

Wyau pob gyda ham Trealy Farm

Gweini 6

Cynhwysion

6 ŵy Maes
olew olewydd
ham wedi'i giwro gan Trealy Farm

Dull

Brwsiwch tun myffin 6 twll yn ysgafn gyda olew olewydd.

Leiniwch pob twll gyda ham Trealy Farm, yna torrwch ŵy maint canolig i ganol pob twll.

Ychwanegwch halen a phupur a pobwch yn y ffwrn ar 200°C, nwy rhif 6 am 12 munud.

Gweinwch yn boeth neu yn oer gyda saws coch neu frown a darnau o dost o dorth o fara gwyn.

Baked Eggs in Trealy Farm Ham

Serves 6

Ingredients

6 free range eggs
olive oil
Trealy Farm cured ham

Method

Lightly brush a non-stick 6 hole muffin tray with olive oil.

Line each hole with a slice of Trealy Farm ham, then break a medium egg into each hollow.

Season and bake in the oven at 200°C, gas mark 6 for 12 minutes.

Serve hot or cold with a helping of tomato ketchup or brown sauce and soldiers cut from a loaf of unsliced crusty white bread.