

Rholiwch y toes allan i faint llestr. Brwsiwch ymyl y llestr gyda dŵr a gosodwch sribed toes o gwmpas yr ymyl a gwasgu i lawr.

Gosodwch y caead toes ar ei ben a gwasgwch yr ymylon lawr i’w selio. Torrwch unrhyw does sydd dros ben a chrimpio’r ymylon gyda fforc. Brwsiwch y clawr gydag wy wedi’i guro a gwneud twll yn y canol er mwyn gosod twndish pastai.

Pobwch am 30 munud hyd nes bod y toes yn gresniog ac euraidd.

Remove from the heat, place into a pie dish and leave to cool completely.

Heat the oven to 200°C/400°F/gas mark 6.

Roll out the pastry and cut to the size of the dish. Brush the rim of the pie dish with water and place a pastry strip around the rim, pressing it down.

Place the pastry lid over the top and press down to the edge and seal. Trim off any excess pastry and crimp the edges with a fork. Brush the top with beaten egg and make a hole in the centre to insert a pie funnel.

Bake for 30 minutes until the pastry is crisp and golden.

TEISEN SIOCLED GYFOETHOG

CYNHWYSION

- 350g blawd codi
- 300g siwgr caster euraidd
- 3 llwy fwrdd fawr o goco wedi'i hidlo
- ½ llwy de o soda bara
- 225g menyyn
- 225ml gin mawn Gwyddelig
- 125ml llaeth
- 2 wy, wedi'u curo
- 1 llwy de o rinflas fanila

Ar gyfer y sglein

- 125g menyyn
- 2 lwy fwrdd o win mawn
- 1½ llwy fwy fawr o goco, wedi'i hidlo
- 200g siwgr eisin

DULL

Hidlwch y blawd, siwgr, coco a'r soda bara i mewn i bowlen. Toddwch y menyyn yn araf mewn sosban ynghyd â'r gwin mawn.

Mewn jwg, curwch y llaeth a'r wy ynghyd â'r fanila. Ychwanegwch y gwin mawn a'r cymysgedd llaeth at y cynhwysion sych. Cymysgwch yn drylwyr ond yn dyner. Arllwyswch i dun pobi â gwaelod rhydd, o faint 24cm (gallwch wneud dognau unigol llai o faint hefyd).

Pobwch mewn popty ar dymheredd o 180°C/350°F/ nod nwy 4 am oddeutu awr.

Gosodwch y tun ar resel wifren i oeri am tua 20 munud.

Ar gyfer y sglein: rhowch y menyyn, y gwin mawn a'r coco wedi'i hidlo mewn sosban a thoddi'r menyyn yn araf. Dewch â'r cyfan i'r berw, yna ychwanegwch y siwgr eisin wedi'i hidlo. Curwch y cymysgedd hyd nes ei fod yn llyfn, yna arllwyswch dros y deisen tra'i fod yn dal yn gynnes.

Caniatewch y cyfan i oeri'n llwyr yn y tun. Pan fo'r eisin yn oer, tynnwch y deisen o'r tun yn ofalus. Gweinwch gyda crème fraîche (rhowch gynnig ar ychwanegu pupur pinc wedi'i falu ar gyfer rhywbeth bach ychwanegol).

RICH CHOCOLATE CAKE

INGREDIENTS

- 350g self raising flour
- 300g golden caster sugar
- 3 heaped tablespoons cocoa, sieved
- ½ teaspoon bread soda
- 225g butter
- 225ml Irish peat wine
- 125ml milk
- 2 eggs, beaten
- 1 teaspoon vanilla essence

For the glaze

- 125g butter
- 2 tablespoons peat wine
- 1½ heaped tablespoons cocoa, sieved
- 200g icing sugar

METHOD

Sieve flour, sugar, cocoa and bread soda into a bowl. Slowly melt butter in saucepan with the peat wine.

In a jug, lightly beat together milk, eggs and vanilla. Add the peat wine and milk mixtures to the dry ingredients. Mix thoroughly but gently. Pour into a greased 24cm loose base cake tin (you can also make smaller individual portions).

Bake in a preheated oven at 180°C/350°F/gas mark 4 for 1 hour approx.

Place tin on a wire tray to cool for about 20 minutes.

For the glaze: put butter, peat wine and sieved cocoa into a saucepan and slowly melt the butter. Bring to the boil, then add in sieved icing sugar. Beat mixture until smooth, then pour over cake while still warm.

Allow everything to cool completely in the tin. When icing is cold, gently remove from tin. Serve with crème fraîche (try adding some crushed pink peppercorns for something a little extra).



CACEN MOCHA

CYNHWYSION

225g menyyn heb halen, meddal
225g siwgr caster
4 wy mawr, wedi'u curo
1 llwy de o rinflas fanila
200g blawd codi
½ llwy de o bowdr pobi
50g powdr coco
Espresso dwbl cryf o goffi Coaltown

Ar gyfer y ganache:
200g siocled tywyll
100g siocled brown
250ml hufen dwbl

DULL

Torrwch groen y porc a'i rwbio mewn siwgr brown a halen.

Gosodwch y porc mewn tun rhostio ac arllwys y cwrw coch mewn i'r tun.

Cynheswch y popty i 180°C/350°F/nod nwy 4.

Gwnewch espresso dwbl a'i roi naill ochr i'w oeri.

Mewn powlen cymysgydd bwyd, hufennwch y menyyn a'r siwgr ynghyd yna ychwanegu'r wyau wedi'u curo a'r rhinflas fanila yn raddol. Ychwanegwch y blawd, y powdr pobi a'r powdr coco a'u cymysgu'n llwyr. Ychwanegwch yr espresso wedi'i oeri.

Arllwyswch y cymysgedd i mewn i dun pobi sgwâr wedi'i leinio, taenwch y cymysgedd yn wastad a phobi ar y silff ganol yn y popty am tua 22–25 munud hyd nes ei fod wedi coginio. Trowch y deisen allan o'r tun ar resel wifren i oeri a'i gadael hyd nes ei bod hi'n oer.

I wneud y ganache, torrwch y siocled tywyll a'r siocled brown yn ddarnau bach a'u harllwys i sosban ynghyd â'r hufen dwbl. Gosodwch y sosban ar wres isel i doddi'r cynnwys gan droi'n gyson nes ei fod yn llyfn. Arllwyswch y ganache i ddysgl fas i oeri ac i fynd yn hollol oer.

MOCHA CAKE

INGREDIENTS

225g unsalted butter, softened
225g caster sugar
4 large eggs, beaten
1 teaspoon vanilla extract
200g self-raising flour
½ teaspoon baking powder
50g cocoa
Double espresso strong Coaltown coffee

For the ganache:
200g dark chocolate
100g milk chocolate
250ml double cream

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Make a double espresso and set aside to cool.

In a bowl of a free-standing mixer, cream the butter and sugar together then gradually add the beaten eggs and vanilla extract. Add the flour, baking powder, and cocoa then mix until combined. Add the cooled double espresso.

Pour the mixture into a lined square baking tray, spread level and bake on the middle shelf of the preheated oven for about 22–25 minutes until cooked. Turn the cake out of the tin onto a wire cooling rack and leave until cold.

To make the ganache, finely chop both the dark and milk chocolates and tip into a saucepan along with the double cream. Set the pan over a low heat to melt, stirring constantly until smooth. Pour the ganache into a shallow dish to cool and then chill.

Cover the finished chocolate tray bake with the ganache and top with chocolate covered coffee beans for decoration.



PORC WEDI’I DYNNU

CYNHWYSION

1.5kg ysgwydd porc
2 x 500ml cwrw coch Gwyddelig, The Red
Siwgr brown i flas
Halen i flas

DULL

Torrwch groen y porc a’i rwbio mewn siwgr brown a halen.

Gosodwch y porc mewn tun rhostio ac arllwys y cwrw coch mewn i’r tun.

Rhowch y porc yn y popty am 6 awr ar 140°C/275°F/nod nwy 1.

Tynnwch o’r popty a gadael iddo oeri rhyw fymryn.

Arllwyswch yr hylif o’r tun i sosban a’i ferwi er mwyn ei leihau o ½. Rhowch ddigon o halen a siwgr brown yn yr hylif.

Gosodwch yr ysgwydd porc ar fwrdd torri. Rhwygwch y porc yn ddarnau gan ddefnyddio 2 fforc.

Gosodwch y porc yn y sosban gyda’r hylif sydd wedi’i leihau. Ailgynheswch yn ofalus.

Ychwanegwch fara crensiog i weini.

PULLED PORK

INGREDIENTS

1.5kg pork shoulder
2 x 500ml The Red, Irish red ale
Brown sugar to season
Salt to season

METHOD

Score the skin of the pork and rub in the brown sugar and salt.

Place the pork into a roasting tray and pour the ale into the tray.

Place pork in oven for 6 hours at 140°C/275°F/ gas mark 1.

Remove from the oven and allow to cool slightly.

Pour the liquid from the tray into a saucepan and boil to reduce by ½. Season liquid generously with salt and brown sugar.

Place pork shoulder on chopping board. Shred pork with 2 forks by ripping it into pieces.

Place pork into saucepan with reduced liquid. Reheat gently.

Add crispy bread to serve.



BYRGYR FFA GYDA MAYONNAISE

CYNHWYSION

Ar gyfer y byrgyr
2 x 400g tun o ffa cymysg neu ffa coch neu ffa du (dewiswch eich hoff ffeuen)
125g briwsion bara (mae briwsion bara grawn cyflawn â hadau’n gweithio’n dda)
1 llwy fwrdd o sbeis cajun neu eich hoff gyfuniad o sbeisys
1 wy, wedi’i guro
Llund llaw o goriander ffresh neu bersli, wedi’u torri’n dda
Pinsiaid go dda o halen môr a phupur du

I fynd gyda’r byrgyr mewn byn
Dail letys
Tomatos wedi sleisio
Winwns wedi sleisio
Gercyn wedi piclo
Mayonnaise di-wy Dudes Foods

DULL

Mae’r rhain mor hawdd i’w gwneud. Mae’n help mawr i fod â phrosesydd bwyd bychan yn enwedig os ydych chi’n hoffi’r byrgyrs yn llyfn yn hytrach nag yn fwy garw o ran ansawdd.

I wneud y rhain, rhowch yr holl gynhwysion ar gyfer y byrgyr mewn i brosesydd bwyd a’u cymysgu’n dda i ffurfio cymysgedd o ansawdd garw, neu ei falu’n llyfnach os mai dyna yw’ch dewis.

Gan ddefnyddio dwylo â blawd arnynt, rholiwch ychydig o’r cymysgedd i ffurfio peli bychain yna’u gwasgu i ffurfio byrgyrs. Gall rhain gael eu ffrio mewn padell fas neu eu pobo yn y poty, gallwch eu gadael yn blaen neu eu gorchuddio gyda briwsion bara cyn eu coginio.

Er mwyn ffurfio’r byrgyr ffa perffaith, defnyddiwch rholiau bara o ansawdd da a rhoi tomato wedi’i sleisio ar y gwaelod, letys ac yna’ch byrgyr ffa ar eu pen gyda phicl a dogn go helaeth o mayonnaise heb-wy blas garlleg Dudes Foods. Ychwanegwch dafellau o tsili ar gfer ychydig o wres.

