



04.11.22

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## Erthygl i'r Wasg Press Release

# Academi Felys Richard Holt ar agor unwaith eto!

Mae drysau hudolus Academi Felys Richard Holt, un o brif gogyddion *patisserie* y DU wedi agor unwaith eto! Yn dilyn llwyddiant y gyfres gyntaf mae meistr y pwdinau'n ysu i rannu ei sgiliau a darganfod pobyddion o fri yn ei Academi Felys 2022.

"Dwi 'di dewis pump o recriwts newydd sydd wrth eu boddau yn coginio *cêcs*," meddai Rich, "Dwi isho rhannu sgiliau pobi efo nhw, a hefyd eu herio nhw i greu cacennau blasus a phrydferth."

Yn **Richard Holt: Yr Academi Felys**, fydd yn dechrau ar nos Lun 14 Tachwedd ar S4C, cawn ddilyn pump o gogyddion addawol wrth iddynt wynebu llu o heriau pobi gan Richard. Mae o hefyd yn rhannu rhai o'r cyfrinachau gorau a ddysgodd wrth weithio ym mwytai seren Michelin a'i ystafell de enwog, Melin Llynon, Ynys Môn. Ond dim ond y gorau fydd yn cael hawlio teitl yr Academi Felys.

O greu cacennau cywrain i bwddinau blasus hardd, bydd y pump yn wynebu pob math o heriau creadigol, wedi'u hysbrydoli gan gampweithiau Richard. Yn ogystal â theitl yr Academi Felys, bydd y cogyddion y tro hwn yn cystadlu am wobr arbennig – trip i brifddinas y *patisserie* – Paris.

Yn gefndir i'r cyfan fydd Melin Llynon, ond bydd y tasgau melys amrywiol yn cael eu gosod i'r cystadleuwyr mewn lleoliadau hardd o amgylch Gogledd Cymru hefyd.

Felly pwy yw'r pum cystadleuydd fydd yn cael eu rhoi 'drwy'r felin'?

Mae Mari Lois Evans, 20 oed o Botwnnog, Pen Llŷn, wedi cychwyn ei thrydydd blwyddyn ym Mhrifysgol Bangor yn astudio Addysg Cynradd. Yn ystod y cyfnod clo, roedd Mari'n rhedeg busnes creu cacennau penblwydd i bobl o gwmpas Pen Llŷn.

Gavin Owen o Gaernarfon sy'n 44 oed. Agorodd Gavin siop siocled ryw bum mlynedd yn ôl, ac wedi bod yn dysgu sut i wneud siocled ei hun dros y blynyddoedd diwethaf.

Mae Carol Vernau o Nefyn, yn ei 40au cynnar, yn rhedeg busnes pobi cacennau penblwydd a dathliadau ers 6 mlynedd.

Wendy Pugh, 69 oed, yn wreiddiol o Lannerchymedd, Ynys Môn. Mae Wendy wedi ymddeol fel nyrs ers dwy flynedd ac erbyn hyn yn canolbwyntio ar wneud cacennau. Mae hi wedi mynychu ysgol arbennig yn Hove, ger Brighton, i ddysgu technegau pobi.



Ac yn olaf, Caroline Morris, 40 oed o Eglwysrwrw, Sir Benfro, sy'n fam i ddau o blant ac yn gweithio i Gylch Meithrin ac yn mwynhau coginio bob cyfle.

Wedi iddo gael blas ar gacennau o safon y pum cystadleuydd yn sialens agoriadol yr Academi, mae Rich yn datgelu'r dasg dechnegol gyntaf, sef creu alarch toes *choux*, pwddin retro oedd yn boblogaidd yn y 70au.

Ym mhob rhaglen, yn ogystal â dangos gallu'r cogyddion, bydd cyfle i weld dawn coginio anhygoel Richard wrth iddo osod y sialensau i'r cystadleuwyr a chreu *patisseries* amrywiol ei hun.

O gacennau clasurol i bwdinau anarferol, bydd pob un o'i greadigaethau yn creu argraff gofiadwy - ac yn ysbrydoli gwylwyr i bobî gartref.

**Richard Holt: Yr Academi Felys**

**Nos Lun 14 Tachwedd, 20.25**

**Isdeitlau Saesneg ar gael**

**Ar alw: S4C Clic, iPlayer a llwyfannau eraill**

**Cynhyrchiad Cwmni Da ar gyfer S4C**



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# Richard Holt's Sweet Academy is open once again!

Richard Holt, one of the UK's leading patisserie chefs, has opened the magical doors of his Sweet Academy once again! Following the success of the first series, the dessert master wants to share his skills and discover incredible bakers in his 2022 Sweet Academy.

"I've chosen five new recruits who love to cook cakes," said Rich, "I want to share baking skills with them and challenge them to create delicious and beautiful cakes."

In **Richard Holt: Yr Academi Felys** (The Sweet Academy), which starts on Monday 14 November on S4C, we will follow five promising bakers as they face a host of baking challenges from Richard. He also shares some of the best secrets he learned while working in Michelin star restaurants and at his famous tearoom, Melin Llynon, on Anglesey. But only the best will be able to claim the title of the 2022 Sweet Academy.

From creating elaborate cakes to beautiful, delicious desserts, the five competitors will face all kinds of creative challenges, inspired by Richard's masterpieces. This time, in addition to the Sweet Academy title, the chefs will compete for a special prize - a trip to the capital of the patisserie - Paris.

The backdrop for it all will be Melin Llynon, but the various sweet tasks for the bakers will take place in beautiful locations around North Wales, too.

So, who are the five contestants that will be put 'through the mill'?

Mari Lois Evans, 20 years old from Botwnnog, Pen Llŷn, has started her third year at Bangor University studying Primary Education. During lockdown, Mari ran a business creating birthday cakes for people around Pen Llŷn.

44-year-old Gavin Owen from Caernarfon opened a chocolate shop about five years ago and has been learning how to make his own chocolate over the last few years.

Carol Vernau from Nefyn, in her early 40s, has been running a business baking birthday and celebration cakes for six years.

Wendy Pugh, aged 69, is originally from Llannerchymedd, Anglesey. Wendy retired as a nurse two years ago and is now focusing on making cakes. She has attended a special school in Hove, near Brighton, to learn different cooking techniques.

And finally, Caroline Morris, aged 40 from Eglwysrwrw, Pembrokeshire, a mother of two who works in a nursery and enjoys cooking every chance she gets.



After he has tasted the cakes and quality of the five competitors in the Academy's opening challenge, Rich reveals the first technical task, to create a choux pastry swan, a retro dessert that was popular in the 70s.

In each programme, as well as showcasing the bakers' talent, the audience will get to see Richard's incredible baking talent as he sets challenges for the competitors and creates various patisseries himself.

From classic cakes to unusual desserts, each of his creations will make a memorable impression - and inspire viewers to bake at home.

**Richard Holt: Yr Academi Felys**

**Monday 14 November, 20.25**

**English subtitles available**

**On demand: S4C Clic, iPlayer and other platforms**

**A Cwmni Da production for S4C**