



RYSEITIAU I ARBED GWASTRAFF BWYD

RECIPES TO REDUCE FOOD WASTE



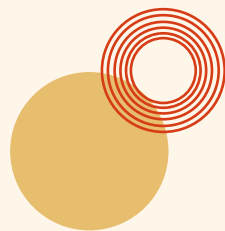
Casgliad o ryseitiau i arbed gwastraff bwyd

Pan o'n i'n blentyn mi fyddai mam yn fy siarsio i fwyta bob dim ar fy mhlât, ac os oeddwn i'n meiddio cwyno yna mi fyddwn i'n cael fy atgoffa am blant llai ffodus 'na fi oedd heb fwyd yn eu boliau. Yr un oedd y neges yng nghantîn yr ysgol gynradd. Mi ddysgodd hynna fi i beidio â gwastraffu bwyd, ac os oes gen i rywbeth dros ben yna mi fyddai un ai yn ei ail dwymo'r diwrnod canlynol neud yn creu rhywbeth newydd allan ohono.

Mae'r ffaith mod i'n byw mewn pentre' gwledig heb siop hefyd wedi golygu mod i wedi dysgu bod yn ddyfeisgar i fedru gwneud prydau efo'r hyn sydd gen i yn y tŷ - ac arbed i mi orfod treulio hanner awr yn mynd yn ôl ac ymlaen i'r siop agosaf. Mae rhai yn meddwl fod coginio yn anodd ac yn cymryd amser hir, ond tydi o ddim yn gorfod bod felly. Drwy gynllunio ymlaen llaw, defnyddio ychydig o ddychymyg ac arfer, mae coginio yn dod yn haws a'r prydau sydd yn cael eu creu yn aml yn fwy iachus, blasus a rhatach na'r hyn gewch chi yn y siopa.

Dyma i chi gasgliad o ryseitiau yn defnyddio cynhwysion syml, hawdd i'w cael, a rhai ohonynt yn bethau sydd yn aml yn cael eu gwastraffu. Daw'r rysetiau i gyd o fy llyfr rysetiau Casa Cadwaladr a gyhoeddwyd yn 2021 ac sydd bellach allan o brint. Mae'n bosib, fodd bynnag, i'w brynu fel e-llyfr o wefan <https://www.ffolio.cymru>.

Rhian Cadwaladr



A collection of recipes to reduce food waste

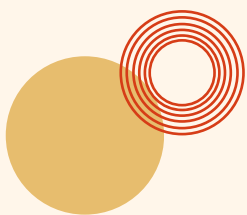
When I was a child, my mother would insist I ate everything on my plate and if I dared to complain then I would be reminded of children less fortunate than me who had no food in their bellies. The message was the same in the primary school canteen. That taught me not to waste food, and if I have something left over then I would either reheat it the following day or create something new out of it.

The fact that I live in a rural village without a shop has also meant that I have learned to be resourceful to be able to make meals with what I have in the house - and save me having to spend half an hour going back and forth to the nearest shop. Some people think that cooking is difficult and takes a long time, but it doesn't have to be that way. By planning in advance, using a little imagination and practice, cooking becomes easier and the meals that are created from scratch are often healthier, tastier and cheaper than what you get in the shops.

Here is a collection of recipes using simple, easy to find ingredients, including some that are often wasted. All the recipes are from my Casa Cadwaladr recipe book (Welsh language) which was published in 2021 and is now out of print. It is possible, however, to buy it as an e-book from the <https://www.folio.cymru> website.



