

17.11.2022

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Erthygl i'r Wasg Press Release

Pobyddion yr Academi Felys yn perffeithio'r proffiteroles

Perffeithio'r proffiteroles yw'r her sy'n disgwyl pum pobydd **Yr Academi Felys** yr wythnos hon (nos Lun 28 Tachwedd) wrth i'r cogydd *patisserie* o fri, Richard Holt brofi eu sgiliau pobyddol gyda thoes *choux*.

Wrth i'r gystadleuaeth barhau bydd Richard Holt, sydd newydd gyhoeddi ei gyfrol gyntaf o'i ryseitiau yn rhannu rhai o'r cyfrinachau gorau a ddysgodd wrth weithio ym mwytais seren Michelin a'i ystafell de enwog, Melin Llynon, Ynys Môn.

Bob wythnos mae'r pump yn wynebu pob math o heriau creadigol, wedi'u hysbrydoli gan gampweithiau Richard. Yn ogystal â theitl yr Academi Felys, mae'r cogyddion yn cystadlu am wobr arbennig – trip i brifddinas y *patisserie* – Paris.

O blith y pobyddion talentog mae Wendy Pugh o Lanerchymedd, Sir Fôn; mae pobi wedi bod yn rhan bwysig o'i bywyd ers sawl blwyddyn:

"Dwi wedi ymddeol o nyrso ers 5 mlynedd rŵan. Roedd mam yn pobi gartref felly dwi wedi cael fy magu i goginio hefo fy mam, ond nes i ddim dechrau cymryd y cacennau o ddifri tan ar ôl priodi yn yr 80au" meddai Wendy.

Er mai gan ei mam ddaeth yr ysbrydoliaeth i goginio yn y lle cyntaf, cafodd creadigaethau cywrain a blasus siopau crand argraff fawr ar Wendy yn nes ymlaen:

"Ro'n i'n edmygu gwaith ro'n i'n ei weld yn y siopau - mynd i Food Hall Harrods, ac isho dysgu gwneud fy hun, felly es i ar gyrsiau ac wedyn am chydig jest ymarfer ar deulu a ffrindiau wedyn nes i roi'r gorau i nyrso am ddwy flynedd i ganolbwytio ar hynny. Ges i dipyn o lwc a chael 'chydig o ordors reit dda gan un o gwmniau bwyd mwyaf Llundain. Es i nôl i nyrso ar ôl dwy flynedd ond dal i gario mlaen i wneud 'chydig o goginio.

"Fi ydi'r hynaf o'r cystadleuwyr ond dwi wedi mwynhau'r cwmni'r grŵp - maen nhw wedi bod yn grêt," ychwanega Wendy.

"Roedd yn dipyn o bwysau gwneud pethau yn erbyn y cloc, ac roedd rhywbeth yn mynd o'i le'n reit aml. Ond am fod ni'n griw da ac wedi clicio, roedd yna falans da rhwng yr hwyl a'r pwysau".

Mae'r profiad o gymryd rhan yn **Yr Academi Felys** wedi bod yn ysbrydoliaeth i Wendy fentro i arbrofi'n fwy yn y gegin:

"Er 'mod i'n gwneud gwahanol ryseitiau, mae rhywun yn tueddu i sticio i buttercream, royal icing a rhyw bethau traddodiadol, ond dwi wedi cael yr awydd ar ôl bod yn yr academi i drio pethau newydd."

Richard Holt: Yr Academi Felys

S4C

Nos Lun 28 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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Perfecting profiteroles on the menu at Yr Academi Felys

The five bakers of **Yr Academi Felys** will be challenged to perfect their profiteroles in the task which they face this week (Monday 28 November), as renowned patisserie chef Richard Holt tests their baking skills with choux pastry.

As the competition continues Richard Holt, who has recently published a book of his recipes, will share some of the best secrets he learned while working in Michelin star restaurants and his famous tea room, Melin Llynon, Anglesey.

Every week the five face all kinds of creative challenges, inspired by Richard's masterpieces. In addition to the title of Academi Felys, the chefs are competing for a special prize - a trip to Paris, capital of the *patisserie*.

Among the talented bakers are Wendy Pugh from Llanerchymedd, Anglesey. Baking has been an important part of her life for many years.

"I've been retired from nursing for five years now. My mother used to bake at home so I've been brought up to cook with her, but I didn't start taking cakes seriously until after I got married in the 80s," says Wendy.

Although the inspiration to cook came from her mother in the first place, Wendy was later greatly impressed by the elaborate and delicious creations of upmarket shops.

"I admired work I saw in places like Harrods Food Hall, and was eager to learn how to make my own, so I went on courses and practiced on family and friends. Then I stopped nursing for two years to focus on that. I had a bit of luck and got some pretty good orders from one of London's biggest food companies. I went back to nursing after two years but still carried on doing a bit of baking."

"I'm the oldest of the competitors but I've really enjoyed the company of the group - they've been great" adds Wendy.

"It was a bit of pressure to do things against the clock, and something would go wrong quite often. But because we'd all clicked in the group, there was a good balance between the fun and the tension."

The experience of taking part in Yr Academi Felys has inspired Wendy to venture into experimenting more in the kitchen:

"Even though I'd try my hand at different recipes, I'd tend to stick to buttercream, royal icing and some traditional things, but after being on the series, I've had the confidence to try out new things."



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Richard Holt: Yr Academi Felys

Monday 28 November, S4C 20.25

English and Welsh subtitles

On demand: S4C Clic; BBC iPlayer and other platforms

A Cwmni Da production for S4C