



Bola Mochyn Cymru

wedi ei rostio'n araf mewn afal, mêl a sinamon

Ar gyfer: 4

Amser coginio: Tua 2 awr

Tymheredd: Nwy 4-5, 180°C, 350°F

Cynhwysion

700g (1½lb) darn coch o fola mochyn Cymru

300ml (½pt) sudd afal cymylog

Halen a phapur

5ml (1 llwy de) sinamon mâl

2 afal, heb y galon ac wedi eu chwarteru

2 eirinen, heb y garreg ac wedi eu haneru

2 sbrigyn mawr saets ffres

15ml (1 llwy fwrdd) mêl

Dull

Cymerwch y darn fflat o'r bola, sychwch y grofen a gwnewch riciau dwfn ynddo gyda chylllell finiog. Leiniwch dun rhostio bas gyda dau ddarn mawr o ffoil. Rhowch y sudd afal, yr halen a phapur a'r sbeisys ar y ffoil.

Rhowch y bola ar y ffoil a lapiwch y ffoil o amgylch y darn cig fel bod yr hylif yn erbyn y darn bola, ond gadewch y top yn sych ac agored. Brwsiwch y grofen â'r olew ac ychydig o halen. Rhostiwch yn agored am tua 1 awr. Ychwanegwch yr afalau, eirin a'r saets, gorchuddiwch y darn cyfan â ffoil a rhowch yn ôl yn y ffwrn am awr arall. Pan fydd wedi coginio agorwch y ffoil yn ofalus, arllwyswch fêl dros y grofen a rhowch o dan gril wedi ei dwymo'n barod. Coginiwch am tua 5 munud fel bod y grofen yn grensiog. Gweiwch mewn tafelli trwchus, y saws drostynt a bwytewch gyda'r ffrwyth.



Stêcs Porc Cymru

gyda saws pupur a madarch hufennog

Ar gyfer: 2

Amser coginio: Tua 10 munud

Cynhwysion

2 stecen goch llwyn porc Cymru

5ml (1 llwy de) grawn pupur cymysg, wedi eu gwasgu

15ml (1 llwy fwrdd) olew

1 ewin garlleg, wedi'i wasgu

100g (4oz) madarch cymysg

75ml (5 llwy fwrdd) crème fraiche

15ml (1 llwy fwrdd) basil ffres, wedi ei rwygo

15ml (1 llwy fwrdd) dil ffres, wedi ei rwygo

Dull

Gwasgwch y grawn pupur a gorchuddiwch y stêcs.

Twymwch radell neu badell ffrio a choginiwch y stêcs porc am 2-4 munud. Ychwanegwch y garlleg a'r madarch a choginiwch am 4-5 munud arall.

Ychwanegwch y crème fraiche, basil a'r dil. Twymwch yn araf am 1-2 munud.

Gweiwch gyda sbigoglys a thatws wedi ffrio.



AUTUMN WAYS WITH

Pork

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Slow Roasted Welsh Belly Pork

in apple, honey & cinnamon

Serves: 4

Cooking time: Approximately 2 hours

Temperature: Gas 4-5, 180°C, 350°F

Ingredients

700g (1½lb) lean piece of Welsh belly pork
300ml (½pt) cloudy apple juice
Seasoning
5ml (1tsp) ground cinnamon
2 apples, cored and quartered
2 plums, stoned and halved
2 large sprigs fresh sage
15ml (1tbsp) Honey

Method

Take the flat piece of belly, dry the rind and score deeply with a sharp knife. Line a shallow roasting pan with two large pieces of foil. Add to this the apple juice, seasoning and spices.

Place the belly onto the foil and tuck the foil around the joint so that the liquid is against the belly joint, but leave the top dry and exposed. Brush rind with oil and sprinkle with salt.

Open roast for about 1 hour. Add the apples, plums and sage, cover over the whole joint with foil and return for a further hour. When cooked carefully open foil, drizzle rind with honey and place under a preheated grill. Cook for about 5 minutes to finish off the crackling.

Serve cut into thick slices, drizzle with sauce and serve with fruit.



Welsh Pork Steaks

with creamy pepper & mushroom sauce

Serves: 2

Cooking time: Approximately 10 minutes

Ingredients

2 lean Welsh pork loin steaks
5ml (1tsp) mixed peppercorns, crushed
15ml (1tbsp) oil
1 clove garlic, crushed
100g (4oz) mixed mushrooms
75ml (5tbsp) crème fraiche
15ml (1tbsp) fresh basil, roughly torn
15ml (1tbsp) fresh dill, roughly torn

Method

Crush peppercorns and coat the steaks.

In a griddle or frying pan, heat and cook pork steaks for 2-4 minutes. Add garlic and mushrooms and cook for further 4-5 minutes.

Add to the pan crème fraiche, basil and dill. Heat gently for 1-2 minutes.

Serve with sauté spinach and potatoes.



AUTUMN WAYS WITH

Porc

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