

# Pastai Ffrwythau Ganoloesol Gampus!

## Marvellous Medieval Fruit Pie!

Mewn dyddiau fu byddai llawer o wleddoedd gwych wedi bod yng Nghastell Cil-y-coed. Roedd seigiau yn cynnwys cynhwysion drud, fel sinamwn a saffrwm, yn boblogaidd ac yn ffordd wych i ddangos cyfoeth perchennog y castell! Beth am roi cynnig ar wneud y rysait yma am bastai ffrwythau ganoloesol a chael eich gwledd wych eich hun.

In times gone by there would have been many fabulous feasts at Caldicot Castle. Dishes that included expensive ingredients, like cinnamon and saffron, were popular as they were a great way to show off the wealth of the owner of the castle! Why not have a go at making this 'rich' medieval fruit pie recipe and have your own fabulous feast.

### Byddwch angen:

- 4 tun afalau (neu 8 afal bwyta ffres, wedi tynnu'r croen a'r canol)
- 2 tun gellyg (neu 4 gellyg ffres, wedi tynnu'r croen a'r canol)
- Llund llaw o rhesins
- Ychydig o ffigys wedi eu tafellu
- 1 llwy de sinamwn
- 1 llwy de sinsir
- ¼ llwy de clofs mân
- Pinsiad o saffrwm
- Pecyn 500g o grwst byr
- Ychydig o flawd ar gyfer rhoio eich crwst a menyn i iro eich plât pastai
- 1 ŵy wedi ei dorri i selio eich clawr crwst a gwydro eich pastai



### You will need:

- 4 tins of apples (or 8 fresh eating apples, peeled and cored)
- 2 tins of pears (or 4 fresh pears, peeled and cored)
- A handful of raisins
- A few sliced figs
- 1 tsp cinnamon
- 1 tsp ginger
- ¼ tsp of ground cloves
- A pinch of saffron
- 500g pack of shortcrust pastry
- A little flour for rolling out your pastry and butter to grease your pie plate
- 1 beaten egg to seal your pastry case and glaze your pie

### Beth i'w wneud (byddwch angen oedolyn i helpu gyda rhai o'r camau yma):

1. Twymwch eich ffwrn i 180°C neu nwy marc 4 ac irwch eich dysgl pastai addas i'r ffwrn.
2. Torrwch y crwst byr yn 2 ddarn. Rholiwch yr hanner cyntaf nes ei fod yn ddigon mawr i lenwi eich dysgl pastai. Gosodwch ef yn ofalus dros y ddysgl ac yna dorri unrhyw grwst dros ben o amgylch yr ymyl. Cadwch weddill y crwst wedi'i dorri - byddwch ei angen yn nes ymlaen.
3. Tafellwch eich gellyg ac afalau a chymysgwch gyda'r ffigys, rhesins a'r sbeisys.
4. Trowch eich cymysgedd ffrwyth ar y crwst dros y ddysgl pastai a'i roi allan yn wastad, gan wneud yn siŵr fod y llenwad o leiaf 2cm i ffwrdd o ymyl y gwaelod.
5. Rholiwch weddill y crwst, gan gynnwys y crwst dros ben, nes ei fod yn ddigon mawr i orchuddio llenwad eich pastai.
6. Paentiwch ychydig o'r ŵy wedi'i guro o amgylch ymyl allanol gwaelod eich pastai, yna codwch y crwst a rolliwyd yn ofalus a'i osod dros y top, gan bwyso'r ymylon at ei gilydd o amgylch ymyl dysgl y bastai. Torrwch unrhyw grwst dros ben o amgylch yr ymyl.
7. Defnyddiwch eich trimin crwst i wneud addurniadau ar gyfer eich pastai. Beth am ychydig o afalau neu ellyg, neu ddail neu flodau? Rhowch eich addurniadau ar y bastai gydag ychydig o'r ŵy wedi'i dorri, yna roi gweddill yr ŵy dros dop y bastai.
8. Pobwch eich pastai yn y ffwrn am tua 45 munud, nes ei bod yn frown euraid.
9. Mwynhewch fwyta eich gwledd ffrwythog ganoloesol!

### What to do (you will need an adult to help with some of these steps):

1. Preheat your oven to 180°C or gas mark 4 and grease an oven-safe pie dish.
2. Cut the shortcrust pastry into 2 pieces. Roll out the first half until it is big enough to cover your pie dish. Carefully lay it over the dish and then trim away any extra pastry around the edge. Keep the pastry trimmings - you'll need them later.
3. Slice your pears and apples and mix together with the figs, raisins and spices.
4. Tip your fruit mixture onto the pastry covering the pie dish and spread it out evenly, making sure the filling is at least 2cm away from the edge of the base.
5. Take your remaining pastry, including the trimmings and roll it out until it is big enough to cover your pie filling.
6. Paint a little of the beaten egg around the very edge of the base of your pie, then lift the rolled out pastry carefully and lay it over the top, pressing the edges together all the way around the edge of the pie dish. Trim away any spare pastry around the edge.
7. Use your pastry trimmings to make decorations for your pie. How about some apples and pears, or leaves or flowers? Stick your decorations on to the pie with a little of the beaten egg, then glaze the whole of the top of the pie with the remaining egg.
8. Bake your pie in the oven for around 45 minutes, or until it is golden brown all over.
9. Enjoy eating your medieval fruity feast!