BEAN BURGER WITH MAYONNAISE

INGREDIENTS

For the burger
2 x 400g cans mixed beans or kidney or black beans (choose your favourite beans)
125g breadcrumbs (seeded whole grain breadcrumbs work well)
1 tablespoon cajun spice or your favourite spice blend
1 egg, beaten
Small bunch fresh coriander or parsley, well chopped
Good pinch of sea salt and black pepper

Served with the burger in a bun
Lettuce leaves
Tomatoes, sliced
Onions, sliced
Pickled gherkins
Dudes Foods egg free mayonnaise

METHOD

These are so easy to make. It really does help to have a small food processor especially if you like the burgers smooth rather than coarse textured.

To make these, simply place all the ingredients for the burger into a food processor and whizz to form a coarse texture or blend to a smooth paste if you prefer.

Using floured hands, roll small quantities to form little balls and then flatten to form burgers. These can be shallow fried or oven baked, you can leave them plain or cover with breadcrumbs before cooking.

To form the perfect bean burger, use good quality bread rolls, and layer the base of the bun with sliced tomato, lettuce, put your bean burger on top along with pickle and a good quantity of Dudes Foods garlic egg-free mayonnaise. Add chilli slices for a burst of heat.



BLODFRESYCHEN GAWZ

CYNHWYSION

- 1 blodfresychen wedi'i thorri'n ddarnau
- 3–4 llwy fwrdd o Flavour Fusion Garlic
- 4 llwy fwrdd o olew olewydd neu olew cnau coco

DULL

Cynheswch y popty i 200°C/400°F/nod nwy 6.

Rhowch y darnau blodfresych mewn powlen fawr.

Ychwanegwch olew a throi a throsi'r cyfan hyd nes bod y darnau blodfresych wedi'u gorchuddio'n llwyr.

Ychwanegwch Flavour Fusion Garlic a gorchuddiwch y darnau blodfresych.

Gosodwch y darnau ar hambwrdd pobi a choginio am 25–30 munud ar silff uchaf y popty hyd nes eu bod yn euraidd.

Gweinwch yn syth.

CAULIFLOWER CHEEZE

INGREDIENTS

- 1 cauliflower cut into florets
- 3–4 tablespoons of Flavour Fusion Garlic
- 4 tablespoons olive oil or coconut oil

METHOD

Preheat oven to 200°C/400°F/gas mark 6.

Place cauliflower florets in a large basin.

Add oil and toss until cauliflower completely covered.

Add Flavour Fusion Garlic and coat the cauliflower.

Place on a baking sheet and cook for 25–30 minutes on the top shelf of the oven until golden brown.

Serve immediately.



TACOS PYSGOD

CYNHWYSION

350g goujons hadog Fresh Fish Deli mewn pecyn
6 llwy de o saws tartare Fresh Fish Deli
4 tortillas corn meddal
175g letys iceberg lettuce, wedi'i sleisio
Llund llaw dda o coriander wedi torri
1 winwnsyn bach coch, wedi torri'n fân neu ei sleisio
Pupur coch neu wyrdd wedi sleisio
Sudd 1 lemwn bach a thalpiau o leim ar gyfer gweini (dewisol)
Halen i flasau

DULL

Cynheswch y popty oven to 220°C/425°F/nod nwy 7.

Gosodwch y goujons ar wahân ar hambwrdd pobi a'u coginio am 12–15 munud, gan ddilyn cyfarwyddiadau'r pecyn hyd nes eu bod yn euraidd. Yn y cyfamser, cynheswch y tortillas.

Er mwyn gwneud y salad, taflwch y letys, y coriander, y puprod a'r winwnsyn i mewn gyda sudd leim a pheth halen.

Taenwch saws tartare ar y tortillas, yna gosodwch y salad a'r pysgod ar hyd y canol. Rhowch ychydig o mayonnaise arno, yna plygwch a'u bwyta gyda'ch bysedd.

Gweinwch gyda thalpiau o lemwn, os hoffech.

FISH TACOS

INGREDIENTS

350g pack Fresh Fish Deli haddock goujons
6 teaspoon Fresh Fish Deli tartare sauce
4 soft corn tortillas
175g iceberg lettuce, finely shredded
Good handful chopped coriander
1 small red onion, finely chopped or sliced
Red or green pepper, sliced
Juice 1 small lemon plus wedges to serve (optional)
Salt to taste

METHOD

Heat oven to 220°C/425°F/gas mark 7.

Space the goujons apart on a baking sheet and bake for 12–15 minutes, following pack instructions, until crispy. Meanwhile, warm the tortillas.

To make the salad, toss the lettuce, coriander, peppers and onion with the lime juice and some salt.

Spread the tortillas with a little tartare sauce, then place the salad and fish down the centre. Top with a little mayonnaise, then fold and eat with your fingers.

Serve with lemon wedges, if desired.



MYFFINS BANANA A CHYFFUG

CYNHWYSION

- 90g menyn, wedi toddi
- 180g siwgr caster
- 280g blawd codi
- ½ llwy de o soda bicarbonad
- ½ llwy de o bowdr pobi
- 1 banana, wedi'i falu
- 300ml llaeth
- 1 wy mawr
- 1 pecyn o gyffug y Fudge Foundry, wedi'i dorri

DULL

Cynheswch y popty i 180°C/350°/nod nwy 4.

Cymysgwch y siwgr caster, y blawd a'r soda bicarbonad a'r powdr pobi ynghyd mewn powlen.

Malwch y banana mewn powlen arall.

Mewn jwg, cymysgwch y llaeth, y wy a'r menyn wedi toddi.

Ychwanegwch y cynhwysion gwlyb a'r banana at y blawd a'r siwgr (y cynhwysion sych) a'u plygu ynghyd gan ddefnyddio llwy fetel. Byddwch yn ofalus i beidio â gorgymysgu, neu fe fydd y myffins yn mynd yn rhy drwm.

Rhowch lwyediau o'r cymysgedd mewn cwpanau cacennau papur mawr a gosod darnau bach o gyffug ar eu pen a'u gwasgu i mewn i'r cymysgedd.

Pobwch yn y popty am tua 30 munud hyd nes eu bod yn euraidd ac wedi codi'n dda, tynnwch allan o'r popty a gadael iddyn nhw oeri. Gallwch eu haddurno drwy ddiferu eisin ac ychydig mwy o gyffug drostynt ar ôl iddyn nhw oeri.

BANANA AND FUDGE MUFFINS

INGREDIENTS

- 90g butter, melted
- 180g caster sugar
- 280g self raising flour
- ½ teaspoon bicarbonate of soda
- ½ teaspoon baking powder
- 1 banana, mashed
- 300ml milk
- 1 large egg
- 1 pack of fudge from the Fudge Foundry, chopped

METHOD

Pre-heat the oven to 180°C/350°/gas mark 4

Mix the caster sugar, flour and the raising agents together in a bowl.

Mash the bananas in another bowl.

In a jug, mix the milk, egg and the melted butter.

Add the wet ingredients and the banana to the flour and sugar (dry ingredients) and fold using a metal spoon. Careful not to over mix as the muffins will become heavy.

Spoon the mixture into large paper cases and top each one with a few small pieces of fudge and press them into the mixture.

Bake in the oven for about 30 minutes until golden and well risen, take out of the oven and allow to cool. You can top with drippy icing and more fudge once cooled.



TOES CRWST BYR DIGLWTEN

CYNHWYSION

- 75g blawd reis
- 75g blawd mân yd neu india corn
- 75g blawd tatws
- 150g menyndihalenyddiwedi'i oeri a'i dorri'n fân
- 1 wy, wedi'i oeri
- Pinsiaid o halen
- 1 llwy de fawr o gwm xanthan

DULL

Proseswch y blawd, menyndihalenyddiwedi'i pinsiaid o halen mewn prosesydd bwyd hyd nes bod y cymysgedd yn debyg i friwsion bara.

Chwisgiwch yr wy ac un llwy fwrdd o ddŵr wedi'i oeri mewn powlen hyd nes bod y cyfan wedi'u cyfuno, yna gyda pheiriant y prosesydd yn dal i redeg, ei ychwanegu at y cymysgedd blawd. Proseswch hyd nes bod y cymysgedd yn dechrau ffurfio talpiau mawrion, diffoddwch y peiriant cyn i'r cymysgedd ffurfio pelen.

Trowch y toes allan ar awynebedd gwaith a'i dylino'n dyner i ddod â'r cyfan at ei gilydd. Ffurfiwch ddisg ar gyfer pastai gron neu siâp boncyff ar gyfer pastai hirsgwar. Lapiwch mewn haenen lynu blastig a'i gadw yn yr oergell dros nos neu am o leiaf 2 awr cyn ei ddefnyddio.

Amrywiaethau

Toes india corn – dilynwch y rysâit toes sylfaenol, gan ddefnyddio blawd plaen diglwten a gostwng y cyfanswm i 200g, yna ychwanegu 50g o bolenta mân gyda'r blawd.

Toes melys – dilynwch y rysâit toes sylfaenol, gan ychwanegu 80g o siwgr eisin wedi'i hidlo ynghyd â'r blawd a chyfnewid yr wy am 2 felynwyl.

Toes parmesan – dilynwch y rysâit toes sylfaenol, ac ychwanegu 50g o gaws Parmesan wedi gratio'n fân ynghyd â'r blawd.

GLUTEN FREE SHORTCRUST PASTRY

INGREDIENTS

- 75g rice flour
- 75g fine cornmeal or maize flour
- 75g potato flour
- 150g unsalted butter, chilled, finely chopped
- 1 egg, chilled
- Pinch of salt
- 1 heaped teaspoon xanthan gum

METHOD

Process flour, butter and a pinch of salt in a food processor until mixture resembles breadcrumbs.

Whisk egg and one tablespoon of chilled water in a bowl until combined, then with food processor motor running, add to flour mixture. Process until mixture begins to form large clumps, stopping machine before mixture forms a ball.

Turn pastry out on to a work surface and knead gently to bring together. Form into a disc for a round tart or into a log shape for a rectangular tart. Wrap in plastic wrap and refrigerate overnight or for at least 2 hours before using.

Variations

Cornmeal pastry – follow basic pastry recipe, using gluten free plain flour and reducing amount to 200g, then adding 50g fine polenta with the flour.

Sweet pastry – follow basic pastry recipe, adding 80g sifted icing sugar with the flour and replacing egg with 2 egg yolks.

Parmesan pastry – follow basic pastry recipe, adding 50g finely grated Parmesan with the flour



CYRRI SGWAS CNAU MENYN, GWYGBYS A CHNAU COCO

CYNHWYSION

- 1 llwy de olew cnau coco
- 1 darn o sinsir maint bys bawd
- 1 darn o dyrmerig maint bys bawd
- 1 tsili
- 3 gewyn garlleg
- 1 winwnsyn
- 1–2 llwy de past cyrri madras
- ½ sgwas cnau menyn wedi'i dorri'n ddarnau
- 1 tun llaeth cnau coco
- 1 tun gwygbys, wedi draenio
- Stoc llysieuol wedi'i doddi
- Dau lond llaw o ysbigoglys

DULL

Cynheswch yr olew cnau coco mewn sosban fawr ac ychwanegu'r winwnsyn, gan ffrio'n ofalus am 10 munud a'i droi'n aml, hyd nes ei fod wedi meddalu a brownio.