Rhian Cadwaladr



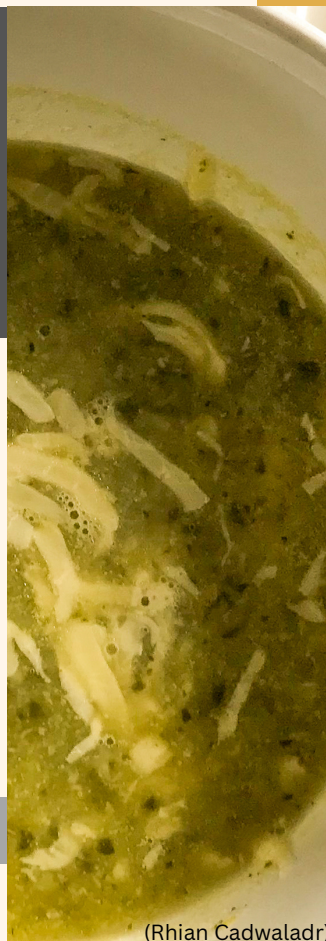
CAWL BROCOLI A CHAWS

DIGON I 4

OS NAD OES GANDDOCH CHI GENNIN NA SELERI DIM OTS
MI FYDD Y CAWL YN FLASUS BETH BYNNAG.

Cynhwysion

- 1 pen o frocoli maint canolig wedi ei falu'n fân (gan gynnwys y coes a'r dail)
- 1 nionun bach wedi ei flau'n fân
- Hanner cenninhen wedi ei malu'n fân
- 1 coesun o seleri wedi ei falu'n fân (neu hanner seleriact)
- 750 litr stoc
- 100g caws Cheddar wedi gratio neu caws glas wedi ei falu'n fân
- Halen a pupur
- Hada cymysg (mae rhai blâs chilli yn mynd yn dda efo caws Cheddar)
- Olew olewydd neu fenyn i ffrio.



(Rhian Cadwaladr)

Dull

1. Mewn sosban meddalwch y nionun, cennin a'r seleri mewn olew olewydd neu fenyn.
2. Ychwanegwch y brocoli a'r stoc a coginiwch y cwblw am rhyw 10 - 15 munud nes fod y brocoli yn barod.
3. Ychwanegwch halen a pupur at eich dant a blitsiwch y cwblw gyda blendar llaw, neu rhowch y cwblw mewn blendar.
4. Cynheswch y cawl a'i dywallt i fowleni cyn ychwanegu pa bynnag gaws sy'n plesio i fewn i'r cawl. Dwi'n hoff o gaws glas ond tydi gweddill y teulu ddim felly caws Cheddar gawn nhw.
5. Addurnwch gyda hadau cymysg a gweinwch yn syth.

BROCCOLI AND CHEESE SOUP

ENOUGH FOR 4

IF YOU DON'T HAVE LEEKS OR CELERY IT DOESN'T MATTER,
THE SOUP WILL BE DELICIOUS ANYWAY.

Ingredients

- 1 head of a medium-sized broccoli finely chopped (including the stem and leaves)
- 1 small onion finely diced
- Half of a finely chopped leek
- 1 stalk of finely chopped celery (or half a celeriac)
- 750 litres of stock
- 100g grated Cheddar cheese or finely crumbled blue cheese
- Salt and pepper
- Mixed seeds (chilli flavoured go well with cheddar cheese)
- Olive oil or butter for frying.



(Rhian Cadwaladr)

Method

1. In a saucepan soften the onion, leek and celery in olive oil or butter.
2. Add the broccoli and the stock and cook for about 10 - 15 minutes until the broccoli is cooked.
3. Add salt and pepper to taste and blitz everything with a hand blender, or put everything in a blender.
4. Heat the soup and pour it into a bowl before adding whatever cheese you like. I like blue cheese, but the rest of the family doesn't so we get cheddar cheese
5. Garnish with mixed seeds and serve immediately.



(RhianCadwaladr)

CARBONARA SBARION

DIGON I 2

MAE Y RYSAIT YMA YN HAWDD EI ADDASU
MI FEDRWCH EI WNEUD EFO DIM OND WYA A PASTA
BONWS YDI POPETH ARALL YR YDA CHI'N EI YCHWANEGU!

