



### **Cacen bysgod**

- Eog (Salmon)
- Brwyniaid (Anchovies) mewn olew
- Sibwns (Shallots)
- 1 tsili coch
- Wyau wedi'u berwi o flaen llaw
- Wyau
- Dil
- Tatws stwnsh
- Perlysiau cymysg
- Blawd

### **Dull**

Torrwch y sibwns a'r tsili yn fân a'u meddalu mewn padell ffrio.

Gratiwch yr wyau sydd wedi eu berwi o flaen llaw.

Ychwanegwch y sibwns a'r tsili i'r tatws stwnsh, a'u cymysgu. Ychwanegwch y dil a'r wyau, a'u cymysgu.

Ychwanegwch berlysiau i'r gymysgedd a'i throi.

Torrwch yr eog wedi'i goginio yn ddarnau, a'u hychwanegu i'r gymysgedd a'i throi yn dda.

Rholiwch beli o'r gymysgedd, a'u cywasgu i ddisgiau.

Gorchuddiwch y cacennau mewn wŷ a'u troi mewn blawd cyn eu ffrio mewn padell ffrio. Wedi iddyn nhw ddechrau brownio, rhowch y cacennau mewn popty ar dymheredd

canolig am tua 8 munud i'w coginio.

Gweinwch gyda salad (a saws tartar neu tsili melys os hoffech)

## **Fish cake**

- Salmon
- Anchovies in oil
- Shallots
- 1 red chilli
- Eggs fried before hand
- Eggs
- Dill
- Mashed potato
- Mixed herbs
- Flour

## **Method**

Finely cut the shallots and chilli and soften them in a frying pan.

Grate the pre-boiled eggs.

Add the shallots and chilli to the mashed potatoes and mix. Add the dill and eggs, and mix.

Add some mixed herbs to the bowl and mix.

Break the salmon to small pieces, and add to the mixture, mixing well.

Roll the mixture into balls, and compress to form disks.

Dip the disks in beaten eggs and cover with flour before frying until brown.

Once the disks have started browning, place in an oven on medium heat until cooked.

Serve with salad (and tartar or sweet chilli sauce if desired).