Ychwanegwch y sgwas, y garlleg, y sinsir, tyrmerig a tsili, ffriwch yn ysgafn am ychydig funudau dros wres isel. Byddwch yn ofalus – peidiwch â llosgi'r garlleg, ychwanegwch y past cyrri ac yna ychwanegu gweddill y cynhwysion, y llaeth cnau coco, y gwygbys a'r stoc. Dewch ag ef i'r berw ac yna gostwng y gwres.

Gorchuddiwch a'i goginio'n ofalus am 30 munud, gan droi'r cymysgedd yn achlysurol.

Cymysgwch yr ysbigoglys i mewn ar y diwedd un.

Gweinwch gyda reis, llond llaw o goriander, hadau sesami duon, llwyaid fawr o Good for You Ferments Tropical Turmeric Sauerkraut.

BUTTERNUT SQUASH, CHICKPEA AND COCONUT CURRY

INGREDIENTS

- 1 teaspoon coconut oil
- 1 thumb sized piece of ginger
- 1 thumb sized piece of turmeric
- 1 chilli
- 3 cloves garlic
- 1 onion
- 1–2 teaspoon madras curry paste
- ½ butternut squash cut into pieces
- 1 tin coconut milk
- 1 tin chickpeas, drained
- Vegetable stock cube, dissolved
- Couple of handfuls of spinach

METHOD

Heat the coconut oil in a large saucepan, add the onion, fry gently for 10 minutes, stirring frequently, until softened and browned.

Add the squash, garlic, ginger, turmeric and chilli, fry gently for a few minutes over a low heat. Be careful – do not burn the garlic, add the curry paste followed by all the remaining ingredients, the coconut milk, tinned chickpeas and the stock.

Bring to the boil, and then reduce the heat.

Cover and cook gently for 30 minutes, stirring occasionally.

Stir through the spinach at the very end.

Serve with rice, some coriander, black sesame seeds, a large dollop of Good For You Ferments Tropical Turmeric Sauerkraut.



FFLAPJAC MÊL

CYNHWYSION

- 175g menyyn
- 275g ceirch uwd
- 125g siwgr meddal brown golau
- 55g Mêl Gwenyn Gruffydd
- 50g ffrwythau cymysg a chnau neu rhesins/bricyll/datys/hadau blodau haul

DULL

Cynheswch y popty i 180°C/350°F/nod nwy 4.

Rhowch y menyyn, y mêl a'r siwgr mewn sosban.

Cynheswch dros wres isel am 2–3 munud a'i droi hyd nes iddo doddi.

Ychwanegwch y ceirch, y ffrwythau cymysg, y cnau a'r hadau a'u troi'n dda.

Arllwyswch y cymysgedd i mewn i dun â gwaelod gwastad iddo a gwasgwch lawr gan ddefnyddio sbatwla.

Pobwch yn y popty am 25 munud hyd nes ei fod yn euraidd ond yn dal i fod yn feddal.

Tynnwch o'r popty a'i oeri am ddeng munud yna torri mewn i sgwariau a gadael iddyn nhw oeri yn y tun.

Tynnwch nhw yn ofalus o'r tun a'u storio mewn cynhwysydd sy'n selio.

Diferwch siocled tawdd dros y fflapjacs sydd wedi oeri ar gyfer te blasus.

HONEY FLAPJACKS

INGREDIENTS

- 175g butter
- 275g porridge oats
- 125g soft light brown sugar
- 55g Mêl Gwenyn Gruffydd honey
- 50g mixed fruit and nuts or raisins/apricots/dates /sunflower seeds

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Put the butter, honey and sugar into a saucepan.

Heat over a low heat for 2–3 minutes and stir until melted.

Add the porridge oats, the mixed fruit, nuts and seeds, mix well.

Pour the mixture into a flat-bottomed tin and press down using a spatula.

Bake in the oven for 25 minutes until golden but still soft.

Remove from the oven and cool for ten minutes then cut into squares and allow to cool in the tin.

Carefully remove from the tin, and store in an airtight container.

Drizzle melted chocolate over the cooled flap jacks for a special treat.



JELIS GWIN PINC A BLODAU

CYNHWYSION

150ml dŵr
75g siwgr caster
450g mefus, wedi'u trin
3 haen o ddail gelatin
350ml gwin gwyn Gwin Gwenlais
Ychydig o flodau bwyttadwy: calendula,
nasturtiums, fiola neu flodau coed ffrwythau

DULL

Rhowch y dŵr a'r siwgr caster mewn sosban fawr a'i chynhesu'n ofalus. Trowch hyd nes bod y siwgr wedi toddi'n llwyr, yna ychwanegwch y mefus. Dewch ag ef i'r berw a gadael iddo fyrlymu am tua 5 munud, does dim angen ei droi.

Cymerwch y sosban oddi ar y gwres pan fod y ffrwythau'n feddal a'r hylif yn binc a thebyg i syrop.

Gadewch i'r syrop oeri a hidlwch y cyfan drwy rhidyll mewn i jwg fawr. Peidiwch â gwasgu'r mefus drwy'r rhidyll oherwydd bydd y jeli'n mynd yn gymyog wedyn. Taflwch (neu fwyttewch) y mefus sydd wedi'u coginio, mae eu gwaith nhw ar ben nawr.

I wneud y jeli:
Rhowch y gelatin mewn powlen o ddŵr oer. Bydd yr haenau'n meddalau mewn ychydig funudau. Pan fydd hyn yn digwydd, tynnwch nhw a gwasgwch y dŵr allan ohonynt, yna trowch nhw mewn i'r syrop hyd nes bod y cyfan wedi toddi'n llwyr.

Rhannwch unrhyw fefus sydd dros ben rhwng y gwydrau fflwt Siampaen neu eich gwydrau mwyaf prydfarth chi.

Agorwch y botel o Win Gwelais a'i arllwys yn ofalus i mewn i'r syrop mefus. Trowch am ychydig yna arllwys i mewn i'r gwydrau unigol.

Oerwch yn yr oergell am o leiaf 4 awr, neu dros nos, cyn gweini.

Gallwch eu haddurno gyda mwy o ffrwythau, hufen neu flodau bwyttadwy.

PINK WINE AND FLOWER JELLIES

INGREDIENTS

150ml water
75g caster sugar
450g strawberries, hulled
3 sheets of leaf gelatine
350ml Gwin Gwenlais white wine
A few edible flowers: calendula, nasturtiums,
viola or fruit tree flowers

METHOD

Put the water and the caster sugar in a large saucepan and heat gently. Stir until the sugar has completely dissolved, then add the strawberries. Bring to the boil, and let it bubble away for about 5 minutes, you don't need to stir.

Take the pan off the heat when the fruit is soft and the liquid is pink and syrupy.

Allow the syrup to cool then strain it through a sieve into a large jug. Don't force the strawberries through the sieve as the jelly will become cloudy. Discard (or eat) the cooked strawberries, their job is now done.

To make the jelly:
Soak the gelatine in a bowl of cold water. The sheets will soften in a few minutes. When this happens, remove them and squeeze out the excess water, then stir them into the syrup until completely dissolved.

Divide any remaining strawberries between Champagne flutes or your prettiest glasses.

Open the Gwin Gwelais and pour it carefully into the strawberry syrup. Stir briefly then pour into the individual glasses.

Chill in the fridge for at least 4 hours, or overnight, before serving.

Feel free to jazz them up with more fruit, cream or just serve them with edible flowers.



BLOODY MARY

FRANK GAMBINO

CYNHWYSION

- Ar gyfer y cymysgedd*
- 2 siot o fodca (unrhyw fath o safon da)
 - 4 siot o sudd tomato
 - 4 tro o'r felin i gael pupur
 - 4 ysgwyddad da o saws Swydd Caerwrangon
 - 4 ysgwyddad da o saws tabasco
 - 1 llwy de o ddiod leim
 - 4 lwmp o iâ

- Ar gyfer y gwydr*
- Coesyn o helogan (seleri)
 - Darn o leim
 - Pinsiad o Halen Dewi, St Davids Sea Salt with Seaweed

DULL

Paratowch drwy oeri'r fodca, y sudd tomato a'r gwydr. Yna ysgeintiwch yr halen môr gyda gwymon ar soser, sychwch y darn o leim o gwmpas ymyl y gwydr a rhowch ymyl y gwydr yn yr halen hyd nes bod darnau o grisial a gwymon yn glynu ar yr ymyl. Ychwanegwch yr iâ gyda llwy cyn arllwys y cynhwysion i mewn i'r gwydr. Yn olaf, ychwanegwch y coesyn helogan a gweini gydag oewyddion gwyrdd mawr.

Mae enw'r rysâit hwn yn rhoi clw i'w wreiddiau. Daeth Frank o Manhattan i weithio'n achlysurol yn Sir Benfro yn ystod y 70au, 80au a'r 90au a daeth yn gyfaill agos i deulu Halen Dewi. Roedd Frank yn caru piano jazz, bwyd a diod da, yn ogystal â ffordd Sir Benfro o fyw.

FRANK GAMBINO'S

BLOODY MARY

INGREDIENTS

- For the mix*
- 2 shots of vodka (any good brand)
 - 4 shots of tomato juice
 - 4 grinds of black pepper
 - 4 good shakes of Worcestershire sauce
 - 4 good shakes of tabasco sauce
 - 1 teaspoon of lime cordial
 - 4 ice cubes

- For the glass*
- A stick of celery
 - Slice of lime
 - Pinch of Halen Dewi, St Davids Sea Salt with Seaweed

METHOD

Get prepared by chilling the vodka, tomato juice and glass. Then sprinkle the sea salt with seaweed on a saucer, wipe the slice of lime around the edge of the glass and dip the glass into the salt until flecks of crystal and seaweed stick to the rim. Add the ice with a spoon before pouring in the ingredients. Finally add the celery stick and serve with Queen green olives.

This recipe's name gives a clue to its origins. Frank came from Manhattan to work periodically in Pembrokeshire through the 70s, 80s and 90s and became a close friend of the Halen Dewi family. Frank loved jazz piano, good food and drinks and the Pembrokeshire way of life.



EOG WEDI’I DRIN GYDA JIN A DIL

CYNHWYSION

Digon i 4-6
50ml Jin Talog
Croen 1 lemwn mawr
1 llwy fwrdd o dil ffres wedi’u falu, gyda pheth ychwanegol i’w ddefnyddio fel addurn
3 llwy fwrdd o halen môr
2 llwy fwrdd o siwgr caster
500g (1lb 2oz) darn o eog, gyda’r croen arno
Jin Talog ychwanegol ar gyfer gweini

DULL

Gosodwch y jin, y croen lemwn, y dil, yr halen a’r siwgr mewn powlen a’u cymysgu ynghyd gyda llwy – dyma’ch cymysgedd ar gyfer trin yr eog.

Cymerwch gynhwysydd sydd â chlawr iddo a rhowch hanner y cymysgedd yn hwn. Mae’n bwysig defnyddio cynhwysydd y medrwch roi eich darn eog ynddo yn rhwydd er mwyn gwneud yn siŵr bod yr eog yn amsugo’r holl flasau gwahanol hyfryd o’r cymysgedd.

