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Erthygl i'r Wasg Press Release

Bois y Pizza ar antur epig i chwe gwlad

Chwe gwlad, tair olwyn, dau foi ac un antur epig...mae **Bois y Pizza**'n ôl ar y sgrin ac yn awchu am antur arall.

Pum mlynedd yn ôl cawsom ddilyn y ddau gyfaill o Lanelli, Ieuan Harry a Jes Phillips (a Smokey Pete – eu fan fach dair olwyn) ar hynt a helynt eu taith i'r Campionato Mondiale della Pizza - cystadleuaeth pizza mwya'r byd yn Parma, yr Eidal.

Mae Ieuan a Jes, sydd wedi gwneud dipyn o enw i'w hunain yng Nghymru gyda'u cwmni Pizza Ffwrnes, yn barod am drip arall. Mewn cyfres newydd sy'n dechrau nos Lun 30 Ionawr am 8.25, **Bois y Pizza: Chwe Gwlad** bydd y ddau Gymro yn mynd ar daith sy'n cyfuno dau o'u hoff bethau – pizza a rygbi.

Dros saith pennod byd y teithiau bwyd i wledydd Pencampwriaeth y Chwe Gwlad yn diweddu gyda pharti pizza wedi'i ysbrydoli gan bob taith. Byddan nhw'n cwrdd â chynhyrchwyr lleol a chogyddion crefftus mewn bwytai a marchnadoedd bwyd.

I Munster fyddan nhw'n ymweld yn y rhaglen gyntaf - lle sy'n brolio rhai o olygfeydd gorau Iwerddon, ac sy'n cael ei gysidro'n gyrchfan gastronomeg yr ynys werdd. Wrth ymweld â Cork, dinas fwya'r dalaith (a'r ddinas gyda'r nifer fwyaf o dafarndai yn Iwerddon - cyfanswm o 955!), mae'r ddau'n cael blasu pryd arbennig o treip, sydd wedi bod yn rhan o ddiet pobl Cork ers 400 mlynedd! Maen nhw hefyd yn cwrdd â Rachel Allen, un o gogyddion enwocaf Iwerddon, sydd gydag amryw o lyfrau coginio i'w henw.

Yn y penodau sydd i ddilyn, cawn ddilyn eu hanturiaethau yn yr Alban, Cymru, Lleogr, Cymru, Ffrainc a'r Eidal.

Un hanner o'r ddeuawd pizza yw Ieuan, ac yma cawn ychydig yn fwy o wybodaeth am eu taith:

Beth oedd bwriad y daith?

"Wel ry'n ni'n ffans mawr o rygbi a bwyd. Mewn ffordd roedden ni eisiau creu rhyw fath o *guide* i'r gwedydd 'ma sy'n rhan o Bencampwriaeth y Chwe Gwlad – ond i'r llefydd 'chydig mwy anarferol i ymweld. Roedd y tripiau'n cael eu harwain gan y bwyd, ac yn gyfle i ni flasu bwydydd mwy traddodiadol a chyfarwydd neu adnabyddus."

Pa ran o'r teithiau sy'n aros yn y cof?

"O ran golygfeydd, faswn i'n dweud bod yr Alban yn serenu. Aethon ni allan i Ynysoedd Hebrides – i'r Isle of Lewis ac Isle of Harris reit lan ar dop arfordir gorllewinol y wlad. Roedd e jest yn anhygoel – maen nhw fwy neu lai'n un ynys wedi'u hollti'n ddau. Mae Isle of Lewis yn llai mynyddog, a ti'n mynd lawr i'r de wedyn at Isle of Harris, a ma fel rhywbeth o Lord of the

Rings – mynyddoedd enfawr – fel mynyddoedd gogledd Cymru ar steroids! Aethon ni i'r traeth i goginio gyda Hebridean baker – seren tic tok sydd wedi cyhoeddi llyfrau coginior, a gallet ti fod wedi medru bod yn unrhywle yn y byd, fel Bali neu Awstralia o ran safon y traeth. Felly roedd e'n anhygoel gweld y math yna o draeth mewn lle mor annisgwyl."

Beth oedd eich hoff le o ran bwyd?

"O ran bwyd, nathon ni joio Aberystwyth mas draw – aethon ni i SY23, y bwyty seren Michelin newydd a mwynhau bwyd fanna gyda Nathan a'r criw. Pan dodden ni ddim yn ffilmio, aethon ni i fwyty Medina amser cinio a chael bwyd anhygoel yna. Byddet ti byth yn disgwyl bwyd o'r fath safon mewn tref fach yng Nghymru. Ac wrth gwrs, roedd y bwyd ym Mharis yn fendigedig."

