



WWF®

RECIPE

CYMRU

2011

Pembrokeshire potato and mackerel salad - Serves 2 (Dudley Newbery)

Ingredients

- 6 - 8 new potatoes (medium size)
- 12g butter
- Pinch of black pepper
- Bunch of parsley - finely chopped
- Bunch of chives - finely chopped
- 2 fillet smoked mackerel - remove skin
- 1 x lemon juice
- Decorate with a few sprigs of chives

Method

- 1 Boil the potatoes for 20 minutes, mash a little with a fork and place in a large bowl.
- 2 Add the butter, pepper and herbs and mix well.
- 3 Tear the mackerel into pieces and add the to the potatoes.
- 4 Squeeze the lemon juice over the salad and serve on a plate in the shape of a tower or in salad bowls and decorate with a few sprigs of chives.
- 5 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...

When buying mackerel, check how it has been caught. Handlining of mackerel means that the fishermen can be a lot more selective of the fish that they catch and it reduces by-catch of other unwanted fish and young fish. Consumer demand for handlined mackerel can ensure fishermen receive a fair price for this more expensive but much more sustainable practice.



Dudley Newbery

Welsh Celebrity Chef Dudley Newbery is known for his love of high quality local produce such as Welsh fish and shellfish and regularly features in cookery programmes on S4C.

FACT

Mackerel and other oily fish are among the most readily available sources of Omega 3 fatty acids, thought to be essential to maintain a healthy heart. Health experts recommend eating at least one serving of oily fish, such as mackerel, each week.





MEDD WWF...

Wrth brynu macrell, gofynnwch sut gafodd ei ddal. Mae dal mecryll â lein yn golygu y gall y pysgotwyr fod yn fwy deholus o lawer o ran y pysgod maent yn eu dal ac mae'n lleihau sgil-ddalfeydd o bysgod dieisiau eraill a physgod ifanc. Gall galw gan ddefnyddwyr am fecryll wedi'u dal â lein sicrhau bod pysgotwyr yn cael pris teg am yr arfer hwn sy'n ddrytach ond yn fwy cynaliadwy o lawer.



Salad macrell a thatws sir benfro - Digon i 2 (Dudley Newbery)

Cynhwysion

- 6 - 8 taten newydd (maint canolig)
- 12g o fenyn
- Pinsied o bupur du
- Dyrmaid o bersli - wedi'i dorri'n fân
- Dyrmaid o gennin syfi - wedi'u torri'n fân
- 2 ffyled mecryll wedi'u cochï - tynnu'r croen
- 1 x sudd lemwn
- Ychydig o sbrigiau o gennin syfi fel addurn

Dull

- 1 Berwi'r tatws am 20 munud, yna eu stwnsio ychydig gyda fforc a'u gosod mewn powlen fawr.
- 2 Ychwanegu'r menyf, y pupur a'r perlysiâu a'u cymysgu'n dda.
- 3 Rhwygo'r mecryll yn ddarnau a'u hychwanegu i'r tatws.
- 4 Gwasgu sudd y lemwn dros y salad a'i weini ar blât ar siâp tw^r neu mewn powlenni salad a'i addurno ag ychydig o sbrigiau o gennin syfi.



Dudley Newbery

Mae'r cogydd enwog o Gymru, Dudley Newbery, yn adnabyddus am ei frwdfrydedd dros gynnyrch lleol o ansawdd da megis pysgod a physgod cregyn Cymru ac yn ymddangos yn aml ar raglenni coginio ar S4C.

Mae mecryll a physgod olewog eraill ymhlith y ffynonellau hawsaf eu cael o asidau brasterog Omega 3, y credir eu bod yn hanfodol i gadw'r galon yn iach. Mae arbenigwyr ar iechyd yn argymhell bwyta o leiaf un platiad o bysgod olewog, megis macrell, bob wythnos.

FFAITH

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