Cynnwys

- 3 tafell o gig moch (ham neu bacyn) wedi eu torri'n fân
- 1 cennhinen (neu sloj /sibwns) wedi sleisio y fân
- 1 clôf garlleg wedi dorri'n fân
- 150g madarch wedi eu sleisio
- 3 ŵy
- Halen a pupur
- Llundwrn o parmesan wedi gratio
- 200g spaghetti

Dull

1. Rhowch y cennin mewn ychydig o olew neu fenyn a'i roi mewn sosban ar wres cymhedrol efo caead ar ei ben gan gadw llygaid rhag iddo ddechrau cydiad.
2. Rhowch y spagetti mewn sosban o ddwr berw ar y stôf. Edrychwch ar y paced i weld faint yn union mae o angen i goginio.
3. Pan mae'r cennin wedi dechrau meddal ychwanegwch y bacwn a coginiwch o heb gaead am ddau funud. Ychwanegwch y madarch i'r sosban a coginiwch y cwbl nes eu bod yn barod.
4. Tra mae popeth arall yn coginio rhowch yr wya a'r hufen mewn jwg a'u curo'n dda. Ychwanegwch hanner y caws parmesan i'r jwg.
5. Pan mae'r spaghetti a'r gymysgedd cig yn barod gwagiwch y dwr o'r spaghetti a rhowch y cig a'r llysia ar ben y sbaghetti.
6. Tywalltwch yr ŵya a'r hufen ar ei ben a'u cymysgu'n dda. Mi fydd gwres y spaghetti yn coginio'r ŵy ond peidiwch a'i roi yn ôl ar y stôf neu mi gewch ŵy wedi sgramblo.
7. Ychwanegwch ddigon o bupur du - a halen os oes angen.
8. Gweinwch mewn powlen efo gweddil y parmesan wedi ei daenu drosto.



(RhianCadwaladr)

CARBONARA USING LEFT OVERS

ENOUGH FOR 2

THIS RECIPE IS EASY TO ADAPT
YOU CAN MAKE IT WITH JUST EGGS AND PASTA
EVERYTHING ELSE YOU ADD IS A BONUS!

Ingredients

- 3 slices of bacon (ham or pack) finely chopped
- 1 leek (or spring onion) finely sliced
- 1 finely chopped garlic clove
- 150g sliced mushrooms
- 3 eggs
- Salt and pepper
- A handful of grated parmesan
- 200g spaghetti

Method

1. Put the leek in a little oil or butter in a saucepan with a little butter on a moderate heat with a lid on top, keeping an eye on it so it doesn't start to catch.
2. Place the spaghetti in a large pan of boiling water on the stove. Cook according to packet instructions.
3. When the leek has started to soften add the bacon and cook uncovered for two minutes. Add the mushrooms to the pan and cook until both bacon and mushrooms are cooked.
4. While everything else is cooking put the eggs and cream in a jug and beat them well. Add half the parmesan cheese to the jug.
5. When the spaghetti and the bacon/ mushroom mixture is ready empty the water from the spaghetti and add in the bacon and mushrooms.
6. Pour the egg and cream on top and mix well. The heat of the spaghetti will cook the egg but don't put it back on the stove or you'll get a scrambled egg.
7. Add plenty of black pepper - and salt if needed.
8. Serve in a bowl with the rest of the parmesan sprinkled over it.

QUESADILLA SBARION

DIGON I 2 NEU I LLWGLYD!

Cynnwys

- 2 tortilla (wrap)
- Beth bynnag sydd ganddoch chi ar ôl yn y ffrij e.e. darnau o gyw iâr efo corn melys a sloj (shibwns) neu darnau o ham (neu gig moch wedi ei goginio) tomato a madarch wdi eu sleisio'n denau
- Llond dwrn o gaws wedi ei gratio.



an Cadwaladr)

Dull

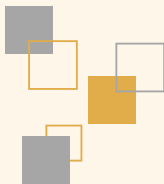
1. Rhowch un tortilla mewn padell ar wres cymhedrol.
2. Rhowch weddill y cynhwysion ar ei ben gan orffen efo haenen o gaws.
3. Rhowch y tortilla arall ar ben y cyfan a'i goginio am rhyw 3 munud.
4. Yn ofalus codwch o o'r badell a'i roi ar blât ac yna ei roi ben i wared yn ôl yn y badell.
5. Goginiwch am ddau funud arall nes fod y caws wedi toddi a'r tortilla wedi cochï ac unrhyw gig wedi poethi drwyddo.
6. Os nad yda chi ffansi troi y quesadilla drosodd mi fedrwch ei gorffen o dan y gril.
7. Torrwch yn bedwar darn a'i weni gyda salad.