Patiwch eich darn eog yn sych gyda pheth papur cegin yna’i roi yn y cynhwysydd gyda’r croen yn wynebu am i lawr. Gwasgwch yr eog yn dyner ond yn gadarn i mewn i’r cymysgedd.

Arllwyswch weddill y cymysgedd dros y pysgod a’i selio’n dynn gyda’r clawr.

Oerwch dros nos yn yr oergell.

Y diwrnod canlynol, cymerwch yr eog allan o’r cymysgedd a’i olchi gyda dŵr oer dan y tap yna’i ei sychu â lliain glân neu bapur cegin.

Gorchuddiwch yr eog mewn memrwn pobi neu bapur gwrthsaim a’i roi yn ôl yn yr oergell.

Pan fyddwch chi’n barod i weini’r eog, tynnwch o’r oergell awr cyn ei weini er mwyn gadael i’r blasau ddatblygu.

CURED SALMON WITH JIN AND DILL

INGREDIENTS

Serves 4-6
50ml Jin Talog
Zest of 1 large lemon
1 tablespoon chopped fresh dill, plus extra to garnish later
3 tablespoon sea salt
2 tablespoon caster sugar
500g (1lb 2oz) piece of salmon, skin on
Extra Jin Talog for serving

METHOD

Place the gin, lemon zest, dill, salt and sugar in a bowl and mix together with a spoon – this is your cure mix.

Take a container that has a lid and put half of the cure mix in. It’s important to use a container that will fit your piece of salmon quite snugly to make sure that the salmon absorbs all of those wonderful flavours from the cure mix.

Pat your piece of salmon dry with some kitchen paper and put into the container, skin side down. Press the salmon gently but firmly into the cure mix.

Pour the remaining half of the cure mix over the fish and cover tightly with a lid.

Chill overnight in the fridge.

The next day, take the salmon out of the cure mix, rinse with cold water and pat dry with a clean tea towel or kitchen paper.

Cover the salmon in baking parchment or greaseproof paper and return to the fridge.

When ready to serve the salmon, remove it from the fridge an hour before serving to let the flavour develop.



Tafellwch yn denau, gwnewch yn siŵr bod gennych gyllell finiog dda ar gyfer gwneud hyn, a threfnwch y cyfan ar blât neu fwrdd.

Taenwch beth sudd lemwn ac ychydig o jin pur drosto er mwyn cael ychydig mwy o flas y ferywen.

Gweinwch gyda hufen wedi suro a pheth dil yn addurn, a’i fwyta gyda bara rhyg tywyll neu pumpernickel, a’ch hoff gracys a phicl.

Slice thinly, make sure that you have a good, sharp knife for this, and arrange on a platter or board.

Sprinkle with some lemon juice and a small amount of neat gin for an extra juniper kick.

Serve with sour cream, some dill to garnish, and some dark rye bread or pumpernickel, and your favourite crackers and pickles.

PASTA A PHESTO

BASIL PERFFAITH

PASTA

CYNHWYSION

200g ‘00’ blawd pasta
50g blawd semolina
2 wy buarth (1 i bob 100g blawd)
Gall peiriant pasta fod o ddefnydd, ond nid yw’n angenrheidiol

DULL

Rhowch y blawd mewn powlen. Curwch yr wyau mewn powlen ar wahân. Gwnewch bydew ynghanol y blawd. Ychwanegwch yr wyau a chymysgu’r blawd ynghyd.

Neu fel arall, gosodwch y cynhwysion i gyd mewn prosesydd bwyd a throï’n gyson er mwyn creu toes.

Arllwyswch y toes allan ar arwynebedd gweithio sydd â blawd arno a thylino’r toes ychydig cyn ei orchuddio â haenen lynu. Oerwch yn yr oergell am tua 20 munud.

Gweithiwch gyda hanner y toes ar y tro, rhowch y toes drwy’r peiriant pasta ar ei raddfa fwyaf trwchus. Parhewch i roi’r pasta drwy’r rholwyr gan leihau’r lled bob tro, hyd nes bod y rholwyr ar eu graddfa culaf. Fel arall, defnyddiwch bin rholio i rholio’r toes allan nes eich bod bron yn gallu gweld drwyddo.

Gosodwch y torwyr ar y peiriant pasta a rhowch y pasta drwy’r peiriant i wneud tagliatelle neu spaghetti. I atal y pasta rhag glynw i’w gilydd, defnyddiwch flawd semolina i ddwstio’r pasta, yna rhowch nhw mewn torch a’u storio nhw yn yr oergell am hyd at 3 diwrnod. Gallwch ddefnyddio’r pasta i greu haneau lasagne neu ravioli.

I goginio, berwch mewn dŵr wedi’i halltu am tua 2–3 munud.

PERFECT PASTA

AND BASIL PESTO

PASTA

INGREDIENTS

200g ‘00’ pasta flour
50g semolina flour
2 free range eggs (1 per 100g flour)
A pasta machine helps, but isn’t essential

METHOD

Place the flour into a bowl. Beat the egg in a separate bowl. Make a well in the centre of the flour. Add the eggs and gradually mix in the flour. Alternatively, place all the ingredients into a food processor and pulse to form a dough.

Tip the dough out onto a work surface dusted with flour and knead slightly before covering with cling film. Chill in the fridge for about 20 minutes.

Working with half the dough at a time, pass the dough through the pasta machine, on its thickest setting. Keep passing the pasta through the rollers, reducing the roller width each time, until the rollers are at the narrowest setting. Alternatively, use a rolling pin, to roll out the dough until almost see-through.

Place the cutters on the pasta machine and pass the pasta through to make tagliatelle or spaghetti. To prevent the pasta from sticking to each other, dust the strips with semolina flour, then coil them into nests and store in the fridge for up to 3 days. You can also use the pasta to make lasagne sheets or ravioli.

To cook, boil in salted water for about 2–3 minutes.



PESTO BASIL

Saws yw pesto sy’n dod o ogledd yr Eidal, ac yn draddodiadol mae’n cynnwys garlleg wedi malu, dail basil a chnau pin wedi’u cymysgu gydag olew olewydd a chaws Parmesan. Rhowch gynnig arno gyda pherlysiau a chnau gwahanol i gael blasau eraill.

CYNHWYSION

50g cnau pin
50g caws Parmesan
150ml olew olewydd
2 ewin garlleg
Llund llawr fawr o fasil

DULL

Cynheswch ffrimpan fach dros wres isel a ffrio hyd nes bod y cnau pin yn euraidd gan eu hysgwyd yn achlysurol. Rhowch nhw mewn i brosesydd bwyd ac ychwanegu gweddill y cynhwysion a’u prosesu nes eu bod yn llyfn, yna rhowch ychydig o halen a phupur.

Arllwyswch y pesto i jar a’i orchuddio gydag ychydig o olew ychwanegol er mwyn ei selio a’i gadw yn yr oergell. Bydd yn cadw yn yr oergell am hyd at bythefnos.

BASIL PESTO

Pesto is a sauce originating in northern Italy, and traditionally consists of crushed garlic, basil, and pinenuts blended with olive oil and Parmesan. Try it with different herbs and nuts for different flavours.

INGREDIENTS

50g pine nuts
50g Parmesan cheese
150ml olive oil
2 cloves garlic
Large bunch of basil

METHOD

Heat a small frying pan over a low heat and fry the pine nuts until golden, shaking occasionally. Put into a food processor and add the remaining ingredients and process until smooth, then season with salt and pepper.

Pour the pesto into a jar and cover with a little extra oil to seal, cover and store in the fridge. It will keep in a fridge for up to two weeks.

DŴR SINSIR

CYNHWYSION

Modfedd o wreiddyn sinsir ffres
1 lemwn cyfan
500ml dŵr wedi ffiltro neu ddŵr ffynnon

DULL

Sleisiwch y sinsir a’r lemwn yn denau.
Arllwyswch y dŵr i mewn i sosban a dod ag ef i’r berw gan ychwanegu’r lemwn wedi’i sleisio a’r sinsr. Cymysgwch ynghyd am 10–15 munud, yna rhowch o’r neilltu i oeri.
Yfwch wedi’i gynhesu gyda sleisen o lemwn ffres neu yfwch ef yn oer. Mae’r sinsir yn rhoi cic go dda, felly mae’n gynhesol hyd yn oed pan mae’n oer.

GINGER WATER

INGREDIENTS

An inch of fresh ginger root
1 whole lemon
500ml filtered water or spring water

METHOD

Thinly slice the ginger and lemon. Pour the water into a pan, bring it to the boil and add the sliced lemon and ginger. Stir together for 10–15 minutes, then set aside to cool.
Drink warmed with a slice of fresh lemon, or drink it cooled. The ginger gives it a good kick, so it’s still warming even when cold.



JIN CYRENS DUON

CYNHWYSION

10ml diod Naturally Cordial Blackcurrant
40ml jin
2 ddarn o leim
200ml dŵr tonig
Addurn: croen leim neu ddail mintys

DULL

Llenwch wydr mawr gyda iâ.

Arllwyswch y jin dros yr iâ ac yna'r ddiod Naturally Cordial, a'i adael am ychydig er mwyn i'r ddiod a'r jin gymysgu.

Ychwanegwch y ddau ddarn leim, y dŵr tonig a'u cymysgu er mwyn cyfuno'r holl flasau.

Addurnwch y gwydr gyda'r croen leim neu ddail mintys.

BLACKCURRANT GIN

INGREDIENTS

10ml Naturally Cordial Blackcurrant
40ml gin
2 lime wedges
200ml tonic water
Garnish: lime peel or mint leaves

METHOD

Fill a large glass full of ice.

Pour the gin over the ice and then the Naturally Cordial, leave a while for the cordial to infuse the gin.

Add the 2 lime wedges, tonic water and stir to combine all the flavours.

Decorate the glass with the lime peel or mint leaves.



POWLEN SALAD GYDA FFALAFFEL GYDA PHERLYSIAU MEICRO

CYNHWYSION AR GYFER FFALAFFEL

- 400g tun gwygbys, wedi draenio
- 2 ewin garlleg
- 2 lwy de o cwmin
- 2 lwy de o goriander
- ½ llwy de o sinamon
- 2 lwy de o harissa
- 1 llwy fwrdd o flawd plaen neu flawd gram

Rhowch yr holl gynhwysion mewn prosesydd bwyd a'u malu nhw i greu ansawdd llyfn. Ychwanegwch ychydig o halen a phupur yna rholio'r cymysgedd a'i rannu'n ddarnau o faint peli golff. Gadewch i oeri er mwyn cadw'r siâp, yna ffriwch mewn olew poeth am tua 4–5 munud hyd nes eu bod yn euraidd.

POWLEN SALAD

- Cyflenwad go dda o hummus
- ½ winwsyn coch
- Dail salad
- Dresin tahini (sesami)
- Talpiau o lemwn
- Unrhyw un o'r syniadau salad a nodir isod

Trefnwch y saladau'n drefnus o gwmpas powlen ag ochrau uchel iddi, gan ddefnyddio'r lliwiau am yn ail o'r saladau gwahanol er mwyn creu effaith liwgar. Ychwanegwch yr hummus ar ganol y bowlen ac ychwanegu'r ffalaffel gan ddefnyddio perlysiau micro blasus No Acres fel addurn.

