

Croeso i Farchnad Llanelli ar gyfer dydd Gwyl Dewi Welcome to Llanelli Market for St David's Day

Eich Marchnad leol

Calon y dref



Your local Market

Heart of the town

Rysait Cawl Marchnad Llanelli

Digon i 4

- 1 pwys o Gig Eidion / Oen / neu Facwn wedi torri
- 1 pwys o Dato wedi'u torri'n giwbiau
- 4 Moronen fawr wedi eu sleisio
- 1 Swedsen ganolig ei maint wedi'i thorri'n giwbiau
- 2 Genhinen fawr wedi eu sleisio
- 2 Winwnsyn canolig eu maint wedi eu sleisio
- Deilen llawryf
- Teim a Phersli ffres
- Halen Môr
- Pupur mâl ffres

Dull

Gorchuddiwch y cig a'r llysiau sydd wedi'u paratoi (oni bai am y cennin) â 3 beint o ddŵr oer mewn paddell fawr, ychwanegwch halen a phupur

Berwch y cynhwysion ac yna trowch y gwres i lawr a mudferwch y cig nes ei fod yn frau (oddeutu 2 awr)

Ychwanegwch y cennin ar gyfer yr 1/2 awr olaf.

Defnyddiwch halen a phupur i ychwanegu blas.

Llanelli Market Cawl Recipe

Serves 4

- 1lb Beef / Lamb / or Bacon, cubed
- 1lb Potatoes, cubed
- 4 large Carrots, sliced
- 1 med. Swede, cubed
- 2 large leeks, sliced
- 2 med. onions, sliced
- Bayleaf
- Fresh Thyme & parsley
- Sea Salt
- Freshly ground pepper

Method

Cover meat, and prepared vegetables (except leeks) with 3 pints cold water in large pan, add seasoning

Bring to boil, then lower heat and simmer until meat is tender (approx 2 hours)

Add the leeks for the final 30 minutes

Season to taste.



St David's Day 2015

Llysiau/Fruit and Vegetables:

Mr & Mrs H Phillips
Seward's

Cig/Meat:

AJ Meats
Bwyd Blasus

Pysgod/Fish:

Penclawdd Cockles & Laverbread
Garrett's Fresh Seafood

Caws/Cheese:

AJ Meats
Bwyd Blasus

Bara/Bread

Jenkins Ltd
Welsh Maid Products

Teisennau/Cakes:

The Bread & Cake Shop
Jenkins Ltd
Welsh Maid Products

Blodau/Flowers:

Seward's
Blodau Elli

Pethau Cymraeg/Welsh Accessories:

The Welsh Shop
George Lewis
P Fashions
Clair Adams
Lush Bubbles

Caffi/Cafe:

The Teapot
Market Sandwich Bar
Welsh Burger Co.
Gegin Fach
Celtic Cafe
Kelly's Burger Bar

