



YSGOL
DEGANWY



Llyfr Rysait

BoBs

Recipe Book



BoBs

Reis Llyisiau/Vegetable Rice

<p>6 darn <u>Cynhwysion</u></p> <p>140g/5 owns 60g/2 owns corn 60g/2 owns 30g/1 owns cymysg</p>	<p>Reis India</p> <p>Pys Pupur</p>	<p>6 portions <u>Ingredients</u></p> <p>140g/5 oz Rice 60g/2 oz Sweetcorn 60g/2 oz Peas 30g/1 oz Mixed Peppers</p>
<p><u>Y Dull</u></p> <p>1. Coginio'r reis mewn dŵr berwedig a draenio.</p> <p>2. Mudferwi'r llyisiau hyd eu holl ffraw a'u</p>	<p><u>Method</u></p> <p>1. Cook rice in boiling water and drain.</p> <p>2. Simmer vegetables until tender and add to cooked rice. Mix</p>	



Caws ar Dôst/Welsh Rarebit

<p>6-12 darn <u>Cynhwysion</u></p> <p>6 gwenith cyfan</p> <p>6 floz Llaeth/Llefrith</p> <p>2 llwy fwrdd 2 llwy tê Mwstard</p> <p>2 200g/7 owns</p> <p>1 Nionyn</p> <p>Rôl</p> <p>Blawd plaen Powdwr</p> <p>Wÿ</p> <p>Caws</p>	<p>6-12 portions <u>Ingredients</u></p> <p>6 Wholemeal rolls</p> <p>6 floz Milk</p> <p>2 tablespoons Flour</p> <p>2 Mustard Powder</p> <p>2 Eggs</p> <p>200g/7 oz Onion</p> <p>Plain 2 teaspoon</p> <p>Cheese</p>
<p><u>Y Dull</u></p> <ol style="list-style-type: none"> 1. Twymo'r llaeth, chwisgio'r blawd i mewn a'r mwstard a gadael i dewychu. 2. Tynnu oddi ar y gwres a chwisgo'r wÿ i mewn. Cymysgu'r caws i mewn ar nionyn wedi'i dorri'n fân. 	<p><u>Method</u></p> <ol style="list-style-type: none"> 1. Warm the milk, whisk in the flour and mustard and allow to thicken. 2. Remove from the heat and whisk in the egg. Stir in the cheese and finely chopped onion.



Pitsa/Pizza

10 darn Cynhwysion

110g/4oz Cymysgedd rhôl bara gwyn
110g/4oz Cymysgedd rhôl bara
cyflawn
110g/4oz Saws Pizza
110g/4oz Caws wedi ei gratio
110g/4oz Corn melys neu bupur
cymysg
80g/3oz Corbys wedi'u coginio
1 llwy fwrdd Perlaysiau cymysg

Y Dull

1. Rhowch flawd ar tuniau mawr a bas.
2. Gosodwch dymheredd y popty ar farc nwy 5/190°C.
3. Gnewch y gymysgedd fara gan ddilyn cyfarwyddiadau'r rysâit ac ychwanegu'r corbys a'r perlaysiau cymysg.
4. Roliwch toes a defnyddiwch dorrwr mawr I dorri pizzas unigol ohono.
5. Lledaenwch gyda'r saws pizza, caws a llyisiau.
6. Gadewch am funud.
7. Pobwch nes eu bod wedi codi'n

10 portions Ingredients

110g/4oz White bread roll mix
110g/4oz Wholemeal roll mix
110g/4oz Pizza topping
110g/4oz Grated white mild cheddar
110g/4oz Sweetcorn or mixed peppers
80g/3oz Cooked lentils
1 tbls Mixed herbs

Method

1. Flour large shallow tins.
2. Set oven temperature to Gas mark 5/190°C.
3. Make up bread mix as recipe instructions and add cooked lentils and mixed herbs.
4. Roll dough out and use large cutter to cut out individual pizzas.
5. Spread with pizza topping, cheese and vegetable of choice.
6. Leave to prove.
7. Bake until well risen, approximately 5-7 minutes.



Salad Ffrwythau/Fruit Salad

Cynhwysion

2 banana
2 satsuma
5 mefus
8 grawnwin coch
8 grawnwin gwyrdd
2 x llwy 15ml o sudd oren

Ingredients

2 bananas
2 satsumas
5 strawberries
8 red grapes
8 green grapes
2 x 15ml spoons of orange juice

Y Dull

1. Piliwch y satsumas a'i wahanu'n segmentau
2. Torrwch y coesyn o'r mefus i ffwrdd ac yna eu torri'n chwarteri
3. Tynnwch y grawnwin oddi ar y coesyn a'u torri'n chwarteri
4. Piliwch y bananas a'u sleisio'n ofalus yn ddarnau bach
5. Rhwch yr holl ffrwythau mewn powlen a'u cymysgu gyda'i gilydd
6. Ychwanegwch y sudd oren

Method

1. Peel the satsumas and separate into segments
2. Cut away the stalks from the strawberries and then cut into quarters
3. Pull the grapes off the stalks and cut into quarters
4. Peel the bananas and slice carefully into small pieces
5. Place all fruit into a bowl and mix together
6. Add the orange juice



Sym1 (dim burum!)/Basic Bread Recipe (no yeast)

Cynhwysion

500 g blawd plaen
2 lwy de o bowdr pobi
1 llwy de o halen
310 ml o laeth (neu ddŵr gyda llwy o olew neu fenyn wedi'i doddi)

Ingredients

500 g plain flour (regular cake or all purpose flour not bread or wholewheat / wholegrain)
2 tsp baking powder
1 tsp salt
310 ml milk (or water with a spoon of oil or melted butter)