WINWNS PUM MUNUD WEDI'U PICLO

Ychwanegwch dafelli tenau o winws coch at gymysgedd o finegr (neu finegr seidr afal neu finegr gwin gwyn, unrhyw finegr mewn gwirionedd, ond nid finegr brag), ychwanegu pinsiaid o halen, llwy de o siwgr neu fêl (neu ddewis arall o siwgr) ynghyd ag unrhyw sbeisiau cyfan os hoffech.

SALAD BOWL WITH FALAFELS TOPPED WITH MICRO HERBS

INGREDIENTS FOR THE FALAFEL

- 400g tin chick peas, drained
- 2 cloves garlic
- 2 teaspoon cumin
- 2 teaspoon coriander
- ½ teaspoon cinnamon
- 2 teaspoon harissa
- 1 tablespoon plain flour or gram flour

Add all ingredients into a food processor, and blitz until a fine consistency. Season with a little salt and pepper then roll into golf ball sized pieces. Chill, to allow the shape to set, then shallow fry in hot oil for about 4–5 minutes until golden.

SALAD BOWL

- Good quantity of hummus
- ½ red onion
- Salad leaves
- Tahini (sesame) dressing
- Wedges of lemon
- Any of the salad ideas mentioned below

Arrange the salads neatly around a high sided bowl, alternating the colours of the different salads for a colourful effect. Add the hummus to the centre of the bowl add the falafel and top with some delicious No Acres micro herbs.

QUICK PICKLED ONIONS

Simply add thinly sliced red onions to a mixture of vinegar (or apple cider, white wine vinegar, any vinegar really, but not malt vinegar), add a pinch of salt, a teaspoon of sugar or honey (or sugar alternative) along with any whole spices you like. Place in a sealable jar and allow to pickle for at least 15 minutes before using. Store in a jar and refrigerate.



Rhowch nhw mewn jar sy'n selio a gadael iddyn nhw biclo am o leiaf 15 munud cyn eu defnyddio. Cadwch mewn jar a'u rhoi yn yr oergell.

SALAD CIWCYMBR

- ½ ciwcymbr
- 1 winwsyn coch
- 1 tsili coch
- Sudd 1 leim
- 2 lwy fwrdd o olew olewydd
- Llond llaw o goriander

Tafellwch y cynhwysion yn denau iawn a'u cyfuno. Gadewch iddynt orffwys er mwyn i'r blasau gymysgu.

YCHWANEGIADAU ERAILL I'R BOWLEN

- Moron wedi gratio
- Betys wedi coginio a'i sleisio
- Tomatos bach wedi'i torri'n hanner
- Afocado wedi'i sleisio
- Perlysiau No Acres ffres
- Puprod wedi'u sleisio

CUCUMBER SALAD

- ½ a cucumber
- 1 red onion
- 1 red chilli
- Juice of 1 lime
- 2 tablespoon olive oil
- Small handful coriander

Slice the ingredients very thinly and combine. Allow to rest for the flavours to mix.

OTHER ADDITIONS TO THE BOWL

- Grated carrot
- Sliced cooked beetroot
- Cherry tomatoes halved
- Sliced avocado
- Fresh No Acres herbs
- Sliced peppers

LAPIADAU CYW IÂR SBEISLYD

CYNHWYSION

- Makes 4 wraps
- 2 ffiled cyw iâr heb groen
 - 2 lwy fwrdd o flawd plaen
 - 1 lwy fwrdd o Pembrokeshire Chilli Farm Cajun Spiced Rub
 - 1 wy mawr, wedi'i guro
 - 2 dafell o fara brown
 - 4 llwy fwrdd o olew blodau'r haul
- I weini:
- 4 lapiad tortilla
 - 4 llwy fwrdd o mayonnaise
 - 2 domato
 - 2 lond llaw o ddail roced neu letys
 - 1 winwnsyn coch bach
 - 2 lwy fwrdd o Pembrokeshire Chilli Farm Chipotle Gold Sauce
 - 2 lond llaw o gaws Cheddar wedi gratio

DULL

Cynheswch y popty i 180°C/350°F/nod nwy 4.

Torrwch y ffiledi cyw iâr yn stribedi cyfartal. Dylech gael tua 6 stribed o bob ffiled.

Bydd angen tair powlen fas, neu blatiau gydag ymyl iddynt. Yn un, cyfunwch y blawd a'r Cajun Spice Rub. Yn yr ail, curwch yr wy. Yn y trydydd, rhowch y ddwy dafell o fara sydd wedi'u briwsioni gan ddefnyddio prosesydd bwyd.

Gosodwch ddalen o bapur pobi ar fwrdd neu hambwrdd. Dipiwch bob stribed cyw iâr yn gyntaf yn y cymysgedd blawd, yna yn yr wy, yna yn y briwsion bara. Gosodwch nhw ar y papur. Mae modd gwneud pob dim hyd at y cam hwn o flaen llaw ac yna'u cadw yn yr oergell i'w defnyddio yn nes ymlaen.

Gosodwch ffrimpan fawr fas i goginio ar wres uchel. Unwaith ei bod hi'n gynnes, ychwanegwch joch go dda o olew blodyn haul.

SPICY COATED CHICKEN WRAPS

INGREDIENTS

- Makes 4 wraps
- 2 skinless chicken breast fillets
 - 2 tablespoons plain flour
 - 1 tablespoon Pembrokeshire Chilli Farm Cajun Spiced Rub
 - 1 large egg, beaten
 - 2 slices brown bread
 - 4 tablespoons sunflower oil
- To serve:
- 4 tortilla wraps
 - 4 tablespoons mayonnaise
 - 2 tomatoes
 - 2 handfuls rocket or lettuce
 - 1 small red onion
 - 2 tablespoons Pembrokeshire Chilli Farm Chipotle Gold Sauce
 - 2 handfuls grated mature Cheddar cheese

METHOD

Pre-heat your oven to 180°C/350°F/gas mark 4.

Cut the chicken fillets into even sized strips. You should get about 6 strips per fillet.

Get three separate shallow bowls, or plates with a ridge at the edge. In one, combine the flour and Cajun Spice Rub. In the second beat 1 large egg. In the third put the two slices of bread that have been made into breadcrumbs using a food processor.

Lay a sheet of baking paper onto a board or tray. Dip each chicken strip first in the flour mix, then in the egg, then in the breadcrumbs. Lay it on the parchment. Everything up to this step can be done in advance and then refrigerated for later use.

Place a large shallow frying pan on the stove top on high heat. Once heated add a large dash of sunflower oil.



Gosodwch hanner y stribedi cyw iâr yn y ffrimpan, gan adael digon o le i'w troi nhw'n hawdd. Gall y gorchudd briwsion bara losgi'n hawdd felly trowch y stribedi'n gyflym, gan frownio ar bob ochr.

Trosglwyddwch y stribedi cyw iâr wedi'u brownio i ddysgl sy'n medru mynd i'r popty a'i rhoi hi yn y popty. Coginiwch yn y popty am 20 munud.

Ailadroddwch gyda'r ail gyflenwad o stribedi cyw iâr, gan ychwanegu mwy o olew os oes angen. Peidiwch â chael eich temtio i beidio â bod yn hael gyda'r olew am fod hynny'n atal y gorchudd rhag brownio. Hefyd cadwch y gwres yn uchel, neu fe fydd y briwsion bara'n amsugno'r olew ac yn mynd yn seimllyd.

Cynheswch 4 lapiad tortilla blawd deli yn y meicrodon am 30 eiliad.

Gan ddefnyddio llwy fwrdd, gorchuddiwch bob tortilla â mayonnaise, ychwanegu dail roced, tafelli tomato, winwns coch, Chipotle Gold Sauce a chaws wedi gratio. Ychwanegwch 3 stribed cyw iâr i bob tortilla yna'u plygu nhw a mwynhau eu bwyta.

Place half of the chicken strips in the pan, allowing room to turn them easily. The breadcrumb coating can easily burn so turn the strips quickly, browning on all sides.

Transfer the browned chicken strips to an ovenproof dish and pop in the oven. Cook in the oven for 20 minutes.

Repeat with the second batch of chicken strips, adding more oil if required. Don't be tempted to skimp on the oil as this prevents the coating from browning. Also keep the heat high, otherwise the breadcrumb coating just absorbs the oil and becomes greasy.

Warm 4 flour tortilla deli style wraps in the microwave for 30 seconds.

Using a tablespoon, coat each with mayonnaise, add rocket, tomato slices, red onion, Chipotle Gold Sauce and grated cheese. Add 3 chicken strips per large wrap then fold up and enjoy.

TEISEN AFAL SBEIS GYDA SAWS CARAMEL

CYNHWYSION

- 1 neu 2 afal, wedi sleisio
- 1 cwpan o siwgr brown golau
- ½ cwpan o rhesins neu gyrens neu lugaeron sych
- 2 cwpan o flawd codi
- 1 cwpan o fenyn
- 1 cwpan o laeth
- 1 cwpan o ddatys (wedi tynnu'r cerrig)
- 4 wy
- 1 llwy fwrdd o sbeis cymysg
- ¼ llwy de o bowdr pobi
- ¼ llwy de o fanila
- 1 jar o saws Pembrokeshire Sea Salt Salted Caramel

DULL

Cynheswch y popty i 180°C/350°F/nod nwy 4.

Er mwyn gwneud y deisen sbwng, rhowch y datys a'r llaeth mewn sosban fechan a dod â nhw i'r berw ac yna'u cymryd oddi ar y gwres a'u gadael naill ochr i oeri am ychydig funudau.

Trowch y cymysgedd datys mewn i biwrê llyfn mewn prosesydd bwyd neu gymysgydd, yna crafu'r cyfan mewn i bowlen gymysgu fawr.

Ychwanegwch y menyn, y bawd, y siwgr, y powdr pobi, yr wyau, y sbeis cymysg, y ffrwythau sych a'r fanila, yna cymysgu'r cyfan ynghyd a'i arllwys i dun pobi sgwâr.

Sleisiwch yr afalau, a'u gosod nhw'n daclus ar ben y deisen, yna'i rhoi yn y popty am tua 40 munud hyd nes ei bod hi wedi coginio ac yn euraidd.

Unwaith bod y deisen wedi oeri, diferwch saws Pembrokeshire Sea Salt Salted Caramel Sauce drosti.

SPICED APPLE CAKE WITH CARAMEL SAUCE

INGREDIENTS

- 1 or 2 apples, sliced
- 1 cup light brown sugar
- ½ cup raisins or currants or dried cranberries
- 2 cups self raising flour
- 1 cup butter
- 1 cup milk
- 1 cup dates (stones removed)
- 4 eggs
- 1 tablespoon mixed spice
- ¼ teaspoon baking powder
- ¼ teaspoon vanilla
- 1 jar of Pembrokeshire Sea Salt Salted Caramel

METHOD

Pre heat the oven to 180°C/350°F/gas mark 4.

To make the sponge cake, put the dates and milk into a small pan and bring to the boil then take off the heat and leave to one side to cool for a few minutes.

Whizz the date mixture into a smooth purée in a food processor or blender, then scrape into a large mixing bowl.

Add the butter, flour, sugar, baking powder, eggs, mixed spice, dried fruit and vanilla, then mix everything together and pour into a baking tray.

Slice the apples, and place them neatly on top of the cake, and bake in the oven for about 40 minutes until cooked and golden.

Once cooled drizzle the cake with Pembrokeshire Sea Salt Salted Caramel Sauce.



