**Empanadas o’r Ariannin**

***Argentine Empanadas***

Mae pobl yr Ariannin yn falch iawn o’u empanadas. Mae’n bosib eu llenwi gyda chig o bob math, neu bysgod, llysiau, caws… mae rhywbeth i bawb! Ond rhai cig eidion yw’r rhai traddodiadol. *Argentinians are very proud of their empanadas. You can fill them with all kinds of meat or fish, vegetables, cheese … there are fillings for all tastes! But the beef ones are the traditional ones.*

Ar gyfer/ *for* 18 empanada bach*/small* (tua/*around* 5 modfedd/*inch)*



**Cynhwysion*/ ingredients***

1 lb mins cig eidion/*minced beef*

1 llwy fwrdd/*tablespoon* olew olewydd/*olive oil*

1 nionyn wedi ei dorri’n fân/*chopped onion*

1 pupur coch wedi ei dorri’n fân /*chopped red pepper (neu bell peppers bach yn neis!)*

Halen a phupur wedi malu/ *salt and ground black pepper*

½ llwy fwrdd/*tablespoon* cumin wedi ei falu/*ground cumin*

1 llwy fwrdd/ *tablespoon* paprika melys/*sweet* (pimentón)

1 llwy ffwrdd/*tablespoon* oregano sych/*dried*

¼ llwy de*/tsp* pupur *cayenne pepper* neu*/or chilli powder*

1 cwpan/*cup* stoc cyw iâr*/chicken stock*

1 llwy de*/tsp* siwgr*/sugar*

Llond llaw*/handful raisins*

1 llwy fwrdd*/tablespoon olives* gwyrdd*/green* wedi eu rinsio a’u haneru*/rinsed and halved*

\*Gallu ychwanegu 2-3 wy wedi eu berwi’n galed os liciwch chi*/ Can add 2-3 hard-boiled eggs if you like*

1 pecyn o does crwst brau neu puff neu’ch crwst eich hun, wedi oeri/ *1 pack of shortcrust or puff pastry, or your own pastry, chilled*

Wy wedi ei guro / *1 beaten egg*

1. Rhowch yr olew mewn padell/sosban fawr ar wres uchel. Ffriwch y cig nes iddo frownio. Codwch gyda llwy dyllog i bowlen. *Heat oil on high heat in pan. Fry mince until browned. Use slotted spoon to lift into a bowl.*
2. Trowch y gwres i lawr i ganolig. Ffriwch y nionyn a’r pupur tan yn feddal ond heb frownio. Ychwanegwch halen a phupur. *Turn heat down to medium. Fry onion and pepper until softened. Season.*
3. Ychwanegwch y cumin, paprika, oregano, cayenne a’u coginio am 1 munud. *Add cumin, paprika, oregano, cayenne/chilli and cook for 1 minute.*
4. Ychwanegwch y stoc a’r cig, yn cynnwys unrhyw sudd. *Add stock and meat, including any juices.*
5. Ychwanegwch y siwgr gyda phupur a halen a choginio’r cwbl, gan ei droi’n gyson, am tua 15-20 munud. *Add sugar with more seasoning, and cook for 15-20 mins, stirring often.*
6. Ychwanegwch y raisins a rhoi’r cyfan mewn powlen, ei orchuddio a’i adael i oeri am o leiaf 3 awr. *Add raisins and place mixture in a bowl, cover and leave to cool for at least 3 hrs.*
7. Tra mae’r llenwad yn oeri, rhowliwch y toes yn denau (3mm) a defnyddiwch soser neu blât i dorri cylchoedd tua 5 modfedd o led. Cadwch nhw yn yr oergell os nad ydach chi am wneud yr empanadas yn syth. *While the filling is cooling, roll pastry until thin (3mm) and use saucer/plate to cut out circles around 5 inch wide. Chill (the discs) if you’re not going to assemble the empanadas immediately*.
8. Brwsiwch ymylon y cylchoedd efo dŵr. Rhannwch y llenwad yn gyfartal a rhoi llwyaid yng nghanol pob un. Plygwch y toes i wneud pestris hanner-lleuad . *Brush the edges of the circles with water. Divide the filling equally among the dough rounds, and place a spoonful in the centre of each one. Fold the dough over to make half-moon-shaped pastries.*
9. Pwyswch yr ymylon at ei gilydd efo blaen eich bys, yna plygwch ymyl y toes drosodd i selio’r empanadas. Neu defnyddiwch fforc. *Press the edges of the pastry together with a fingertip, then fold and overlap the edge of the dough to seal the empanadas*. *Or just use a fork.*
10. Oerwch yr empanadas, wedi eu gorchuddio’n llac gan blastig tenau, nes dach chi’n barod i’w pobi nhw, hyd at 24 awr. *Chill the empanadas, loosely covered with plastic wrap, until you’re ready to bake them, up to 24 hours.*
11. Trefnwch yr empanadas ar hambwrdd pobi wedi ei leinio â phapur pobi, a golchwch yr wy neu’r llefrith yn ysgafn drostyn nhw. Rhowch nhw mewn popty poeth (400°F/200°C, yna gostyngwch y gwres i 375°F/190°C a’u pobi nes maen nhw’n euraidd – 20 i 25 munud. *Arrange the empanadas on a baking sheet lined with parchment and brush lightly with the egg wash/milk. Place in a hot oven* (400°F/200°C)*, then lower the temperature to* *375°F and bake until golden, 20 to 25 minutes*.
12. Oerwch yr empanadas ychydig ar y rac a’u gweini yn gynnes – efallai gyda saws chimichurri. *Cool the empanadas briefly on the pan on a rack and serve warm, perhaps with* *chimichurri sauce.*
13. Mwynhewch! *Enjoy! Bethan Gwanas*

