29.10.2020

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Erthygl i'r Wasg **Press Release**

Teisennau arallfydol i ddathlu a diolch

Un peth sy'n gwneud y cogydd penigamp Richard Holt yn hapus yw patisserie - ond un peth sy'n ei blesio hyd yn oed yn fwy yw gweld pobl yn mwynhau'r patisserie anhygoel mae'n ei greu yng nghegin ei ystafell de ym Melin Llynon ar Ynys Môn.

Mae **Anrhegion Melys Richard Holt** - sef rhaglen newydd sbon ar S4C - yn cyfuno'r ddau beth a dros yr wythnosau nesaf byddwn yn gweld cacennau ysblennydd Richard yn cyrraedd pobl sy'n wirioneddol haeddu cael eu sbwylio.

Bydd Rich hefyd yn rhannu rhai o'i hoff ryseitiau mae wedi eu perffeithio yn ystod ei flynyddoedd yn gweithio mewn rhai o fwytai mwyaf moethus Llundain. (Pwy sy' am roi cynnig ar greu Clafoutis Ceirios neu Ynys Meringue?!)

Bydd y ryseitiau ar gael ar wefan S4C - www.s4c.cymru/cy/adloniant/anrhegion-melys-richard-holt.

Cymerodd Rich berchnogaeth ar Felin Llynon - yr unig felin wynt yng Nghymru sy'n dal i weithio - dros flwyddyn yn ôl, ac ers iddo agor mae o wedi croesawu miloedd o bobl trwy'r drysau. Sefydlodd ystafell de lle mae'n gwerthu pob math o bethau melys yn cynnwys patisseries o'r safon uchaf.

Mae'r ystafell de wedi bod ar gau dros gyfnod Covid-19 felly yn hytrach na chroesawu pobl i mewn i'r felin i flasu ei deisennau arallfydol, mae Rich wedi bod yn brysur yn creu danteithion dirgelus ar gyfer pobl haeddiannol.

"*Mission* fi yw creu cacennau arbennig i helpu rhywun ddeud diolch ac i ddathlu pobl arbennig efo'r cacennau mwya' *crazy*, uchelgeisiol a *mindblowing* galla i feddwl am," meddai Rich.

Yn ystod yr wythnosau nesaf cawn glywed am sawl teulu sydd wedi mynd trwy amseroedd anodd, straeon pobl ysbrydoledig o bob oedran, a rhai sy'n helpu achosion sy'n agos at galon Rich sef canolfan achub anifeiliaid a grŵp natur leol i blant.

Bob wythnos, bydd Rich yn defnyddio hanes y bobl i'w ysbrydoli a chreu cacennau hollol unigryw. Yn y rhaglen gyntaf mae Rich wedi derbyn cais i greu sypreis melys a moethus ar gyfer pen-blwydd Alison Rowlands, sy'n byw yn Llanrhuddlad, Ynys Môn.

Dyma Einir, merch Alison yn adrodd hanes ei mam: "Treuliodd mam ei phen-blwydd yn yr ysbyty oherwydd mi oedd hi wedi dal Covid-19. Roedd mam ar *ventilator* wrth iddi droi yn 50. Mae hi adra a nôl ar ei thraed erbyn rwan ac yn gwneud yn *amazing*. Mae hi wedi cymryd camau mawr."

Mae Alison a'r teulu wedi bod trwy gyfnod anodd dros y blynyddoedd diwethaf oherwydd salwch Elin, chwaer fach Einir.

"Mae fy chwaer fach wedi bod yn sâl ddwywaith efo lewcemia ac mae Mam wedi bod efo hi bob cam o'r ffordd a gyda ni fel teulu. Mae'n amser rwan i ni roi hi gynta'. Mae'n amser iddi hi gael ei sbwylio."

Yn ystod yr alwad ffôn rhwng Einir a Rich mae hi'n esbonio beth mae ei mam yn hoffi sef blodau, meringues, y lliw melyn, daim bars a pina coladas! Beth yn y byd mae Rich yn mynd i greu allan o'r pethau yma? Bydd rhaid gwylio **Anrhegion Melys Richard Holt** i weld y canlyniadau - paratowch i gael eich syfrdanu!

Anrhegion Melys Richard Holt
Nos Lun 9 Tachwedd 8.00, S4C
Isdeitlau Saesneg
Ar alw: S4C Clic, iPlayer a llwyfannau eraill
Cynhyrchiad Cwmni Da ar gyfer S4C

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Erthygl i'r Wasg **Press Release**

Out-of-this-world cakes to say thanks and celebrate

If there's one thing that makes top pastry chef Richard Holt happy, it's patisserie – but something that makes him even happier is to watch people enjoy the amazing patisserie that he creates in the kitchen of his tearoom at Melin Llynon on Anglesey.

A brand-new series on S4C - **Anrhegion Melys Richard Holt** – combines the two things and over the next weeks we will be seeing Rich's amazing cakes reach some people who really deserve a treat.

Rich will also be sharing his favourite recipes perfected during his time working at some of London's most exclusive restaurants. (Cherry Clafoutis or Floating Meringue Island anybody?!)

The recipes will be available on the S4C website - www.s4c.cymru/cy/adloniant/anrhegion-melys-richard-holt.

Richard took over the running of Melin Llynon – the only working windmill in Wales – more than a year ago and in this time, he has welcomed thousands of visitors through its doors. He set up a tearoom where he sells all sorts of sweet things including patisserie of the highest quality.

The tearoom has been closed due to Covid-19 so rather than welcome people to the windmill to taste his heavenly cakes, Rich has been busy creating mysterious delicacies for deserving people.

"My mission is to help people say thank you and to celebrate special people with the craziest, most ambitious and mind-blowing cakes that I can think of," said Rich.

Over the next few weeks, we will hear from several families who have been through some tough times, inspirational people of all ages, and some who help causes close to Rich's heart including an animal rescue centre and a local nature group for children.

Every week, Rich will use the people's stories to inspire him to create cakes which are completely unique. In the first programme, Rich has received a request to create a sweet birthday surprise for Alison Rowlands who lives in Llanrhuddlad, Anglesey.

Alison's daughter Einir tells us a little bit about her mum: "Mam spent her birthday in hospital because she had caught Covid-19. Mam was on a ventilator when she turned 50. She is home now and back on her feet and doing really well. She has been making real progress."

Alison and her family have been through a difficult time over the past few years due to Einir's younger sister Elin being seriously ill.

“My little sister has been ill with leukaemia twice and Mam has been there for her every step of the way and with us as a family. It’s time now to put her first. It’s time for us to spoil her,” said Einir.

During a phone call with Rich, Einir lists some of the things her mum likes including flowers, meringues, the colour yellow, daim bars and pina coladas! What in the world is Rich going to create out of these? Don’t miss **Anrhegion Melys Richard Holt** to see the results – prepare to be amazed!

Anrhegion Melys Richard Holt
Monday 9 November 8.00, S4C
English subtitles available
On demand: S4C Clic, iPlayer and other platforms
A Cwmni Da production for S4C