Rysait Pice ar y Maen | Welsh Cakes Recipe



Digon i 15-18. Paratoi 15 munud. Coginio 10 munud | Enough for 15-18. 15 minute preparation. 10 minute cooking



Cynhwysion | Ingredients

225g o flawd codi | Self raising flour
Pinsiad o halen | Pinch of salt
Llond llwy de o sbeisys cymysg | Heaped teaspoon of mixed spices
110g o fenyn, lard neu fargarin | Butter, lard or margarine
75g o siwgr gwyn man | Caster sugar
75g o gyrens/syltanas | Current/Sultanas
Wy mawr wedi'i guro | 1 egg, beaten
Croen hanner lemwn (dewisol) | Lemon zest (optional)

Dull | Method

1. Rhidyllwch flawed, halen a'r sbeisys mewn bowlen. Yna defnyddiwch eich bysedd i rwbio'r menyn mewn nes ei bod yn friwsionllyd.
   Sieve flour, salt and mixed spiced in a bowl. Use your fingers to rub in the butter until crumbly.

2. Ychwanegwch siwgr, y croen lemwn a'r cyrens. Rhowch yr wy i mewn a'i chymysgu i greu toes. Adiwch bach o laeth oes ydy'r toes yn sych.
   Add sugar, lemon zest and currents. Mix in the egg to create a dough. Add a splash of milk if it seems a little dry.

3. Roliwch y toes ar fwrdd gyda thipyn o flawd tan ei bod tua 5mm o drwch. Defnyddiwch dorrwr cylch 4-5am (neu torrwch wrth law)
   Roll the dough on lightly floured work surface to a 5mm thickness. Use a circular cutter 4-5cm (or cut by hand)

4. Coginiwch y pice ar radell (neu badell ffrio drwm) dros dymheredd canolig, nes bod nhw'n euraidd ar y ddwy ochr.
   Cook the Welsh cakes on a griddle (or heavy frying pan) over a medium heat, until golden on both sides.

5. Rhowch siwgr man drostynt tra'n boeth.
   Sprinkle with caster sugar when warm.

menter iaith
Castell-nedd Port Talbot