QUESADILLA USING LEFT OVERS

SERVES 1 OR 2

Content

- 2 tortillas wraps
- Whatever you have left in the fridge
e.g. pieces of chicken with
sweetcorn and spring onion or
pieces of ham (or cooked bacon)
thinly sliced tomato and mushroom
- A handful of grated cheese.



(Rhian Cadwaladr)

Method

1. Place one tortilla in a pan on a moderate heat.
2. Place the rest of the ingredients on top, finishing with a layer of cheese.
3. Place the other tortilla on top and cook for about 3 minutes.
4. Carefully lift it from the pan and put it on a plate and then put it upside down back in the pan.
5. Cook for another two minutes until the cheese has melted, the tortilla has browned and any meat has heated through.
6. If you don't fancy turning the quesadilla over, you can finish it under the grill.
7. Cut into four pieces and serve with salad.





(Rhian Cadwaladr)

TATWS PUM MUNUD

**DYMA I CHI HEN RYSAIT YR OEDD
FY NAIN A FY MAM YN EI WNEUD.
MAE'N BRYD SYML, BLASUS A RHAD
OND YN ANFFODUS MAE'N CYMRD
CHYDIG YN HIRACH NA'R PUM
MUNUD SYDD YN EI ENW!**

Cynhwysion

- Tatws wedi eu sleisio yn cylchoedd tenau
- Tafelli o gig moch
- Nionun wedi sleisio
- Pupur a halen
- Dwr

Dull

1. Rhowch y tatws a'r nionod mewn padell efo digon o bupur ac chydig o halen.
2. Rhowch ddwr drostynt - digon i'w gorchuddio.
3. Rhowch dafelli o gig moch dros y cwbwl.
4. Rhowch y badell ar y tân a'i godi i'r berw.
5. Trowch y gwres i lawr a rhoi caead ar y badell.
6. Coginiwch nes fod y tatws a'r cig moch yn barod.
7. Blaswch i weld os oes angen mwy o halen a gweinwch gyda llysiau - ffa (broad beans) fasa fy newis i.



(Rhian Cadwaladr)

FIVE MINUTE POTATOES (TATWS PUM MUNUD)

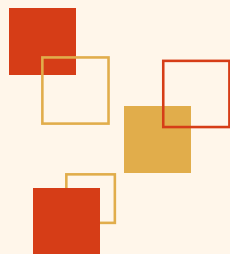
HERE IS AN OLD RECIPE THAT MY GRANDMOTHER
AND MY MOTHER USED TO MAKE.
IT'S A SIMPLE, TASTY AND A CHEAP MEAL BUT
UNFORTUNATELY IT TAKES A BIT LONGER THAN
THE FIVE MINUTES IN ITS NAME!

Ingredients

- Potatoes sliced into thin circles
- Slices of bacon
- Sliced onion
- Pepper and salt
- Water

Method

1. Put the potatoes and onions in a pan with plenty of pepper and a pinch of salt.
2. Pour water over them - enough to cover them.
3. Top with slices of bacon.
4. Put the pan on the fire and bring it to the boil.
5. Turn the heat down and put a lid on the pan.
6. Cook until the potatoes and bacon are ready.
7. Taste to see if more salt is needed and serve with vegetables - broad beans would be my choice.



SALAD CIG MOCH A WY

DIGON I DDAU

MAE HWN YN FFORDD DDA O DDEFNYDDIO
DAIL LETYS SYDD DROS BEN.

Cynnwys

- 350g tatws newydd wedi eu sgwrio'n lan.
- 5 i 6 tafell o gig moch
- 3 ŵy
- 50g cnau cyll (hazel nuts)
- Bagiad o ddail letys amrywiol

Dresin

- 2 lond llwy fwrdd o hufen sur
- Llund llwy de o fwstard garw



(Rhian Cadwaladr)

