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Erthygl i'r Wasg Press Release

Caryl Parry Jones - wrth ei bodd yn sgwrsio a bwyta

"Siarad a byta - dyna fy hoff betha' i yn y byd," meddai'r ddiddanwraig aml-dalentog Caryl Parry Jones - ac mae hyn yn golygu ei bod hi'n westai perffaith ar gyfer **Y Sioe Fwyd**.

Yn y gyfres hon sy'n cyfuno'r ddau a llawer mwy - mae'r cyflwynydd Ifan Jones Evans yn arwain ar y sgwrsio tra bo'r cogydd penigamp Hywel Griffith yn paratoi pryd moethus yn ei fwyty seren Michelin The Beach House yn y Gŵyr.

Ar y fwydlen y tro hwn mae Hywel yn cynnig Tortellini boch ychen a blodfresych i ddechrau, bola moch gyda thatws a saws pastai porc fel prif gwrs a soufflé granadila (passion fruit) gyda saws siocled tywyll i orffen.

Mae Caryl yn hoff iawn o goginio ond mae'n cyfaddef bod dim llawer o 'finesse' ganddi wrth baratoi pryd o fwyd.

"Ond alla i gwcio i growd o bobl a dw i'n licio rhoi *menus* at ei gilydd," meddai Caryl. "Ac, a deud y gwir, mae gwell genna i rywun yn deud 'och, mae hynna'n *amazing*' am ginio dydd Sul neu gacen neu fwyd dw i wedi neud na 'neis i weld ti, nes i glywed ti'n canu...' wff na. Mae'n lot mwy o bluen yn fy nghap!"

Yn ystod y rhifyn yma o **Y Sioe Fwyd** mae Ifan yn dysgu rhywfaint am hanes Caryl a'i hoffter at goginio.

"Oedd Mam yn brysur iawn - roedd hi'n athrawes. Doedd dim lot o ddiddordeb ganddi mewn coginio. Roedd bwyd i ni bob nos ond mi oedd o'n dueddol o fod yr un peth - *chops*, pys wedi rhewi a thatws!"

"Yn 1974, pan o'n i'n 16 oed, ges i lyfr coginio. O'n i'n teimlo fy mod i isho mwy o flas. O'n i isho mwy o sbeis, perlysiâu neu rwbath - a dyna pryd nes i ddechrau coginio a gwir fwynhau."

Ond nid sgwrsio a bwyta yn unig mae Caryl yn gwneud yn ystod y rhaglen - mae hi'n helpu Hywel baratoi'r pwddin - sef y soufflé. "Mae wedi bod yn addysg ond 'yffar' o *treat* hefyd!," meddai Caryl ar ddiwedd y rhaglen.

Yn ystod y sioe, ymwelwn â Jones' Cheese Company yn Llandysul sydd wedi ennill gwobrau am eu Caws Tysul Blue. Mae Caryl, Ifan a Hywel hefyd yn blasu caws gafr Pant Ysgawn o ardal Y Fenni gyda seidr Rosie's Cider o ardal Dinbych.



Y Sioe Fwyd

Nos Lun 5 Hydref 8.25, S4C

Isdeitlau Saesneg

Ar alw: S4C Clic, iPlayer a llwyfannau eraill

Cynhyrchiad Boom ar gyfer S4C

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Caryl Parry Jones just loves to chat and eat!

"Chatting and eating are my two most favourite things in the world!" So says the multi-talented entertainer Caryl Parry Jones – which makes her the perfect guest for **Y Sioe Fwyd** (The Food Show).

In this series which combines the two and much more besides, the presenter Ifan Jones Evans leads the conversation while top chef Hywel Griffith prepares a delicious meal at his Michelin starred restaurant The Beach House on the Gower.

On the menu this time will be Ox cheek tortellini with cauliflower to start; pork belly with potatoes in a pork pie sauce for main course and souffle granadilla (passion fruit) with a dark chocolate sauce to finish.

Caryl thoroughly enjoys cooking but she confesses that she doesn't have a lot of finesse when it comes to preparing a meal.

"But I can cook for a crowd of people and I enjoy putting menus together," said Caryl. "And to be honest, I would much rather someone say 'oh, that was amazing' about a Sunday lunch or a cake or some food that I'd made than 'nice to see you. I saw you sing the other night...' ooff no! It is much more of a feather in my cap."

During this episode of **Y Sioe Fwyd**, Ifan finds out a bit more about Caryl and her love of cooking.

"Mam was very busy – she was a teacher. She didn't have a lot of interest in cooking. There was food on the table every night, but it tended to be the same thing – chops, frozen peas and potatoes!"



"In 1974, when I was 16 years old, I got a cookery book. I felt like I needed something with more flavour. I wanted more spices, more herbs or something – and that's when I started cooking and really enjoying it."

But chatting and eating aren't the only things that Caryl does during the programme – Hywel puts her to work in the kitchen and she helps him prepare the souffle. "It has been an education but a heck of a treat too," said Caryl at the end of the programme.

During the show we also visit Jones' Cheese Company in Llandysul which has won prizes for its Tysul Blue cheese. Caryl, Ifan and Hywel also taste some Pantysgawn Goats' Cheese from Abergavenny washed down with some Rosie's Cider from the Denbigh area.

Y Sioe Fwyd

Monday 5 October 8.25, S4C

English subtitles

On demand: S4C Clic, iPlayer and other platforms

A Boom production for S4C