

Rhestr cynhwysion ar gyfer sesiwn Cyd-gogino gyda Nerys Howell ar nos Wener 26/03/21 – rhan o Wyl Arall a Gŵyl Fwyd Caernarfon:

EOG - I ddau

2 x 125g ffiled eog, gyda'r croen
2 lwy fwrdd saws soi
1 llwy fwrdd mêl clir
2 lwy fwrdd sudd leim neu lemon
1 llwy fwrdd hadau sesame
1 llwy fwrdd olew had rêp
½ winwsyn, wedi'i dorri'n haenau
1 ewin garleg wedi'i falu
Darn 4cm sinsir ffres, wedi'i gratio'n fân
120g o wyrddni tymhorol fel bresych, bresych crych, ysbigoglys
2 lwy fwrdd saws soi
1 llwy de olew sesame

Cacen

150g menyn hallt
100g siocled tywyll da
180g siwgr
2 llwy fwrdd powdr coco
150ml gwirod hufen Merlyn
175g blawd plaen
2 llwy de powdr pobi
3 wŷ mawr wedi'u curo'n ysgafn

I'r ganache siocled

200g siocled tywyll
100g menyn heb halen
1 llwy fwrdd coffi cryf iawn

List of ingredients needed for the Cook-along with Nerys Howell on Friday 26/03/21 – Part of Gŵyl Arall and Gŵyl Fwyd Caernarfon:

Salmon for 2

2 x 125g salmon fillets, skin on
2 tbsp soy sauce
1 tbsp honey
2 tbsp lime or lemon juice
1 tbsp sesame seeds
1 tbsp rapeseed oil

½ sliced onion
1 garlic clove, crushed
4cm piece fresh ginger, grated
120g seasonal greens such as cabbage, kale, spinach
2 tbsp soy sauce
1 tsp sesame oil

Cake

150g salted butter
100g good dark chocolate
180g light muscovado sugar
2 tbsp cocoa powder
150ml Merlyn liqueur
175g plain flour
2 tsp baking powder
3 large eggs lightly beaten

For the chocolate ganache

200g dark chocolate
100g unsalted butter
1 tbsp very strong coffee