Dull

1. Torrwch y tatws yn eu hanner, neu yn eu chawrter os ydy nhw'n fawr a rhowch i ferwi mewn sosban efo pinsiad o halen.
2. Rhowch yr wŷa i ferwi am ddeg munud nes eu bod yn galed.
3. Tra maw'r tatws a'r wya yn coginio torrwch y tafelli o gig moch yn ddarnau a'u ffrio nes eu bod wedi crasu.
4. Rhowch y cnau cyll mewn padell ar y tân a'u crasu nes eu bod wedi cochï.
5. Pan fo'r tatws yn barod rhowch nhw mewn powlen efo'r cig moch a'r wya wedi eu chwarteru.
6. Ychwnegwch y letus a'r cnau cyll.
7. Cymysgwch bopeth gan drio peidio torri'r wya fyny yn ormodol.
8. Mewn powlen fach cymysgwch yr hufen sur a'r mwstard ac yna ei ddiferu dros y salad.
9. Gweinwch o'n syth neud mi allwch ei fwyta yn oer.

BACON AND EGG SALAD

ENOUGH FOR TWO

THIS IS A GOOD WAY TO USE UP
LEFTOVER LETTUCE LEAVES.

Ingredients

- 350g scrubbed new potatoes.
- 5 to 6 slices of bacon
- 3 eggs
- 50g hazelnuts
- A bag of assorted lettuce leaves

Dressing

- 2 tablespoons of sour cream
- A teaspoonful of coarse grained mustard

Method

1. Cut the potatoes in half, or in quarters if they are large and put to boil in a pan with a pinch of salt.
2. Boil the eggs for ten minutes until they are hard.
3. While the potatoes and eggs are cooking, cut the slices of bacon into pieces and fry them until they are crispy.
4. Put the hazelnuts in a pan on the stove and heat them until toasted.
5. When the potatoes are ready put them in a bowl with the quartered bacon and egg.
6. Add the lettuce and hazelnuts.
7. Mix everything trying not to break up the egg too much.
8. In a small bowl mix the sour cream and mustard and then drizzle it over the salad.
9. Serve straight away or you can eat it cold.



(Rhian Cadwaladr)



(Kristina Banholzer)

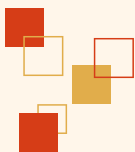
SALAD SELSIG

DIGON I 4

ROEDD HWN YN FFEFRYN MAWR EFO FY
MHLNAT PAN OEDDA NHW'N FACH.
DYMA BE YDA NI YN LICIO YN EIN SALAD SELSIG
NI OND DEFNYDDIWC CH I PA BYNNAG LYSIAU
SALAD SYDD GANDDOCH CHI, DOES DIM RHAI
RHOI BOB DIM SYDD YN Y RYSAIT.

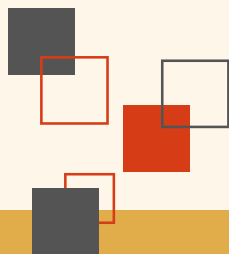
Cynhwysion

- 800g selsig
- 225 g pasta
- 1 pupur coch
- 1 pupur melyn
- Bwnsh o sloj (shibwns/spring onions)
- Bwnsh bach o rawnwini di hada
- 200g tomatos bach
- 3 llwyaid fawr o olew olewydd gola
- 1 llwyaid fawr o finagr balsamic
- 1 llond llwy dw o fwstard garw (neu fwy os yda chi'n licio dipyn o gic)
- 1 llwyaid fawr o fêl clir.
- Pupur du.



Dull

1. Coginiwch y selsig fel a mynnoch (rhoi nhw yn y pody am 30 munud fydda i)
2. Coginiwch y pasta yn ôl y cyfarwyddiadau ar y paced.
3. Torrwch y pupur a'r sloj yn ddarnau bach.
4. Torrwch y tomatos a'r grawnwin yn eu hanner.
5. Cymysgwch yr olew, finagr, y mwstard a'r mêl yn dda mewn jwg bach.
6. Torrwch y selsig yn ddarnau.
7. Draeniwch y pasta a'i roi mewn powlen fawr.
8. Ychwanegwch bopeth arall a'u cymysgu'n dda.
9. Rhowch ychydig o bupur du dros y cwblwl.
10. Rhowch o ar y bwrdd i bawb helpu eu hunain.





