



11.01.2021

Tomos Hughes
Cyswllt Contact
Ffôn Phone
01286 674622

Erthygl i'r Wasg Press Release

Chris yn cael blas ar fwyd aeddfed mwyaf epic Cymru

Mi fydd bwyd a diod aeddfed gorau Cymru yn cael ei godi i'r *next level* ym mhennod nesaf Bwyd Epic Chris.

Y broses o aeddfedu bydd yn cael sylw Chris Roberts ym mhennod diweddaraf y gyfres, gan edrych ar sut mae'r broses yn gallu ychwanegu dimensiwn newydd i flas. Bydd Chris yn defnyddio rhai o gynhwysion aeddfed mwyaf blasus ac ecsgliwsif y wlad, a throï llaw ei hun at aeddfedu.

O dan gysgod Rhaeadr Fawr yn Abergwyngregyn, mi fydd Chris yn creu pryd anhygoel drwy ddefnyddio pasta ffres ei hun, olwyn o gaws hynaf Cymru o Gaws Teifi, a dram o whisgi newydd distyllfa Aber Falls - sef y whisgi cyntaf i gael ei gynhyrchu yng Ngogledd Cymru ers dros ganrif. Gwylwch y bennod am 8.25 ar nos Lun 28 Ionawr, ar S4C.

Meddai Chris: "Mae aeddfedu bwyd, o gig, i gaws, i lysiau, yn rhoi dimensiwn hollol wahanol ar y blas. Dyna pam ti'n gweld llwyth o *stickers* ar fwyd yn y siop - 28 day aged ribeye, 24 month-old parmesan. Ac mi ydw i'n lyfio fo.

"Mae Cymru yn cynhyrchu bwyd a diod o'r safon uchaf a mi ydw i wrth fy modd yn cael gafael ar rai o *ingredients* gorau fedri di gael yma. Neshi gael olwyn anferth o Gaws Teifi a whisgi wedi aeddfedu ers tair mlynedd o Aber Falls, a neud dish bach wrth ymyl y rhaeadr - oddo'n brofiad rhyfadd, ond *beautiful*! Dim bob dydd wyt ti'n bwyta olwyn o gaws wrth ymyl waterfall!"

Bydd Chris hefyd yn coginio stêc, ond nid stêc arferol - un sydd wedi aeddfedu dros 90 diwrnod mewn siambr halen yn y Gŵyr. Mi fydd o'n cyfuno hynny hefo madarch draenog a chanterelle wedi ei gasglu ei hun, i greu brechdan Sando stêc wagyu sydd werth ei weld.

"Stêc gorau Cymru. *Mushrooms* neshi hel o'r goedwig. Dw i erioed 'di bod mor *proud* o bechdan o'r blaen!" ychwanegodd Chris.

Yn ogystal â defnyddio cynhwysion sydd wedi aeddfedu yn barod, mi fydd Chris yn rhoi cynnig arni ei hun, drwy aeddfedu 'brenin y pysgod' - torbwt - yn ei oergell am bum diwrnod, gan ddefnyddio blociau o halen Himalaya.

Ar ôl iddo orffen aeddfedu, mae Chris yn mynd a'r pysgodyn i goginio'n araf ar barbeciw ar lan y Fenai i greu y "*fish and chips* mwya' cwl" - ond bydd rhaid cadw llygad allan am y gwylanod!

Bwyd Epic Chris
Nos Lun 18 Ionawr, 8.25pm
Isdeitlau Saesneg



**Ar alw: S4C Clic, iPlayer a llwyfannau eraill
Cynhyrchiad Cwmni Da ar gyfer S4C**



11.10.2020

Tomos Hughes
Cyswllt Contact
01286 674622

Erthygl i'r Wasg Press Release

Chris samples Wales' most epic matured food

Some of Wales's finest matured food and drink will be taken to the next level in the latest episode of Bwyd Epic Chris.

Chris Roberts will be looking at the process of ageing food in the next instalment of the epic cookery series, and how it can add another dimension to flavour. Chris will be using some of the nation's most sought-after and flavoursome matured produce in his dishes, as well as turning his hand to maturing in his own kitchen.

Under the spectacular Aber Falls waterfall in Abergwyngregyn, Chris will be creating an incredible dish using his own fresh hand-made pasta, a wheel of Wales's most aged cheese from Caws Teifi, and a dram of a new whiskey from Aber Falls distillery – the first whiskey to be produced in north Wales for over a century. Watch the episode at 8.25pm on Monday 28 January on S4C, with English subtitles available.

Chris said: "Maturing food, from meat, to cheese, to vegetables, can give a completely different dimension to the flavour. That's why you see all the stickers on food in shops – 28-day aged ribeye, 24 month-old parmesan. And I love it.

"Wales produces top quality food and drink and I love getting my hands on some of the best ingredients available here. I had a massive wheel of mature Teifi cheese and a three-year old whiskey from Aber Falls, and I made a nice little dish by the waterfall – it was a surreal experience, but beautiful! Not every day do you stand by a big waterfall eating a beautiful wheel of cheese!"

Chris also cooks a steak, but not just any steak – one that has been aged over 90 days in a salt chamber on the Gower peninsula. He combines the supreme cut with some chanterelle and hedgehog mushrooms which he picked himself, to create a truly epic Sando wagyu steak sandwich.

"Wales's best steak. Mushroom that I picked from the forest. I have never been so proud of a sandwich I've made!" added Chris.

As well as using matured products, Chris tries to re-create the process in his own kitchen, by ageing the 'king of fish' – turbot – in his fridge for five days, using blocks of Himalayan salt.

After the ageing is complete, Chris takes the fish to be cooked slowly on a barbecue beside the Menai, to create the "coolest fish and chips ever" – but of course, he will have to keep an eye out for the sea gulls!



Bwyd Epic Chris

Monday 18 January, 8.25pm

English subtitles available

On demand: S4C Clic, iPlayer and other platforms

A Cwmni Da production for S4C