

## Salad mwyar, afal a chig moch

### Cynhwysion

50g cnau cyll  
½ llwy de olew'r olewydd  
8 tafell cig moch  
2 afal  
10g menyn Cymreig  
70ml finegr sieri  
1 llwy de mêl clir lleol  
120g mwyar duon (neu fafonfwyar)  
100g dail salad cymysg

### Dull

Cynheswch y popty i 180°C /nwy 4.

Gwasgarwch y cnau ar din pobi a phobi am tua 7 munud nes eu bod yn euraidd. Torrwch y cnau yn fras.

Cynheswch hanner llwy de o olew mewn padell ffrio dros wres canolig a ffrio'r cig moch nes ei fod yn grenshiog. Rhowch ar bapur cegin i waredu unrhyw olew.

Cwarterwch yr afalau a thynnu'r canol allan. Torrwch pob cwarter yn hanner ar ei hud. Tynnwch yr olew o'r badell ffrio gan adael tua 2 lwy de.

Ychwanegwch y menyn a choginio'r afalau dros wres canolig am tua 4 munud nes yn euraidd ar y ddwy ochr. Symudwch i blât cynnes.

Rhowch y finegr a'r mêl yn y badell a gadael iddo fudferwi am tua 30 eiliad. Ychwanegwch y mwyar duon, cymysgwch a thynnu orddiar y gwres.

Rhannwch y sbigoglys rhwng 4 plat neu 1 blat mawr. Gwasgarwch y cig moch, afalau a chnau arno a wedyn arllwys y mwyar a'r dresin cynnes drosto.

Gweinwch yn syth.

## Blackberry, apple and bacon salad

Serves 4

### Ingredients

50g hazelnuts  
½ teaspoon olive oil  
8 rashers dry cured, smoked bacon  
2 crisp eating apples  
10g Welsh butter  
70ml sherry vinegar  
1 teaspoon clear honey  
120g blackberries (or tayberries)  
100g mixed salad leaves

### Method

Preheat the oven to 180°C/gas 4.

Scatter the hazelnuts on a baking sheet and bake for around 7 minutes, until just golden. Chop the hazelnuts roughly.

Warm half a teaspoon of oil in a frying pan over a medium-high heat and fry the bacon, until just crisp. Put on kitchen paper to drain.

Quarter the apples and core; halve each quarter lengthways. Remove all but two tablespoons of fat from the frying pan.

Add the butter and sauté the apple slices over a medium-high heat for four minutes, until golden on both sides. Remove to a warm plate.

Put the vinegar and honey in the pan and allow it to bubble for 30 seconds. Add the blackberries, stir and remove from the heat.

Divide the spinach between four plates or place on a large platter. Scatter over the bacon, apple slices and hazelnuts, then trickle over the blackberries and hot salad dressing.

Serve immediately.