(Kristina Banholzer)

SAUSAGE SALAD

ENOUGH FOR 2

THIS WAS A BIG FAVOURITE WITH MY KIDS
WHEN THEY WERE LITTLE YOU CAN USE
WHATEVER SALAD VEGETABLES YOU HAVE

Ingredients

- 800g sausage
- 225 g pasta
- 1 red pepper
- 1 yellow pepper
- A bunch of spring onions
- A small bunch of seedless grapes
- 200g small tomatoes
- 3 large spoons of light olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon coarse mustard (or more if you like a bit of a kick)
- 1 large spoonful of clarified honey.
- Black pepper.

Method

1. Cook the sausages (I usually put them in the oven for 30 minutes)
2. Cook the pasta according to the instructions on the packet.
3. Cut the pepper and spring onion into small pieces.
4. Cut the tomatoes and grapes in half.
5. Mix the oil, vinegar, mustard and honey well in a small jug.
6. Cut the sausages into pieces.
7. Drain the pasta and place in a large bowl.
8. Add everything else and mix well.
9. Add black pepper to taste.
10. Put it on the table for everyone to help themselves.

BARA BRITH WEDI FFRÏO

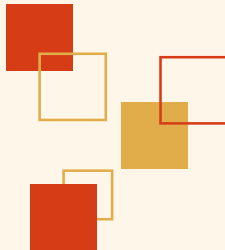
MAE BARA BRITH YN GACEN SYDD YN PARA
REIT HIR OND HYD YN OED AR ÔL IDDI DDECHRA
SYCHU DOES DIM RHAI D CHI EI THAFLU.
YN LLE RHOI MENYN AR Y BARA FFRÏWCH O YN Y
MENYN! MAE O'N CRASU YN HYFRYD AC YN
BLASU NID YN ANHEBYG I BWDIN DOLIG
- OND YN LOT LLAI O DRAFFERTH I'W WNEUD!

(Rhian Cadwaladr)



Cynhwysion

- Sleisus o Fara Brith
- Menyn i ffrio
- Hufen os mynnwch



Dull

Toddwch y menyn yn y badell a ffriwch y Bara Brith gan ei droi drosodd unwaith.

2.Gweinwch y bara brith efo hufen os mynnwch.



FRIED BARA BRITH

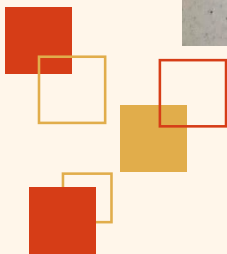
BARA BRITH IS A CAKE THAT LASTS QUITE A LONG TIME BUT EVEN AFTER IT STARTS TO DRY YOU DON'T HAVE TO THROW IT AWAY. INSTEAD OF PUTTING BUTTER ON THE BREAD, FRY IT IN THE BUTTER! IT CRISPS BEAUTIFULLY AND TASTES NOT UNLIKE A CHRISTMAS PUDDING - BUT IS A LOT LESS TROUBLE TO MAKE!

(Rhian Cadwaladr)



Ingredients

- A slice of Bara Brith
- Butter for frying
- Cream if you like



Method

1. Melt the butter in the pan and fry the Bara Brith, turning it over once.
2. Serve with cream for an extra bit of indulgence.



Am fwy o wybodaeth am yr help sydd ar gael gyda'r argyfwng costau byw:

Ewch i'r wefan drwy sganio'r côd QR isod neu chwiliwch am y
linc isod -

www.gwynedd.llyw.cymru/HelpCostauByw

Mae pob math o wybodaeth yma er enghraifft cyngor ar fudd-
daliadau, gwybodaeth am ynni yn y cartref a manylion cyswllt
sefydliadau eraill sy'n gallu helpu.

Am fwy o wybodaeth, cysylltwch â
croesocynnes@gwynedd.llyw.cymru.



For more information about the help available with the cost of living crisis:

Go to the website by scanning the QR code below or visit -

www.gwynedd.llyw.cymru/CostOfLivingHelp

Here you will find various information, for example advice on benefits, information about energy in the home and contact details of other organisations that can help.

For more information, contact
croesocynnes@gwynedd.llyw.cymru.