WY SBEIS WEDI’I BOTSIO AR DOST

CYNHWYSION

- 1 wy buarth hynod ffres
- 1 llwy de o finegr
- Bara surdoes, neu unrhyw fath arall o fara da, wedi’i dafellu i’w dostio
- Menyn
- Halen a phupur
- Fflawiau tsili
- Saws Rívecsi’s Cashew Chilli Crush

DULL

Dewch â sosban o ddŵr i’r berw, ei adael i fudferwi ac yna ychwanegu 1 llwy de o finegr.

Torrwch un wy ffres mewn i bowlen fas fach a gadael i’r wy lithro’n araf i’r dŵr sy’n mudferwi. Dylai’r gwynwy ddechrau coginio a newid lliw’n syth.

Gadewch i’r wy goginio am 2–3 munud, yna’i dynnu o’r dŵr yn ofalus gan ddefnyddio llwy dyllog a gosod yr wy yn dyner ar ddarn o bapur cegin er mwyn gwaredu’r dŵr.

Yn y cyfamser, tostiwch dafelli bara a rhoi menyn arnynt. Gosodwch yr wy ar y tost, ysgeintio ychydig o halen a phupur, fflawiau tsili ac yna ychwanegu llwyaid o saws Rívecsi’s Cashew Chilli Crush. Gweinwch a mwynhau.

SPICY POACHED EGG ON TOAST

INGREDIENTS

- 1 really fresh free range egg
- 1 teaspoon vinegar
- Sourdough or any other kind of good bread, sliced for toasting
- Butter
- Salt and pepper
- Chilli flakes
- Rívecsi’s Cashew Chilli Crush sauce

METHOD

Bring half a pan of water to a simmering boil and add 1 teaspoon of vinegar.

Break 1 fresh egg into a small shallow bowl and carefully allow the egg to slip slowly into the simmering water. The egg-white should begin to cook and change colour immediately.

Allow the egg to cook for 2–3 minutes, then carefully remove using a slotted spoon and place gently onto a piece of kitchen roll to remove excess water.

Meanwhile, toast some slices of bread, then butter. Place the poached egg on the toast, sprinkle with salt and pepper, chilli flakes and add a spoon of Rívecsi’s Cashew Chilli Crush sauce. Serve and enjoy.



FOCACCIA MÔR Y CANOLDIR

CYNHWYSION

600g blawd bara cryf
1 llwy de o halen
1 llwy de o furum
1 llwy fwrdd o olew olewydd
350ml dŵr claeaf
Sawl sbrigyn o rosmari ffres a halen môr o Gymru neu domatos a basil

DULL

Cymysgwch y blawd, yr halen a'r burum mewn powlen. Ychwanegwch yr olew a'r dŵr a'u cymysgu i greu toes. Tylinwch y toes ar fwrdd â blawd arno am tua 7 munud.

Gosodwch y toes wedi'i dylino mewn powlen a'i ochuddio â haenen lynu neu liain glân tamp. Rhowch mewn man cynnes i godi, hyd nes iddo ddyblu mewn maint.

Ar ôl tua awr, arllwyswch y toes allan ar dun gwastad wedi'i iro'n dda.

Taenwch y toes allan dros waelod y tun i ffurfio torth gweddol wastad.

Ychwanegwch ambell sbrigyn o rosmari (neu'r tomatos a'r basil) ac ysgeintio'r halen môr drosto.

Cynheswch y popty i 220°C /425°F/nod nwy 7 a gadewch i'r toes godi ychydig yn fwy am tua 20 munud. Pobwch am tua 20 munud, hyd nes ei fod yn lliw euraidd.

Diferwch olew olewydd o ansawdd da dros y bara a mwynhewch ei fwyta gydag olew a finegr balsamig.

MEDITERRANEAN FOCACCIA

INGREDIENTS

600g strong bread flour
1 teaspoon salt
1 teaspoon yeast
1 tablespoon olive oil
350ml tepid water
Sprigs of rosemary and some Welsh sea salt or tomatoes and basil

METHOD

Mix the flour, salt and yeast in a bowl. Add the oil and water, and mix to form a dough. Knead the dough on a floured table for about 7 minutes.

Place the kneaded dough into a bowl, cover with cling film or clean damp tea towel. Place somewhere warm to rise until it has doubled in size.

After about an hour, tip the dough out onto a well-oiled flat tin.

Spread the dough over the base of the tin to form a flatish loaf.

Add sprigs of fresh rosemary (or tomatoes and basil) and sprinkle with sea salt.

Preheat the oven to 220°C/425°F/gas mark 7 and allow the dough to prove for a further 20 minutes. Bake for up to 20 minutes, until golden brown.

Drizzle the top with good quality olive oil and enjoy with oil and balsamic vinegar



WY SGOTSH CRACLIN PORC POSH

CYNHWYSION

Digon i

6 wy fferm ffres
3 bag o Salted Scratch My Pork, wedi'u malu'n fach
450g cig selsig o safon
1 llwy fwrdd o berlysiau ffres wedi'u malu (persli, cennin syfi, teim)
½ llwy de mwstard poeth
1 wy wedi'i guro
Blawd wedi'i halltu
Briwsion bara gwyn sych
Olew soia o safon

DULL

Dewch â dŵr i'r berw mewn sosban a rhowch yr wyau yn y dŵr yn ofalus, un wrth un. Dewch â'r cyfan yn ôl i'r berw a'i berwi am 5–7 munud. Dylai'r wyau fod wedi'u gorchuddio â dŵr.

Arllwyswch y dŵr i ffwrdd a gorchuddiwch yr wyau gyda dŵr oer. Mae'r amser berwi yn dibynnu ar y ffaith a ydych chi eisiau melynwy caled neu feddal.

Cymysgwch y perlysiau ffres a'r mwstard yn drylwyr drwy'r cig selsig. Rhannwch y cig yn 6 darn cyfartal. Plisgwch yr wyau.

Rhowch ddarn o'r cig selsig ar fwrdd â blawd arno a'i wasgu gyda'ch llaw i greu siâp hirsgwar, digon mawr i orchuddio wy.

Siapiwch y cig selsig o gwmpas yr wy gyda'ch dwylo, gan wneud yn siŵr bod yr wy wedi'i orchuddio'n gyson ac nad oes yna unrhyw graciau. Gorchuddiwch weddill yr wyau yn yr un modd.

Rholiwch yr way yn y blawd wedi'i halltu, yr wy wedi'i guro ac yna rholiwch hwn mewn briwsion bara gwyn ac yn y craclin porc Salted Scratch My Pork wedi'u malu. Gorchuddiwch yr wyau i gyd yn yr un modd.

POSH PORK CRACKLING COATED SCOTCH EGG

INGREDIENTS

Enough for 6

6 farm fresh eggs
3 bags of Salted Scratch My Pork, chopped finely
450g quality sausage meat
1 tablespoon of finely chopped fresh herbs (parsley, chives, thyme)
½ teaspoon hot mustard
1 beaten egg
Seasoned flour
Dry white breadcrumbs
Quality soya oil

METHOD

Bring a saucepan of water to the boil and place in the eggs carefully, one by one. Bring back to the boil and simmer for 5–7 minutes. The eggs should be covered with water.

Pour off the water and cover with cold water. The boiling time depends on whether a runny or hard boiled yolk is required.

Mix the fresh herbs and mustard thoroughly through the sausage meat. Divide the sausage meat into 6 even-sized pieces. Peel the eggs.

Put a piece of sausage meat onto a floured board and flatten it with your hand into an oval shape, large enough to cover an egg.

Shape the sausage meat around the peeled egg with your hands, making sure that the egg is evenly coated and there are no cracks. Cover the rest of the eggs in the same way.

Roll the eggs in seasoned flour, beaten egg and finally coat them with dry, white breadcrumbs and chopped Salted Scratch My Pork pork crackling. Coat all the eggs in the same way.



Cynheswch yr olew ar gyfer ffrio dwfn, gan wneud yn siŵr fod yr olew yn ddigon dwfn i orchuddio'r wyau. Dylai'r olew fod ar dymhered cymedrol, 180°C/350°F, os yw'n rhy boeth, bydd y tu allan yn brownio cyn i'r tu fewn gynhesu.

Gweinwch fel rhan o frecwast posh Gwyddelig o fadarch a thomatos wedi'u ffrio, cig moch crensiog a phwddin gwaed wedi'i ffrio mewn ffrimpan.

Heat the oil for deep-frying, making sure it is deep enough to cover the eggs. The oil should be a medium heat, 180°C/350°F, if it is too hot, the outside will be brown before the inside is hot.

Serve as part of a posh Irish breakfast of fried mushrooms and tomatoes, crispy bacon and pan-fried black pudding.

MARTINI JIN

CYNHWYSION

60ml Jackford Gin
Llwy fwrdd fawr o fermwth

Gall y coctel clasurol hwn gael ei wneud fel ag y mae neu gydag iâ. Cymysgwch y jin a'r fermwth ynghyd, oerwch gyda digonedd o iâ, neu ysgwydwch y jin a'r fermwth ynghyd mewn cymysgwr coctel gydag iâ.

Hidlwch i wydr martini wedi'i oeri a gweinwch gydag olewydden neu ddarn o groen lemn.

MARTINI BUDR

Sudd olewydd yw'r ffordd arferol i wneud martini budr. Mae dim ond ychydig ddiferion o sudd olewydd yn gwneud y ddiod yn gymylog ac yn ychwanegu blas difyr iddi. Os ychwanegwch chi joch mwy o sudd olewydd, mae'n troi'r ddiod yn martini mochaid!

Caiff martinis traddodiadol eu troelli, ond os ewch chi ar hyd y llwybr budr, bydd angen sicrhau bod y sudd olewydd a'r alcohol yn cymysgu drwy ysgwyd.

JIN FFRWYTHUS BLASUS

CYNHWYSION

1 potel o Jackford Gin
300g ffrwythau, wedi'u rhewi
250g siwgr

Arllwyswch y jin allan o'i botel.

Gosodwch hanner y cynhwysion yn y botel wag a gosodwch yr hanner arall mewn potel wag arall neu mewn jar. Rhannwch y jin rhwng y poteli, eu cau nhw'n dynn a'u hysgwyd yn ofalus. Gosodwch y poteli o'r neilltu am oddeutu 3 mis, gan eu troi neu eu hysgwyd yn ofalus er mwyn helpu toddi'r siwgr a datblygu'r blas.

Mwynhewch fel diod gynhesol dros y gaeaf.

GIN MARTINI

INGREDIENTS

60ml Jackford Gin
Generous tablespoon of vermouth

To make this classic cocktail it can be straight or on the rocks. Stir together the gin and the vermouth, and chill with plenty of ice, or shake the gin and vermouth together in a cocktail shaker with ice.

Strain into a chilled martini glass and serve with an olive or a twist of lemon.

DIRTY MARTINI

Olive juice is the classic way to make a dirty martini. Just add a small splash of olive juice to make the drink cloudy and add an interesting flavour to your drink. If you add a larger splash of olive juice, it becomes a filthy martini!

Traditional martinis are stirred, but when you go down the dirty route, it needs to be shaken to ensure the olive juice and alcohol mix.

BERRY NICE GIN

INGREDIENTS

1 bottle of Jackford Gin
300g berries, frozen
250g sugar

Pour out the gin from its bottle.

