



22.07.2021

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Erthygl i'r Wasg Press Release

Tri seren yn profi eu dawn coginio ar Bwrdd i Dri

Mae digon o ddawn cerddorol a sgiliau cyflwyno gan y tri o enwogion sy'n ymddangos nesaf o gwmpas y Bwrdd i Dri, ond sut siâp fydd arnyn nhw yn y gegin?

Wel dyna'n union y byddwn ni'n darganfod wrth i'r gantores Catrin Hopkins, y cyflwynydd a chynhyrhydd teledu Nia Parry a'r telynor a cherddor, Dylan Cernyw, gymryd rhan yn y rhaglen coginio heriol.

Yn y gyfres, mae'n rhaid i dri seren baratoi pryd bwyd tri chwrs ei hunain, gan ddilyn yr un ryseitiau. Yna, bydd y cogyddion yn ymuno â'i gilydd o gwmpas y 'bwrdd i dri' i fwynhau'r wledd - heb gael gwybod pwy yw'r ddau arall tan cyrraedd y bwrdd.

A gan fod ein triawd yn y bennod hon yn cyfaddef nad ydyn nhw'n gogyddion gwbl naturiol, a ydyn ni'n debygol o weld unrhyw hunllefau gastronomig? Wrth ystyried eu hymatebion, efallai wir!

Meddai Dylan, y telynor o fri a chyfeilydd adnabyddus: "Dw i ddim yn hoffi coginio, dw i ddim yn berson sydd yn gyfforddus yn y gegin.

"Mae gen i gywilydd i ddweud fy mod i 'di rhedeg tafarn a 'di gweithio efo un o gwmnïau arlwyo mwyaf gogledd Cymru, ac mi ddysgais i ddim byd. Geshi bach o ffrindiau rownd blynnyddoedd maith yn ôl a be nes i gynnig fel cwrs cyntaf oedd sudd oren."

O dîar. Beth am Catrin, prif leisydd y band Dusky Grey?

"Swni'n licio deud fy mod i'n *class* yn coginio," meddai Catrin, "ac mi fyswn i'n rili licio fy mod i'n ffeindio allan heddiw bod fi'n *amazing* yn cwcio, i fi gael job arall!

"Ond dw i ddim yn meddwl fy mod i'n dda yn coginio, o gwbl! Dwi ddim yn cofio unrhyw beth mawr yn mynd o'i le wrth goginio, ond mae tro cyntaf i bob dim does! Dwi just yn gobeithio nad ydi o'n mynd yn *horribly wrong* ar gamera."

Dywedodd Nia, cyflwynydd y gyfres Adre: "Y broblem yn tŷ ni ydi, fy mod i'n lysieuwraig sydd ddim yn bwyta glwten na blawd, ac mae'r plant dipyn bach yn ffyslyd, felly mae bob nos yn dipyn bach o her - be dw i'n mynd i wneud heno? Ond dw i'n licio coginio os oes gen i amser a cherddoriaeth a llonydd."

Ffiw, efallai fod gobaith wedi'r cwbl! Mwynhewch y wledd yn ei chyfanrwydd, am 9.30yh ar nos Fawrth 3 Awst.



Mae Bwrdd o Dri wedi ei noddi gan **Grŵp Llandrillo**.

Bwrdd i Dri

Nos Fawrth 3 Awst, 9.30yh

Isdeitlau Saesneg

Ar alw: S4C Clic, iPlayer a llwyfannau eraill

Cynhyrchiad Boom Cymru ar gyfer S4C



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Kitchen triumph or disaster for our Bwrdd i Dri stars?

There's no doubting the musical talent or TV presenting pedigree of the next three celebrities to take part in Bwrdd I Dri. But how will they shape up in the kitchen?

That is exactly what we'll find out as singer Catrin Hopkins, TV presenter and producer Nia Parry and harpist and musician Dylan Cernyw take part in the fun S4C cooking programme.

In the series, three stars must follow the same recipes as they prepare their own three-course meal. The would-be-chefs then take their place around the **Bwrdd i Dri** (Table for Three) to enjoy the feast, without knowing who the other two will be until they arrive at the table.

And as our trio have readily confessed that they are not the most natural chefs, are we about to witness any kitchen nightmares? Judging by their answers, we could well be!

Dylan, master harpist and accomplished musician, said: "I don't enjoy cooking and I'm not a person who is comfortable in the kitchen.

"I am ashamed to say that I have run a pub and I've worked with one of north Wales's biggest catering companies in the past, and I learnt nothing. I had some friends for dinner a few years ago and as the starter, I served orange juice."

Oh dear. What about Catrin, lead singer of the band Dusky Grey?

"I would like to say that I am class at cooking," she said, "and I'd really like to find out today that I am an amazing chef so that I could have a new career!

"But I don't think I'm a very good cook at all! I don't remember having any big disasters while cooking, but there's a first time for everything! I just hope that it doesn't go horribly wrong on camera."

Nia, presenter of S4C series Adre, added: "The problem in our house is, I'm a vegetarian who doesn't eat gluten or flour, and the kids are quite fussy, so every night is a bit of a challenge – what am I going to cook tonight? But I enjoy cooking if I have some time, some music and some peace and quiet."

Phew, there might be hope after all! Enjoy the entire feast at 9.30pm on Tuesday 3 August. English subtitles available.

The new series of **Bwrdd i Dri** is sponsored by **Grŵp Llandrillo**.



Bwrdd i Dri

Tuesday 3 August, 9.30pm

English subtitles available

On demand: S4C Clic, iPlayer and other platforms

A Boom Cymru production for S4C