Gawsoch chi unrhyw droeon trwstan?

"Pan oedden ni mas yn Iwerddon, o'dd y to ddim ar y ffwrn so o'dd sosban fawr yn eistedd ar y to i gadw'r glaw mas! Yn amlwg, am 'mod i'n dod o Lanelli, nes i ddechrau canu Sosban Fach!

A gyrru lan tyle Penglais yn Aberystwyth...mae Smokey Pete yn stryglo ar y tyle, ac o fewn dwy funud o yrru, ro'n i mewn *first gear* yr holl ffordd a'r ceir tu ôl i ni jest ddim yn hapus o gwbl!"

Bois y Pizza: Chwe Gwlad
Dydd Llun, 30 Ionawr, 8.25 S4C
Isdeitlau Cymraeg a Saesneg
Ar alw: S4C Clic; BBC iPlayer a llwyfannau eraill
Cynhyrchiad Orchard ar gyfer S4C

S4C

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Two pizza chefs head on an epic adventure to six nations

Six countries, three wheels, two blokes and one epic adventure...**Bois y Pizza** is back on screen and the boys are hungry for another adventure.

It's been five years since we got to follow the friends from Llanelli, Ieuan Harry and Jes Phillips (and Smokey Pete - their little three-wheeled van) on their journey to the Campionato Mondiale della Pizza - the world's biggest pizza competition in Parma, Italy.

Ieuan and Jes, who have made quite a name for themselves in Wales with their company Pizza Ffwrnes, are ready to hit the road again. This time, the pizza-loving, rugby-mad boys fancy a trip that combines both passions, and we'll get to be part of it in the new series which starts on Monday 30 January at 8.25, **Bois y Pizza: Chwe Gwlad**.

Over seven episodes the series will take in each of the Six Nations countries - each country will provide the inspiration for a pizza banquet. They will meet local producers, as well as meet some top chefs - at restaurants, street food markets, and beyond.

They head to Munster in the first programme - a place that boasts some of Ireland's best scenery, and is considered a gastronomic destination in the emerald island. When visiting Cork, the county's largest city (and with a total of 955 pubs, happens to be the city with the most watering holes in Ireland), they both get to taste a special tripe dish, which has been part of the diet in Cork for 400 years! They also meet Rachel Allen, one of Ireland's most famous chefs, who has several cookbooks to her name.

In the following episodes, we follow their journeys in Scotland, Wales, England, Wales, France and Italy.

Ieuan is one half of the pizza duo, and here we get a little more information about their flavourful journey:

What was the idea behind the trip?

"Well we're both huge fans of rugby and food. In a way we wanted to create a kind of guide for the countries which are part of the Six Nations Championship - but highlighting the slightly more unusual places to visit – a bit off the beaten track if you like. The trips were led by the food, and were an opportunity for us to taste traditional dishes."

Which country was your favourite?

"In terms of scenery, I would say that Scotland was incredible. We went out to the Hebrides - to the Isle of Lewis and Isle of Harris right up on the top of the west coast of the country. It was just amazing – it's more or less one island split in two. The Isle of Lewis is less mountainous, and you then go down south to the Isle of Harris, and it's like something from Lord of the Rings - huge mountains - like the mountains of north Wales on steroids! We went to the beach to

cook with the Hebridean baker - a tic tok star who has published cookery books, and you could have been anywhere in the world, like Bali or Australia in terms of the quality of the beach. So it was amazing to see that kind of beach in such an unexpected place."

What was your favourite place for food?

"When it comes to food, we really enjoyed Aberystwyth! We visited SY23, the new Michelin star restaurant and enjoyed great food with Nathan and the crew. When we weren't filming, we went to Medina restaurant at lunchtime and had amazing food there too. You would never expect food of such quality in a small town in Wales. And of course, it goes without saying, the food in Paris was wonderful."

Did you have any misshaps?

"When we were in Ireland, there was no roof on the oven so there was a big saucepan on the roof to keep the rain off! Obviously, because I come from Llanelli, I started singing Sosban Fach!

And driving up Penglais hill in Aberystwyth... Smokey Pete struggles on hills. I was in first gear all the way up, and the cars behind us weren't happy about it!”

Bois y Pizza: Chwe Gwlad
Monday 30 January, 8.25, S4C
English and Welsh subtitles
On demand: S4C Clic; BBC iPlayer and other platforms
An Orchad production for S4C