Place half the ingredients into the empty bottle and place the other half into another empty bottle or a jar. Divide the gin between the bottles, close tightly and shake gently. Place the bottles aside for up to 3 months, rotating or gently shaking to help dissolve the sugar and develop the flavour.

Enjoy as a warming winter drink.



BARA BRITH

CYNHWYSION

- 3 llwy de fawr o de cryf du tebyg i de Chai neu de Earl Grey
- 450g ffrwythau sych cymysg
- 450g blawd codi
- 200g siwgr brown
- 1 wy o faint canolig
- 1 llwy de o sbeis cymysg mâl

DULL

Rhowch y ffrwythau sych mewn powlen gymysgu.

Rhowch y 3 llwy de o’ch dewis de mewn jwg ac ychwanegwch oddeutu 360ml o ddŵr berw.

Caniatewch i’r te fwrw’i ffrwyth am tua 5–6 munud.

Straeniwch y te drwy rhidyll ac arllwys yr hylif cynnes dros y ffrwythau sych.

Gadewch y ffrwythau sych i eistedd yn y dŵr te dros nos (am leiafswm o 5–6 awr).

Cynheswch y popty o 170°C/325°F/nod nwy 3.

Ychwanegwch yr wy wedi’i guro a’r siwgr i’r cymysgedd a chymysgu’r cyfan drwyddo.

Yn raddol cymysgwch y blawd i mewn ac ychwanegu ychydig o laeth neu ddŵr os yw’r cymysgedd yn mynd yn rhy sych.

Arllwyswch cymysgedd y deisen i dun torth 2lb wedi’i iro a’i leinio.

Gosodwch y tun torth yn y popty cynnes a’i bobi am 80–90 munud. Cymrwch olwg ar y dorth ar ôl 60 munud, os yw’r dorth yn brownio’n rhy gyflym, gosodwch ddarn o ffoil ar ei ben a’i ddychwelyd i’r popty i gwblhau’r pobiad.

Tynnwch y dorth o’r popty a gadael iddi oeri ar resel pobi.

Unwaith i’r dorth oeri tynnwch hi o’r tun, tafellwch a gweini gyda digon o fenyn wedi’i halltu.

BARA BRITH

INGREDIENTS

- 3 heaped teaspoons of strong black leaf tea such as Chai tea or Earl Grey
- 450g dried mixed fruit
- 450g self raising flour
- 200g brown sugar
- 1 medium egg
- 1 teaspoon ground mixed spice

METHOD

Place the dried fruit in a mixing bowl.

Place the heaped teaspoons of your chosen black leaf tea into a jug and add approximately 360ml of boiling water.

Allow the tea to infuse for 5–6 minutes.

Strain the tea through a strainer and pour the warm liquid over the dried fruit.

Soak the dried fruit in the tea liquor overnight (minimum 5–6 hours).

Pre-heat the oven to 170°C/325°F/gas mark 3.

Add the beaten egg and sugar to the mix and stir through.

Gradually mix in the flour, add a little milk or water if the mix becomes too dry.

Pour the cake mixture into a 2lb greased and lined loaf tin.

Place the loaf tin into the pre-heated oven and bake for 80–90 minutes. Check after 60 minutes, if the cake is browning too quickly place a piece of foil on top and return to the oven to complete the bake.

Remove from the oven and allow to cool on a wire baking rack.

Once cooled remove the cake from the tin, slice and serve with thickly spread salted butter.



HUMMUS BETYS RHOST

CYNHWYSION

- 2 fetysen ganolig amrwd
- 400g tun gwygbys, wedi draenio
- 1 gewin garlleg mawr
- ½ llwy de o halen
- 2 lwy fwrdd o tahini (past sesami)
- 2 lwy fwrdd o olew olewydd oil

Pethau ychwanegol:
Llond llaw o berlysiau ffres
Caws ffeta
Hada pwmpen wedi tostio
Bara pitta i weini

DULL

Cynheswch y popty i 200°C/400°F/nod nwy 6.

Rhostiwch y betys drwy lapio'r betys sydd wedi'u sgwrio a'u golchi mewn ffoil a'u gosod ar dun rhostio yn y popty am 1 awr.

Ar ôl iddynt goginio, gadewch iddyn nhw oeri, yna tynnu'r croen (gan ddefnyddio menyg i arbed eich dwylo).

I wneud yr hummus, arllwyswch yr holl gynhwysion i mewn i brosesydd bwyd a'u cymysgu'n drwyadl gyda'i gilydd ynghyd â thua 2 lwy fwrdd o ddŵr y gwygbys o'r tun. Ychwanegwch fwy o ddŵr hyd nes bod y trwch yn iawn ar gyfer dipio.

Blaswch ac addasu'r blas drwy ddefnyddio halen, sudd lemwn neu tahini. Addurnwch gyda ffeta, hadau a pherlysiau.

ROAST BEETROOT HUMMUS

INGREDIENTS

- 2 medium raw beetroots
- 400g can chick peas
- 1 large clove garlic
- ½ teaspoon salt
- 2 tablespoon tahini (sesame paste)
- 2 tablespoon olive oil

Additional toppings:
Handful fresh herbs
Feta cheese
Toasted pumpkin seeds
Pitta bread to serve

METHOD

Pre-heat the oven at 200°C/400°F/gas mark 6.

Roast the beetroot by wrapping the scrubbed beets in foil and placing them on a roasting tray in a pre-heated oven for 1 hour.

Once cooked, allow to cool, then remove the skins (using gloves to protect your hands).

To make the hummus, tip all the ingredients into a food processor and blitz together with about 2 tablespoons of the chick pea water from the tin. Add more water until the consistency is just right for dipping.

Taste, and adjust the flavour by seasoning with salt, lemon juice or tahini. Garnish with feta, seeds and herbs.



WYAU FIGAN WEDI’U FFRIO

CYNHWYSION

Ar gyfer y gwynwy
396g tofu cadarn

Ar gyfer y melynwy rhedegog
(bydd gennych beth dros ben)
1 cwpanaid neu 240ml o ddŵr
2 lwy fwrdd o flawd tapioca neu flawd corn
2 lwy fwrdd o furum maethlon 2
2 lwy fwrdd o olew llysiau (gallwch ddefnyddio olew ‘carotino healthier’ mae’n ychwanegu at y lliw)
1 llwy fwrdd o fenyn figan
¾ llwy de o kala namak (halen du)
⅓ llwy de o dyrmerig (os ydych chi’n defnyddio olew o liw golau, cynyddwch faint y tyrmerig i ¼ llwy de)

DULL AR GYFER MELYNWY RHEDEGOG

Yn gyntaf gwnewch eich melynwy rhedegog drwy ychwanegu’r ddŵr at y blawd tapioca neu flawd corn i sosban fach a’u chwisgio nes eu bod yn llyfn.

Rhowch y sosban ar wres cymedrol ac ychwanegwch weddill y cynhwysion heblaw am y kala namak (halen du), i mewn i’r sosban. Argymhellir briwsioni’r burum maethlon yn eich dwylo er mwyn ei wneud fel powdr a’i ychwanegu ar yr un pryd. Chwisgiwch am tua 5 munud hyd nes ei fod yn drwchus ac yn debyg i felynwyl.

Tynnwch oddi ar y gwres ac yna chwisgwch y kala namak i mewn iddo. Mae ychwanegu kala namak wrth goginio yn lleihau’r blas tebyg i wy felly ychwanegwch hwn ar ddiwedd y broses goginio bob tro. Rhowch naill ochr hyd yn nes ymlaen. Bydd gennych lawer mwy na sydd ei angen yn y rysâit. Mae’n berffaith ar gyfer melynwy rhedegog a thost. Mae’r melynwy’n cadw am tua 4 diwrnod yn yr oergell.

DULL AR GYFER Y GWYNWY

Torrwch eich bloc tofu mewn i 4 tafell ar wahân tua 1–2 cm o drwch a’u torri i siâp wyau mawr, neu

VEGAN FRIED EGGS

INGREDIENTS

For the egg-white
396g of firm tofu

For the ‘runny yolk’
(you will have some remainder)
1 cup or 240ml water
2 tablespoon tapioca flour or cornflour
2 tablespoon nutritional yeast
2 tablespoon vegetable oil (you can use carotino healthier oil which is very orange and added to the colour)
1 tablespoon of vegan butter
¾ teaspoon of kala namak (black salt)
⅓ teaspoon of turmeric (if using a very light coloured oil, up the turmeric to ¼ teaspoon)

METHOD FOR RUNNY YOLK

Firstly make your ‘runny yolk’ by adding the water and tapioca flour or cornflour into a small pan and whisk until smooth.

Put the pan onto a medium heat and add all the remaining ingredients, apart from the kala namak (black salt), into the pan. Crumbling the nutritional yeast in your hands to make it powdery and adding it the same time is recommended. Whisk for around 5 minutes until thick and the consistency of the yolk.

Remove from the heat and then whisk in the kala namak. Adding kala namak when cooking reduces the eggy taste so always add at the end of cooking. Set aside until later. You will have a lot more than needed in the recipe. It’s perfect for ‘egg and soldiers’, toast and dipped egg. Yolk keeps for around 4 days in the fridge.

METHOD FOR EGG-WHITE

Cut your tofu block into 4 separate slices around 1–2 cms thick and cut into large egg shapes or use a 3” cookie cutter. Pat any excess water off with kitchen towel.



defnyddiwch dorrwr bisgedi 3”. Sychwch unrhyw ddŵr oddi arnynt gyda lliain cegin. Cadwch unrhyw ddarnau tofu ar gyfer ryseitiau eraill. Gyda llwy de torrwrch dyllau siâp ‘melynwy’ yn y tofu. Gwnewch yn siŵr mai dim ond ffynnon wnewch chi, peidiwch â thorri drwy’r tofu’n llwyr.

Defnyddiwch ffrimpan gwrthlyn a chynhesu 1 llwy fwrdd o fenyn figan neu olew a choginio’r tofu am tua 1 funud a’r bob ochr.

Ychwanegwch y melynwy ar ddiwedd y coginio neu wrth ei weini.

Am y rysâit cig moch seitan fegan, ewch i flog bwyd Tofu Tash: tofutashfoodblog.squarespace.com

Save the excess tofu for other recipes. With a teaspoon cut out ‘yolk’ shaped holes. Make sure you only make a well and don’t cut through the tofu completely. Use a non-stick pan and heat 1 tablespoon butter or oil, cook tofu for around 1 minute on each side. Add the yolk at the end of cooking or when serving. For the vegan seitan bacon recipe, go to Tofu Tash’s food blog: tofutashfoodblog.squarespace.com

CREGYN GLEISION MEWN SAWS PESTO TSILI A GWAIR LEMWN

CYNHWYSION

40g menyyn
2 sialôt, wedi’u torri’n fân
100g WASi Chilli and Lemongrass Seaweed Pesto
1 cwpan o win gwyn sych
1 cwpan o hufen ffres
500g cregyn gleision, wedi’u sgrwbio a’u glanhau
Halen a phupur i flasau
½ cwpan o bersli ffres wedi’i falu
Bara, i weini

DULL

Toddwch y menyyn mewn sgilet mawr (gyda chlawr) yna ychwanegu’r sialôts a’u ffrio dros wres cymedrol hyd nes eu bod wedi meddalu ond heb frownio.

