



BARA BRITH

(Addasiad o Rysait Gwilym Griffiths)

- hanner cwpanaid o laeth hanner sgim
- 4 owns (125 gram) o farjarin
- 2 owns (60 gram) o siwgr brown tywyll
- hanner pwys (225 gram) o ffrwythau sychion (gan gynnwys bricyll, llugaeron a chydig o sinsir glacé)
- hanner pwys (225 gram) o flawd codi
- hanner llond llwy de o sinamon
- ychydig o nytmeg ffres wedi'i ratio
- pinsiad o halen
- llond llwy gawl o farmalêd (os mynner)
- 1 ŵy canolig (wedi'i guro)

Dull

Paratowch dun bara dau bwys a'i leinio â phapur gwrthsaim neu gasys cwcio papur.

Berwch y llaeth, y marjarin, y siwgr a'r ffrwythau am bum munud a'u gadael i oeri. Rhowch mewn powlen gymysgu.

Ychwanegwch y marmalêd. Yna ychwanegwch y blawd, y sbeisys a'r halen bob yn ail â'r ŵy.

Cymysgwch yn dda a rhowch yn y tun a phobwch mewn ffwrn araf (150°C) am awr neu nes bod sgiwer yn dod allan yn lân.

Gadewch y dorth i oeri cyn ei thorri a thaenu menyn.

Mae'r dorth yn cadw'n dda os caiff lonydd!

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(An adaptation of Gwilym Griffiths' recipe)

- Half a cup of semi skimmed milk
- 4 oz (125g) of margarine
- 2 oz (60g) of dark brown sugar
- Half a pound (225 g) of dried fruit (including apricots, cranberries and glacé ginger)
- Half a pound (225 g) of self-raising flour
- Half a teaspoon of cinnamon
- Grated fresh nutmeg
- A pinch of salt
- Tablespoon of marmalade (if you wish)
- 1 medium sized egg (beaten)

Method

Prepare a two pound bread tin and line it with greaseproof paper or paper cooking cases.

Boil the milk, margarine, sugar and fruit for five minutes and leave to cool. Put them in a mixing bowl.

Add marmalade, then flour, spices and salt, alternating every other with the egg.

Mix well and add to the tin, and bake slowly on 150°C for an hour. Leave to cool before cutting and spreading butter.

The loaf will last a long time if left alone!