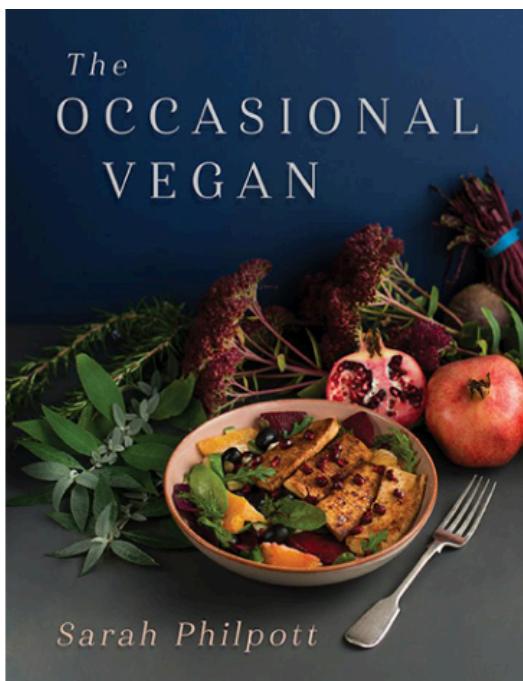




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Sarah Philpott: **Y Figan Achlysuol / The Occasional Vegan**

Sarah Philpott: Y Figan Achlysuol / The Occasional Vegan- Stiw gwrd, gwygbys ac olewydd gyda harissa / Squash, chickpea and olive stew with harissa

Wedi'i gyhoeddi ar 23/10/2018 — Yn Coginio/Ffurfiol

Yn aml, mae'n gyflym a hawdd paratoi seigiau feganaidd, ac fel arfer bydd gadael cig allan yn fwy iachus a rhatach. Mae'r llyfr cyntaf gan Sarah Philpott, **The Occasional Vegan**, yn cyflwyno 70 o seigiau syml, fforddiadwy, a danteithiol, fydd yn addas i bobl sy newydd ddarganfod y fath fwyd a feganiaid amser hir fel ei gilydd. Maen nhw i gyd yn cynnwys digon o fwyd fydd yn eich cadw'n iach. Mewn colofn unigryw ar gyfer parallel.cymru, mae hi'n sôn am rai o'r ryseitiau 'ma, wrth rannu hefyd ei phrofiadau a'i chynghorion personol.

Vegan dishes are often quick and straightforward to prepare, and it's usually healthier and cheaper when omitting meat. Sarah Philpott's first book, **The Occasional Vegan**, presents 70 simple, affordable and delicious recipes, suitable for newcomers and long-time vegans alike, that will all keep you well-fed and healthy. In an exclusive column for parallel.cymru, she takes us through some of these recipes while also sharing her

Ar ôl hirddyddion haf, mae'r hydref wedi cyrraedd ac mae'n dymor newydd o ailddechreuadau: rhew ar y glaswellt, dail crensiog a chas bensil newydd sbon, wrth gwrs. Rhynedd yw hi feddwl bod blwyddyn wedi mynd heibio ers i mi ysgrifennu fy llyfr ryseitiau. Roedd 2017 yn llawn newid: penderfynais adael y 9-5 i fynd yn llawrydd, symudais o Gaerdydd i Abertawe, a ches i gyfle i ysgrifennu llyfr. Nawr, rwy'n meddwl am beth gallaf ysgrifennu nesaf.

Yn fy ngholofn newydd, mi fyddaf yn parablu am bopeth i ymwneud â bwyd – i gyd yn figan, wrth gwrs, ond bydd pawb yn eu mwynhau, rwy'n addo.

Ers cyhoeddiad **The Occasional Vegan** ym mis Mawrth, mae sawl cyfle wedi dod draw i mi siarad ac ysgrifennu am fwyd – ac wrth gwrs, i goginio. Syndod mawr oedd cael gwahoddiad i ymddangos yng **Ngŵyl Fwyd Narberth** mis diwethaf, yn enwedig gan fy mod wastad yn dweud fy mod i'n 'home cook', nid cogydd.

Mae coginio fel arfer yn weithgaredd ymlacio i mi ond o flaen cynulleidfa mae'n gallu peri ofn. Rhwng fy sesiynau coginio roedd Ludo Dieumegard, uwch-gogydd The Harbourmaster yn Aberaeron, yn gwneud demo, felly roedd angen i mi wneud yn dda.

Mae siarad a choginio ar yr un pryd bach yn gymhleth ond rwy'n meddwl wnes i lwyddo esbonio sut i goginio'r rysáit, ac ar yr un pryd atebais cwestiynau o'r gynulleidfa ar fod yn figan.

Er oeddwn yn nerfus, ces i brynhawn braf iawn. Mae Narberth wastad yn âyl fyfryd a roedd pobl yn dangos diddordeb go iawn mewn figaniaeth. Rwy'n ddiolchgar ces i'r cyfle i wneud dau demo, gan roedd yr un cyntaf yn wers i mi ar beth oedd yn gweithio – a beth oedd ddim. Dydw i ddim yn mynd i droi'n gymeriad cweit fel Ludo dros nos ond rwy'n teimlo'n fwy hyderus.

Ces i bleser go iawn wrth glywed bod pobl wedi mwynhau fy mwyd felly dyma'r rysáit ar gyfer y stiw. Mae'n reit addas ar gyfer amser yma'r flwyddyn wrth i'r tywydd droi'n oer a gyda'r nosweithiau hir a phenderfynais ychwanegu pwmpen a gwrd hydrefol i'r rysáit. Mae harissa ar werth mewn llawer o archfarchnadoedd mawr ac mewn siopau ethnig, ond gallwch ddefnyddio llwyd de yr un o paprica melys a mwg.