Y Dull

1. Cynheswch y popty i Fan 190 ° C. Rhowch ar ddalen pobi wedi'i chynhesu ymlaen llaw.
2. Cymysgwch y cynhwysion sych. Trowch y llaeth i mewn, a dewch â'r toes at ei gilydd trwy droi'r cynhwysion nes bod y llaeth wedi'i gymysgu â blawd ac yn ffurfio toes. Mae'n haws gwneud hyn gyda'ch dwylo yn hytrach na llwy bren.
3. Trowch y toes allan ar y bwrdd a'i dylino'n sydyn nes bod gan y toes gysondeb unffurf.
4. Siâpio'r toes yn siap disg gron tua modfedd i fodfedd a hanner

Method

1. Heat the oven to 190°C Fan. Place on a pre-heated baking sheet.
2. Mix the dry ingredients. Stir in the milk, and bring the dough together by stirring the ingredients until the milk is mixed with flour and forms a dough. It's easiest to do this with your hands rather than a wooden spoon.
3. Turn the dough out onto your work surface and knead briefly until the dough has a uniform consistency.
4. Shape the dough into a round disc about an inch to an inch and a



Pwdin Bara Menyn/Bread and Butter Pudding

Cynhwysion

500 g blawd plaen
2 lwy de o bowdr pobi
1 llwy de o halen
310 ml o laeth (neu ddŵr gyda llwy o olew neu fenyn wedi'i doddi)

Ingredients

Slices of bread -enough to fill your bowl or dish
Butter or margarine
Jam or marmalade
4 eggs
Half a pint of milk
2 tablespoons of sugar

Y Dull

1. Torri'r crystyn oddi ar y bara
2. Gwasgarwch fenyn neu fargarin ar eich tafelli o fara (dewisol)
3. Gallwch eu torri'n siapiau fel trionglau os dymunwch ond does dim rhaid i chi wneud hynny
4. Gwasgarwch jam neu farmaled ar y tafelli bara
5. Rhowch y sleisys mewn powlen ddwfn
6. Torri pedwar wy i mewn i bowlen arall
7. Chwisgwch nhw gyda chwisg neu fforc ac ychwanegwch y llaeth a'r siwgr
8. Rhowch ef ar ben y bara nes eu bod wedi'u gorchuddio
9. Rhowch i mewn i ffwrn 160°C am

Method

1. Cut the crusts off the bread slices
2. Spread butter or margarine on your slices of bread (optional)
3. You can cut them into shapes such as triangles if you wish but you don't have to
4. Spread jam or marmalade onto the bread slices
5. Place the slices into a deep bowl
6. Break four eggs into another bowl
7. Whisk them with a whisk or a fork and add the milk and sugar
8. Pour it on top of the bread until they are covered
9. Place into a pre heated oven 325°F -160°C or Gas 3/4 for approx 40



Pethau ychwanegol/Extras

Ychwanegwch gynhwysion eraill fel cyrainjj neu darnau siocled. Defnyddiwch dorth neu roliau cyrainj yn lle bara.
Ychwanegwch ychydig o sinamon neu nytmeg.

Add other ingredients such as raisins or chocolate chips.
Use currant loaf or rolls instead of bread.

Cacennau Pysgod/Fish Cakes

Cynhwysion

Tin o eog neu diwna pinc neu goch
Tatws stwnsh (naill ai tatws wedi'u prynu neu dros ben)
Pys / Corn melys (dewisol)
Nionod
Blawd neu friwsion bara
1 Wy
Olew ar gyfer coginio

Ingredients

Tin of pink or red salmon or tuna
Mashed potatoes (either bought or left over potatoes)
Peas /Sweetcorn(optional)
Onions
Flour or breadcrumbs
1 Egg
Oil for cooking

Y Dull

1. Arllwys hylif or eog neu'r tiwna
2. Naddwch gyda fforc a'i ychwanegu at y tatws a'r pys /pys melys
3. Torrwch y nionyn yn ddarnau bach a'i ychwanegu at y gymysgedd
4. Ychwanegwch binsiad o halen a phupur i flasau
5. Arllwyswch ychydig o flawd neu friwsion bara gyda halen a pupur ar blât
6. Chwisgiwch yr wy mewn powlen
7. Defnyddiwch eich dwylo i gipio rhywfaint o gymysgedd cacen pysgod yn beli
8. Flatiwch y peli allan
9. Rhowch y cacennau pysgod yn yr wy
10. Cymerwch allan o'r gymysgedd wyau ac i mewn i'r blawd neu'r briwsion bara gan sicrhau eu bod wedi'u gorchuddio
11. Arllwyswch ychydig o olew coginio mewn padell ffrio ac ychwanegwch y cacennau pysgod 2 ar y tro
12. Ffriwch nes eu bod yn frown euraidd ac yna eu troi drosodd a gwneud yr un peth ar yr ochr arall
13. Gan ddefnyddio cyllell neu sleisiwr, tynnwch nhw

Method

1. Drain the salmon or tuna
2. Flake it with a fork and add to the potatoes and peas/sweetcorn
3. Chop the onion into small pieces and add to the mixture
4. Add a pinch of salt and pepper to taste
5. Pour some seasoned (seasoned means with a little salt and pepper) flour or breadcrumbs onto a plate
6. Whisk the egg in a bowl
7. Use your hands to scoop some fishcake mixture into balls
8. Flatten the balls out
9. Dip the fishcakes into the egg and coat
10. Take them out of the egg mixture and into the flour or breadcrumbs making sure they are covered
11. Pour some cooking oil in a frying pan and add the fishcakes 2 at a time
12. Fry until they are golden brown and then turn them over and do the same on both sides
13. Using a knife or a slicer take them out and put them on kitchen paper to cool