



WWF

RECIPE

CYMRU

2011

Pan-fried turbot with cockles and oxtail - Serves 4 (Bryn Williams)

Ingredients

- 4 x 120g pieces of Turbot
- 400g cockles
- 1kg Welsh black-beef ox-tail
- 12oz Sea-beet
- Red wine
- Onions
- Carrots
- 2 tablespoons Crème fraiche
- White wine

Method

1 Cover the oxtail in red wine, chopped onions, carrots and bay leaf to marinade for 24 hours. Separate the liquid from the oxtail and place the red wine marinade in a pan. Bring to the boil and skim any scum that rises to the surface. Heat a heavy-bottom pan on a medium heat and dust the oxtail in seasoned plain white flour. Colour each oxtail until golden brown, remove from the pan and place to one side. Add the marinated vegetables to the heated pan and roast until golden brown. Deglaze the pan with red wine and reduce by half. Add oxtail to red wine, then cover with chicken stock and bring to the boil. Skim, then place in the oven on 140° C for 2 ½ hours.

2 When cooked, leave to cool down in the liquid. When cooled, remove the oxtail and pick the meat from the bone, retaining the meat in large pieces. Stain the liquid and reduce by half. To cook the cockles place the clean cockles into a warm pan with a glass of white wine. Immediately cover with a lid and cook on a high heat for 1 to 2 minutes, or until the shells have opened. Strain the cockles through a colander, keeping the liquid to one side, and pick the cockles from their shells (leaving a few with shells). Warm some olive oil in a deep pan and add the sea-beet. Season with salt, pepper, nutmeg and a squeeze of lemon. Cook for 30 seconds and remove from the heat. To cook the turbot,

Cockles have been a popular British seaside snack for many years. They were also sold outside London pubs by vendors who, in the absence of scales, used a pint glass as a measure. They've been sold by the pint ever since.

FACT

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place the paves in a warm non-stick pan. Cook until the undersides are brown. Turn the turbot pieces over and lower the heat. Add a knob of butter to finish.

3 To assemble the dish place the wilted sea-beet on each plate. Arrange the cockles and picked oxtail around the sea-beet. Drizzle with the oxtail jus. Position the turbot on the sea-beet. Bring the cockle liquid to the boil and whisk in the crème fraiche. Immediately pour this on to each plate.

WE SAY...

The historic cockle fishery in the Burry Inlet Estuary in South Wales was first certified as MSC sustainable in April 2001 and recertified in February 2007. These hand raked and sieved cockles are a great source of local sustainable produce. Farmed turbot, where available, is a more sustainable option than wild caught fish.



Bryn Williams



Hailing from Denbigh in North Wales, Bryn Williams has worked under Marco Pierre White and Michel Roux before opening Odette's restaurant, Primrosehill in London where he is now Chef Patron.
www.odettesprimrosehill.com



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RYSÂIT

CYMRU

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Torbwt o'r badell gyda chocos a bôn y gwt - Digion i 4 (Dudley Newbery)

Cynhwysion

- 4 darn o dorbyt 120g
- 400g o gocos
- 1kg o fôn cwt eidion du Cymru
- 12 ouns o fetys arfor (betys gwyllt)
- Gwin coch
- Nionod / Winwns
- Moron
- 2 lwy furdd o crème fraiche
- Gwin gwyn

Dull

1 Gorchuddiwrch y bonion cwt mewn gwin coch, nionod / winwns a moron wedi'u torri a deilen lawryf a'i daael i farinadu am 24 awr. Gwahanwch yr hylif o'r bonion cwt a rhowch y marinâd gwin coch mewn sosban. Codwch ef i'r berw a sgimiwrch unrhyw ewyn sy'n codi i'r wyneb. Cynheswch sosban â gwaelod trwm ar wres canolog ac ysgieintiwrch flawd gwyn plaen wedi'i sesno dros y bonion cwt. Ffriwrch bob bôn cwt hyd nes ei fod yn frown euraid, tynnwch nhw o'r sosban a'u gosod o'r neilltu. Ychwanegwch y llysiau wedi'u marinadu i'r sosban gynnes a'u rhostio hyd nes eu bod yn frown euraid. Ychwanegwch win coch gan ryddhau unrhyw ddarnau o gig sy'n weddill yn y badell ac yna ei leihau i'r hanner. Ychwanegwch y bonion cwt i'r gwin coch, yna eu gorchuddio â stoc cyw iâr a chodi'r cyfan i'r berw. Sgimiwrch y cyfan, yna ei roi yn y ffwrn ar 140° C am 2 ½ awr.

2 Ar ôl iddyn nhw goginio, gadewch nhw i oeri yn yr hylif. Ar ôl iddyn nhw oeri, tynnwch y bonion cwt a thorri'r cig o'r asgwrn, gan gadw'r cig mewn darnau mawr. Hidlwch yr hylif a'i leihau i'r hanner. I goginio'r cocos rhowch y cocos glân mewn sosban gynnes gyda gwydraid o win gwyn. Rhowch gaead arni ar unwaith a choginio'r cyfan ar wres uchel am 1 i 2 funud, neu hyd nes i'r cregyn agor. Hidlwch y cocos trwy golandr, gan gadw'r hylif o'r neilltu, a thynnwch y cocos o'u cregyn (gan adael ychydig yn eu cregyn). Cynheswch ychydig o olew oleydd mewn sosban ddofn ac ychwanegu'r betys arfor. Sesnwch nhw gyda phupur, halen, nytmeg a thipyn

Mae cocos yn fyrbryd poblogaidd ar lan y môr ym Mhrydain ers blynyddoedd lawer. Roeddent hefyd yn cael eu gwerthu y tu allan i dafarnau yn Llundain gan werthwyr oedd, oherwydd nad oedd clorian ganddynt, yn defnyddio gwydr peint i'w mesur. Maent wedi cael eu gwerthu yn ôl y peint byth ers hynny.

FFAITH

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bach o sudd lemwn. Coginiwrch y cyfan am 30 eiliad a'i dynnu o'r gwres. I goginio'r torbwt, rhowch y darnau mewn padell anllynol gynnes. Coginiwrch hyd nes bod y gwaelodion yn frown. Trowch y darnau o dorbyt drosodd a throwch y gwres i lawr. Ychwanegwch dalp o fenyn i orffen.

3 I roi'r saig at ei gilydd rhowch y betys arfor cynnes ar bob plât. Trefnwch y cocos a'r darnau o gig bôn y gwt o gwmpas y betys arfor. Diferwch hylif y bonion cwt drostyn nhw. Rhowch y torbwt ar ben y betys arfor. Codwch hylif y cocos i'r berw a chwsgwch y crème fraiche i mewn. Arllwyswch hwn ar unwaith ar bob plât.

Bryn Williams



Mae Bryn Williams, sydd o Ddinbych yn wreiddiol, wedi gweithio o dan Marco Pierre White a Michel Roux cyn agor bwytty Odette's, Primrose Hill yn Llundain, lle mae bellach yn Chef Patron.
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MEDD WWF...

Cafodd y bysgodfa gocos hanesyddol yng Nghilfach Porth Tywyn yn y De ei hardystio fel un gynaliadwy gan yr MSC am y tro cyntaf ym mis Ebrill 2001 a'i hail-ardystio ym mis Chwefror 2007. Mae'r cocos hyn, sy'n cael eu rhacanu a'u rhidyllu â llaw, yn ffynhonnell wych o gynnyrch cynaliadwy lleol. Mae torbwt fferm, lle bo ar gael, yn ddewis mwy cynaliadwy na physgod sy'n cael eu dal yn y gwyllt.

