05.01.2023

Elin Lenny
Cyswllt Contact
Ffôn Phone
0330 588 0506

Erthygl i'r Wasg **Press Release**

Blas o fwyd a bywyd yr Eidal gyda Colleen Ramsey

Mae bywyd a bwyd yn dod law yn llaw i Colleen Ramsey, sy'n wraig i'r pêl-droediwr rhyngwladol, Aaron Ramsey. Yn sgil gwaith Aaron, mae Colleen wedi byw ar draws y byd, ac mae'r profiadau hyn wedi sbarduno ei dymuniad i greu hapusrwydd trwy fwyd.

Wrth deithio, manteisiodd Colleen ar gyfleoedd i ddatblygu ei sgiliau a'i dealltwriaeth o fyd bwyd, o ddysgu sut i wneud y pastry perffaith yn Llundain i fwynhau bwyd mwy ffansi yn Ffrainc. Ond, ei phrofiadau yn yr Eidal tra oedd Aaron yn chwarae i'r tîm Juventus sydd wedi dylanwadu arni fwyaf.

"Maen nhw'n cymryd eu bwyd o ddifri - mae'n gymaint o ran o'u bywydau nhw" meddai Colleen. "Nes i bigo lan gwahanol ddulliau coginio, blasu pethau newydd ac mi wnaeth agor fy llygaid i sut mae bwyd yn gallu bod yn rhan mwy o fywyd, dim jyst fel hobi."

Mae cariad Colleen at fwyd yn amlwg. Yn ei chyfres newydd ar S4C, **Colleen Ramsey – Bywyd a Bwyd,** mae hi'n rhannu rhywfaint o'r hyn y mae hi wedi ei ddysgu ar hyd y blynyddoedd, gan gynnwys ei hoff ryseitiau a thechnegau. Gwelwn hefyd sut mae cynllunio yn ei helpu hi i gydbwyso bywyd teuluol prysur gyda beth mae hi'n ei fwynhau mwyaf, sef dod â theulu a ffrindiau ynghyd dros bryd o fwyd.

Yn y rhaglen, cawn ddarganfod pam fod un pryd Eidaleg penodol wedi bod yn arwyddocaol i Colleen a'i gŵr Aaron ers dechrau eu perthynas.

"Beth yw'r stori am y Polpette? Wel, mae'n mynd nôl i pan o ni'n gweini byrddau yng Nghaerffili. Y Polpette oedd y pryd doedd neb yn ei ddewis ar y fwydlen. O ni wastad yn mynd nôl i dŷ Aaron a bwyta fo gyda'n gilydd. Mae'n ddoniol nawr, achos rydw i wedi gwneud rysáit Polpette fy hun."

Pryd o beli cig blasus mewn saws trwchus a chyfoethog yw Polpette - sy'n ei wneud yn bryd perffaith ar gyfer y gaeaf. Ond o ble mae'r Polpette gorau yn tarddu tybed?

"Os dwi'n gofyn i ffrindiau yn yr Eidal, mwy na thebyg bydd nhw'n dweud mai rysáit eu *Nonna* nhw, neu rysáit o'u dinas nhw yw'r gorau. Ond bydden nhw'n anghywir, achos dyma'r rysáit gorau!" yn ôl Colleen.

Yn y bennod nesaf o **Colleen Ramsey - Bywyd a Bwyd**, ar nos Fercher 18 Ionawr, gallwch ddilyn cyfarwyddiadau syml Colleen, i greu eich Polpette eich hunain. Mae

llyfr coginio i gyd-fynd gyda’r gyfres hefyd, Colleen Ramsey - Bywyd a bwyd / Enjoying life through food, sy’n rhestru’r holl gynhwysion a dulliau coginio.

Er eu bod bellach wedi ymgartrefu nôl yng Nghymru, mae un traddodiad o’r Eidal wedi aros gyda’r teulu bach.

“Pan o ni wedi symud i’n tŷ cyntaf yn yr Eidal, o ni mor lwcus i gael ffwrn pizza yna’n barod, felly oedd rhaid i ni ddefnyddio fe. Pob dydd Gwener, oedd Aaron, y plant a fi yn gwneud pizza's ein hunain. Sylweddolais i yn glou mae pizza's Eidaleg wedi ei wneud gyda chynhwysion syml iawn yw’r pizza gorau.

“Mae’r traddodiad wedi cario 'mlaen, a nawr bod ni wedi symud, ni dal yn gwneud pizza gartref, ac mae’n rhywbeth sy’n atgoffa ni o’r amser yn yr Eidal.”

Colleen Ramsey – Bywyd a Bwyd
Dydd Mercher 18 Ionawr, 9.00
Isdeitlau Saesneg
Ar S4C Clic, BBC iPlayer a llwyfannau eraill
Cynhyrchiad Barn Media ar gyfer S4C

05.01.2023

Elin Lenny
Cyswllt Contact
Ffôn Phone
0330 588 0506

Erthygl i'r Wasg **Press Release**

A taste of Italy with Colleen Ramsey

Life and food come hand in hand for Colleen Ramsey, who is the wife of international footballer Aaron Ramsey. As a result of Aaron's work, Colleen has lived and travelled across the globe. These experiences have fuelled her desire to create happiness through food.

While travelling, Colleen made the most of opportunities to develop her culinary skills and understanding of global cuisine, from learning how to make the perfect pastry in London to enjoying more fancy food in France. However, it is her time and experiences in Italy while Aaron was playing for Juventus that have influenced her the most.

"They take their food very seriously – it's such a big part of their lives," Colleen said. "I picked up different cooking methods, tasted new things and it opened my eyes to how food can be a bigger part of life, not just a hobby."

Colleen's love of food is palpable. In her new S4C series, **Colleen Ramsey – Bywyd a Bwyd**, she shares some of what she has learnt over the years, including her favourite recipes and techniques. We also see how planning helps her balance a busy family life with what she enjoys most, which is bringing family and friends together over a meal.

In the programme, we find out why one particular Italian dish has been significant to Colleen and her husband Aaron since the beginning of their relationship.

"What's the story about the Polpette? Well, it goes back to when I waited tables in Caerphilly. The Polpette was the meal no one chose from the menu. I would always go back to Aaron's house and we would eat it together. It's funny now, because I've made my own Polpette recipe."

Polpette is a meal of delicious meatballs in a thick, rich sauce – making it the perfect winter dish. But where does the best Polpette originate from?

"If I were to ask friends in Italy, they'll probably say their *Nonna's* recipe is the best, or a recipe from their city. But they would be wrong, because mine is the best recipe!" according to Colleen.

In the next episode of **Colleen Ramsey – Bywyd a Bwyd**, on Wednesday 18 January, you can follow Colleen's simple instructions, to create your own Polpette. There is also

a cookbook to accompany the series, Colleen Ramsey – Bywyd a Bwyd / Enjoying life through food, which lists all the ingredients and cooking methods.

Although Colleen and the children have now settled back in Wales, one Italian tradition has remained with the close-knit family.

"When we moved into our first house in Italy, we were lucky enough to have our own pizza oven, so we had to use it. Every Friday, Aaron, the kids and I made our own pizza's. I soon realised Italian pizzas made with simple ingredients is the best pizza.

"The tradition has carried on and now that we've moved, we're still making pizza at home. It's something that reminds us of our time in Italy."

Colleen Ramsey – Bywyd a Bwyd
Wednesday 18 January, 9.00
English subtitles
On S4C Clic, BBC iPlayer and other platforms
A Barn Media production for S4C