After the long days of summer, autumn has finally arrived and it's time to dust off the cobwebs ('tis the season for spiders, after all) and start afresh. I always think of the new school year as the season of reinvention, all crisp mornings, crunchy leaves and freshly sharpened pencils. It's odd to think that this time last year I was writing a cookery book. Life changed a lot in 2017: I went freelance, upped sticks and moved to Swansea, and got a book deal. I never thought that I'd be an author but here I am with one book to my name and wondering what I can write next.

In this new column, I'll share with you my food for thought on eating, cooking and everything in between. Yes, the dishes are vegan, but I promise you that everyone will enjoy them.

Since it was published earlier this year, **The Occasional Vegan** has given me plenty of opportunities to write and talk about food – and of course, to cook. When I was asked to appear at **Narberth Food Festival** last month, I was a little taken aback. After all, I'm a home cook and definitely not a chef. I honestly thought they'd mixed me up with someone else.

Cooking is supposed to be a relaxing experience but when you're doing it in front of an audience it's anything but. And when king of the kitchen Ludo Dieumegard from top restaurant The Harbourmaster in Aberaeron, is sandwiched in between your two demos the stakes are high. But I had a hungry crowd so I swallowed my nerves and got on with it.

Doing two things at once is always tricky (after all, it's a myth that women are good at multitasking) but I think I managed to convey what I was doing. As I cooked, I prattled on about my journey into veganism and gave advice on reducing meat and dairy.

Despite the nerves, I had a very enjoyable afternoon. Narberth is a lovely festival and not one person in the audience heckled me, despite most of them being vegan-curious omnivores. I'm quite glad that I did two demos as I learned a lot from the first one about what worked and what didn't, and used that to make the second one better. I'm not sure that I'll ever be quite as confident in the kitchen as Ludo but I've made a start.

And it was cheering to hear so many compliments about the dish that I made. This is a seriously good stew and so easy to make. It's just what's needed on these longer nights and as it's autumn, I added some seasonal squash and pumpkin. You can find harissa at most larger supermarkets or international stores but if you can't track it down, try using a teaspoon each of smoked and sweet paprika.

Stiw gwrd, gwygbys ac olewydd gyda harissa Squash, chickpea and olive stew with harissa

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**Mae'n reit addas ar gyfer amser yma'r
flwyddyn wrth i'r tywydd droi'n oer a gyda'r
nosweithiau hir.**

40-45 munud; Digon i 4

40-45 minutes; Serves 4

Cynhwysion

1 taten melys mawr, heb groen ac wedi ei dorri yn ddeisiau
1 gwrd, heb groen, hadau na chnawd, wedi ei dorri yn ddeisiau
1 winwnsyn bach, heb groen ac wedi ei dorri yn ddeisiau
1 x tun 400g gwygbys, wedi ei rinsio a'i draenio
1 x tun 400g tomatos
Sudd o 1 lemwn
2 clof gatlleg, heb groen ac wedi eu torri'n fân
½ jar 330g o olewydd du heb gerrig
3 llwy de pâst harissa
2 llwy de piwrî tomato
1 llwy fwrrdd olew olewydd
Halen a phupur
Persli, wedi ei dori (dewisol)

Rhowch sosban fawr dros wres canolig ac ychwanegwch yr olew a'r tawws melys a'r gwrd. Coginiwch am 5 munud, yna ychwanegwch y winwnsyn a'r gatlleg a choginiwch am 5 munud arall, yn troi gyda llwy bren yn aml.

Ychwanegwch y tomatos, yna llenwch y tun gwag gyda dŵr a rhowch yn y sosban. Rhowch flas gyda halen a phupur a throwch y gwres i fyny, yna coginiwch am 10 munud cyn ychwanegu'r gwygbys, olewydd, y pâst harissa a'r sudd lemwn.

Trowch y gwres i lawr a rhowch gaead ar y sosban a choginiwch am 15-20 munud ychwanegol; gallwch ychwanegu rhagor o ddŵr os oes angen. Ychwanegwch y persli, os yn ei ddefnyddio, a gweinwch gyda llysiau gwyrdd neu salad.

Place a large pan over a medium heat then add the oil and the sweet potato and squash. Cook for 5 minutes, then add the onion and garlic and cook for another 5 minutes, stirring frequently.

Add the tomatoes, then fill the empty can with water and add to the pan. Season with salt and pepper then turn up the heat and cook for 10 minutes before adding the chickpeas, olives, harissa paste, tomato puree and lemon juice.

Reduce the heat, place a lid on the pan and cook for a further 15-20 minutes, adding more water if you think it's necessary. Scatter over the parsley, if you like, and serve with green vegetables or salad.

Ingredients

1 large sweet potato, scrubbed or peeled and diced
1 medium squash, peeled and diced, flesh and seeds removed
1 small onion, peeled and diced
1 x 400g can chickpeas, rinsed and drained
1 x 400g can tomatoes, chopped or plum
The juice of 1 lemon
2 cloves garlic, peeled and chopped or crushed
½ a 330g jar pitted black olives
3 tsp harissa paste
2 tsp tomato puree
1 tbsp olive oil
Salt and pepper
Chopped flat-leaf parsley (optional)



sarahphilpott.co.uk / veggingit.wordpress.com / [@sphil](https://twitter.com/sphil)

serenbooks.com/productdisplay/occasional-vegan

Lluniau gan / Pictures by [Manon Houston](#)