Ychwanegwch y pesto a’r gwin a’i fudferwi nes ei fod yn lleihau o hanner.

Ychwanegwch yr hufen, trowch am 2–3 munud.

Ychwanegwch y cregyn gleision a gorchuddio’r pot. Stemiwch y cregyn gleision ar wres isel am 8–10 munud hyd nes eu bod wedi agor bob un ar wres isel.

Tynnwch oddi ar y gwres, ychwanegwch bupur a halen a’r persli wedi’i falu.

Gweinwch yn syth gyda digonedd o fara ffres crystiog er mwyn amgusno’r saws blasus.

MUSSELS IN CHILLI AND LEMONGRASS PESTO SAUCE

INGREDIENTS

40g butter
2 shallots, finely chopped
100g WASi Chilli and Lemongrass Seaweed Pesto
1 cup of dry white wine
1 cup of fresh cream
500g mussels, scrubbed and debearded
Salt and pepper to taste
½ cup of chopped fresh parsley
Bread, to serve

METHOD

Melt the butter in a large skillet (with a lid) add the shallots and fry over a medium heat until softened but not browned.

Add the pesto and wine, simmer until it reduces by half.

Add the cream, stir for 2–3 minutes.

Add the mussels and cover the pot. Steam the mussels until they’ve all opened over a low heat for about 8–10 minutes.

Remove from the heat, season and add the chopped parsley.

Serve immediately with lots of fresh crusty bread to soak up the delicious sauce.



RHOLIAU CAWS PIZZA

CYNHWYSION

300g blawd
75g menyn
125ml llaeth
75g caws tomato a pherlysiau Wicklow Farmhouse wedi gratio
3 llwy fwrdd mawr o bast tomato
4–5 sleisiau pepperoni wedi’u torri’n chwarteri

DULL

Cynheswch y popty i 180°C/350°F/nod nwy 4

Torrwch y menyn yn ddarnau i mewn i’r blawd a chymysgu’r cyfan i wneud briwsion gyda’ch bysedd.

Arllwyswch y llaeth i mewn ychydig ar y tro er mwyn creu toes.

Ar fwrdd â blawd arno, tylinwch am funud a rholio’r toes i fod yn sgwâr.

Taenwch bast tomato a’r cynhwysion eraill sydd i fod ar y pizza ar y sylfaen toes yna rhowch y caws ar ben hynny. Gadewch ychydig bach o gaws dros ben.

Rholiwch ar ei hyd er mwyn creu’r rholiau.

Defnyddiwch gyllell i dorri tua 10 darn a’i gosod ar hambwrdd pobi. Defnyddiwch bapur pobi, os nad oes dim gennych, rhowch ychydig o flawd ar eich hambwrdd.

Gosodwch nhw yn y popty am 10 munud, tynnwch allan a thaenwch weddill y caws Cheddar ar eu pen a’u rhoi yn ôl yn y popty am oddeutu 5 munud.

Gweinwch a mwynhewch.

PIZZA CHEESE ROLLS

INGREDIENTS

300g flour
75g butter
125ml milk
75g grated Wicklow Farmhouse tomato and herb cheddar
3 heaped tablespoons tomato paste
4–5 slices of pepperoni chopped into quarters

METHOD

Pre heat oven to 180°C/350°F/gas mark 4.

Chop butter into flour and mix into crumbs using your fingers.

Pour in milk, a little at a time to create the dough.

On a floured board, knead for 1 minute and roll into a rectangle.

Spread tomato paste and toppings on the base and sprinkle cheese on top of it all. Leave a small amount of cheese left over.

Roll length ways to create those swirls.

Chop into approximately 10 pieces and place on baking tray. Use baking paper, if you don’t have any, sprinkle extra flour on your baking tray.

Place in oven for 10 minutes, remove and sprinkle left over Cheddar on top and pop back in for about 5 minutes.

Serve and enjoy.



BROWNIS SIOCLED

CYNHWYSION

- 225g siocled tywyll (lleiafswm o 54% coco)
- 225g menyyn
- 300g siwgr caster
- 3 wy mawr
- 5ml rhinflas fanila
- 75g blawd wedi'i hidlo
- 5ml powdr pobi
- 50g o fotymau neu ddarnau siocled gwyn (dewisol)

DULL

Cynheswch y popty i 180°C/350°F/nod nwy 4.

Leiniwch dun pobi 22cm x 30cm gyda phapur memrwn anlynol.

Rhowch y siocled a'r menyyn mewn powlen sy'n medru gwrthsefyll gwres a'i gosod hi dros sosban o ddŵr sy'n mudferwi (peidiwch â gadael i'r bowlen gyffwrdd â'r dŵr). Cymysgwch yn gyson hyd nes bod y cyfan wedi toddi.

Chwisgiwch yr wyau a'r siwgr ynghyd am 2–3 munud hyd nes eu bod yn olau ac ysgafn.

Ychwanegwch y gymysgedd siocled tawdd a'r menyyn, ychwanegwch y fanila a phara i chwisgio hyd nes bod y cyfan wedi tewhau. Ychwanegwch y blawd wedi'i hidlo a'r powdr pobi a'i blygu i mewn yn ofaluls.

Ychwanegwch 50g o fotymau neu ddarnau siocled gwyn i'r cymysgedd (dewisol).

Arlwyswch y cymysgedd i dun pobi a phobl am 30 munud ar y silff ganol hyd nes bod yr wyneb yn gadarn a'r brownis yn tynnu i ffwrdd o'r ochrau rhyw fymryn. Tynnwch allan o'r tun a gadael iddo oeri.

Diferwch ychydig o siocled drosto os hoffech ac yna'u torri'n sgwariau.

CHOCOLATE BROWNIES

INGREDIENTS

- 225g dark chocolate (min. 54% cocoa)
- 225g butter
- 300g caster sugar
- 3 large eggs
- 5ml vanilla extract
- 75g sifted flour
- 5ml baking powder
- 50g white chocolate buttons or chunks (optional)

METHOD

Preheat oven to 180°C/350°F/gas mark 4.

Line a 22cm x 30cm baking tray with non-stick parchment paper.

Put the chocolate and butter in a heat proof bowl and place over a saucepan of low simmering water (do not allow bowl to touch the water). Stir constantly until melted.

Whisk eggs and sugar together for 2–3 minutes until pale and light.

Slowly add in the melted chocolate and butter mixture, add vanilla and continue to whisk until thickened. Add sifted flour and baking powder and gently fold in.

Add 50g white chocolate buttons or chunks to mixture (optional).

Pour mixture into baking tray and bake for 30 minutes on middle shelf until the top is firm and the brownies have come away slightly from the sides. Remove from tray and allow to cool.

Drizzle with some chocolate on top if you fancy and cut into squares.



An té is faide a bheas ag ithe is é is faide a bheas beo.

‘Yr hwn sy’n bwyta’r hiraf a fydd fyw yr hiraf.’

YMADRODD GWYDDELIG TRADDODIADOL

‘He who eats longest shall live the longest.’

TRADITIONAL GAELIC SAYING

CYNNWYS CONTENTS



Ffotograffydd llawrydd yw Aled Llywelyn sy'n cyhoeddi ei waith yn rhyngwladol, mae'n byw yn ne-orllewin Cymru ac yn teithio ledled Prydain ac Ewrop i greu cynnwys ar gyfer ei gleientiaid. Mae gwaith Aled i'w weld yn aml mewn nifer o'r papurau dyddiol cenedlaethol a chylchgronau. Mae ganddo ef a Robyn ei wraig deulu ifanc ac mae'n teimlo'n lwcus ei fod yn ennill ei fara menyn drwy ddefnyddio'i gamera.

Aled Llywelyn is an internationally published freelance photographer based in south-west Wales, he regularly travels the UK and Europe to create content for clients. Aled is a regular contributor for many national daily newspapers and magazines. He has a young family with his wife Robyn and always feels lucky that he's able to keep a roof over their heads through using his camera.

Menyw fusnes o Gaerfyrddin yw Lisa Fearn, sylfaenydd Ysgol Goginio Pumpkin Patch ac Ysgol Goginio a Siop Goffi Y Sied. Hi yw awdur y ddwy gyfrol goginio *Blas/Taste a Dathlu/Celebrate* ac mae'n gogydd cyson ar S4C a Radio Cymru. Mae hi'n byw ar fferm fechan ger Nantgaredig ac mae'n fam i 5 o blant mewn oed.

Lisa Fearn is a Carmarthen born business woman, founder of The Pumpkin Patch Cookery School and Y Sied Cookery School and Coffee Shop. She is the author of two bilingual cookery books *Blas/Taste* and *Dathlu/Celebrate* and is a regular chef on S4C and Radio Cymru. She lives on a smallholding in Nantgaredig and is mum to 5 grown-up children.

Mae gan Rebecca Ingleby Davies asiantaeth ddylunio lwyddiannus sy'n gweithio gyda nifer o sefydliadau a busnesau ym maes diwylliant, treftadaeth a thwristiaeth yng Nghymru. Mae hi'n byw gyda'i gŵr Ceri, sy'n ffermwr, a'u mab Llywelyn. Maen nhw ar fin agor safle glampio eco-gyfeillgar, Nantseren, ar eu fferm fynydd draddodiadol ym Mannau Brycheiniog.

Rebecca Ingleby Davies has an award winning design agency working for cultural, heritage and tourism organisations and businesses in Wales. She lives with her husband Ceri, a farmer, and their son Llywelyn. They are opening a small, eco-friendly glampsite, Nantseren, on their traditional hill farm in the Brecon Beacons.

Golygydd a chyfieithydd llawrydd yw Elinor Wyn Reynolds, mae hi hefyd yn awdur, yn fardd ac yn ddarlledwraig. Cyrhaeddodd ei chyfrol *Gwirionedd* restr fer Llyfr yr Flwyddyn 2020. Ar hyn o bryd, mae'n byw yng Nghaerfyrddin gyda'i theulu. Mae'n caru bwyd.

Elinor Wyn Reynolds is a freelance editor and translator, she is also an author, poet and broadcaster. Her novel *Gwirionedd* (Truth) reached the shortlist for Wales Book of the Year 2020. She lives in Carmarthen, west Wales with her family. She loves food.

Ceir gwledd o ryseitiai blasus yn y llyfr hwn sy'n defnyddio cynnyrch ardderchog cynhyrchwyr a thyfwyr bwyd a leolir yn ne-orllewin Cymru ac yn nwyrain, de-ddwyrain a de-orllewin Iwerddon, a fu'n cymryd rhan yn y prosiect BUCANIER.

Prosiect arloesedd yw BUCANIER (Adeiladu Clystyrau a Rhwydweithiau Arloesedd, Menter ac Ymchwil) sy'n cefnogi busnesau Gwyddelig a Chymreig i ddatblygu meddylfryd arloesedd ar gyfer busnesau bach a chanolig er mwyn datblygu cynnyrch a gwasanaethau newydd.

This book pulls together a feast of delicious recipes using wonderful produce from food growers and producers located in both south-west Wales and the east, south-east and south-west of Ireland, which participated in the BUCANIER project.

BUCANIER (Building Clusters and Networks in Innovation Enterprise and Research) is an innovation project that supported Irish and Welsh businesses in developing an innovation mind-set for SMEs to develop new products and services.

