

Abertawe

# CROESO

Swansea



Jonathan Woolway – The Shed  
Hyrd dyn llwyd wedi'i ffrio mewn colslo coch a rhuddygl  
Pan Fried Grey Mullet, 'Redslaw' and Horseradish

## Cynhwysion

- 13cm o ruddygl ffres
- Sudd o 1/2 lemwn
- 300ml o crème fraiche
- Halen môr a phupur du
- 2 fetys amrwd, wedi'u plicio a'u gratio'n fân
- 1/4 bresychen goch amrwd, calon wedi'i thynnu, wedi'i thafellu'n fân
- 1 winwnsyn coch bach, wedi'i blicio, wedi'i dorri'n hanner ac wedi'i dafellu'n fân
- 6 llwyaid iach o crème fraiche
- 2 fwnsiad o orthyfail, wedi'u pigo o'r coesynau.

## Dresin

- Diferyn iach o olew olewydd
- Mymryn o finegr balsamig
- Llond llaw bach o gaprys bach iawn
- Halen môr a phupur du.

## Ingredients

- 13cm piece of fresh horseradish
- Juice ½ of Lemon
- 300ml of crème fraiche
- Sea salt and black pepper
- 2 raw beetroot, peeled and finely grated
- ¼ raw red cabbage with its core cut out, very finely sliced
- 1 small red onion, peeled cut in half from top and bottom and finely sliced.
- 6 healthy dollops of crème fraiche
- 2 healthy bunches of chervil, picked from stems.

## Dressing

- Healthy splashes of extra virgin olive oil
- A little gesture of balsamic vinegar
- A small handful of extra-fine capers
- Sea salt and black pepper.

Mewn cydweithrediad â / In association with

**SbIRGAR**  
Welsh Butter

 Bwyd a Diod Cymru  
Food & Drink Wales

[croesobaeabertawe.com](http://croesobaeabertawe.com)

[visitswanseabay.com](http://visitswanseabay.com)

 Cyngor **Abertawe**  
**Swansea** Council