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Local
seafood
heroes

Penaluna's Famous Fish & Chips

Lee Penaluna is changing the image of the high street fish and chip shop. Alongside traditional dishes at his shop in Hirwaun, near Aberdare, you'll find Afternoon Tea, specialist batters, and gluten-free options.

A former ballroom dancing champion and trained chef, Lee opened his eponymous shop in 2006 and is set on creating fish and chips like no other. Despite winning four British ballroom dancing titles, Lee's passion for food has become his livelihood.

After studying at catering college Lee worked at the famous Monmouthshire Michelin starred restaurant – The Walnut Tree – under the tutelage of chef Stephen Terry. A number of years as an agency chef followed.



Lee says "It was always my plan to have a restaurant and I have had a lot of experience cooking all types of fish and shellfish. I was living in Hirwaun with my family and when the local chip shop came up for sale I decided to go for it."

Not content with just serving traditional fish and chips with his family Lee has set about creating a dining experience - Penaluna's Famous Fish & Chips.

"It's a big building so slowly but surely we've been converting different parts of it and investing in equipment. Eventually the aim is for it to be a fish and chip bistro."

Although already a highly trained chef, Lee has undergone training with the National Federation of Fish Fryers, something he has found to be a revelation.

"As a chef, you think you know all about fish, but this is a different world. It is a fantastic industry to be involved with and the camaraderie is wonderful."

Penaluna's menu is extensive and includes breakfasts, sandwiches, and jacket potatoes. Salad is offered too as are oven chips which are sprayed with a light oil, for the more diet conscious.

"Oven chips are massive at the moment, and we are trying to educate people that fish and chips can be part of a well balanced diet. I myself lost several stone while still eating fish and chips."

Gluten-free fish and chips are also on the menu, which have brought a new raft of customers to Penaluna's.

"We used to just do gluten-free events but such is the popularity now we serve them all the time. We have separate fryers and we can cook them at half an hour's notice at no extra charge."

Lee sources most of his fish from Smales and the UK with MSC cod accounting for 98% of his sales. It is prepared, cooked and served by his team of 20 staff.

Afternoon Tea is the latest addition to the menu and there are plans for special batter nights.

"For the Afternoon Tea our MSC cod is fried in Prosecco batter which makes it really crisp and light. We also include triple cooked chips, sandwiches, cakes, panna cotta, tea, and coffee. We are looking towards having specialist batter evenings too using locally brewed beers and even Penderyn Whisky – so we'll have 'posh fish' every night!"

Not surprisingly Penaluna's has been reaping the rewards of its success. Lee now has a number of frying industry plaudits to add to his dancing trophies, among them Seafish's award for Best Fish & Chip Shop in Wales 2015 and 2017.



For more information on Penaluna's Famous Fish & Chips
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Arwyr
bwyd môr
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Penaluna's Famous Fish & Chips

Mae Lee Penaluna yn newid delwedd y siop pysgod a sglodion ar y stryd fawr. Yn ogystal â'r seigiau traddodiadol a gewch yn ei siop yn Hirwaun ger Aberdâr, gallwch fwynhau te prynhawn, cyteu arbenigol a bwydydd heb glwten.

Agorodd Lee, sy'n gyn bencampwr dawnsio neuadd a chogydd hyfforddedig, ei siop a alwyd ar ei ôl yn 2006 a'i fwriad yw creu pysgod a sglodion heb eu hail. Er iddo ennill pedwar teitl dawnsio neuadd, cymaint yw angerdd Lee am fwyd fel ei fod wedi penderfynu gwneud bywoliaeth ohono.

Wedi astudio mewn coleg arlwyo, gweithiodd Lee ym mwyty enwog The Walnut Tree yn Sir Fynwy, sydd wedi ennill sêr Michelin. Gweithiodd yno dan arweiniad y prif gogydd, Stephen Terry. Bu'n gogydd asiantaeth am sawl blwyddyn wedi hynny.



Medd Lee, "Fy nghynllun o'r dechrau'n deg oedd cael fy mwyty fy hun ac mae gennyf brofiad helaeth o goginio pob math o bysgod a physgod cregyn. Roeddwn yn byw yn Hirwaun â'm teulu pan ddaeth y siop pysgod a sglodion leol ar y farchnad a phenderfynais fynd amdani."

Nid gweini pysgod a sglodion traddodiadol oedd unig nod Lee. Mae hefyd wedi mynd ati i greu profiad bwyta ynddo'i hun, sef Penaluna's Famous Fish & Chips.

"Mae'n adeilad mawr, felly rydym yn trosi gwahanol rannau ohono fesul cam ac rydym yn buddsoddi mewn cyfarpar newydd. Yn y pen draw, yw nod yw rhedeg bistro pysgod a sglodion."

Er bod Lee yn gogydd sydd eisoes wedi cael cryn dipyn o hyfforddiant, mae hefyd wedi ei hyfforddi gan Ffederasiwn Cenedlaethol y Ffriwyr Pysgod. Mae hyn wedi bod yn agoriad llygad iddo.



"Fel cogydd, rydych yn credu eich bod yn gwybod popeth am bysgod, ond mae hyn yn fyd cwbl wahanol. Mae'n ddiwydiant gwych i fod yn rhan ohono ac mae'r gwmni'iaeth yn hyfryd."

Mae bwydlen Penaluna yn helaeth ac mae'n cynnwys brecwastau, brechdanau a thatws drwy'u crwyn. Mae salad ar gael hefyd ynghyd â sglodion ffwrn i'r rhai sydd am fwyta'n iachach. Mae'r rhain wedi'u chwistrellu ag ychydig olew ysgafn.

"Mae sglodion ffwrn yn hynod boblogaidd ar hyn o bryd ac rydym yn ceisio addysgu pobl y gall pysgod a sglodion fod yn rhan o ddiet cytbwys. Rwyf innau wedi colli sawl stôn drwy barhau i fwyta pysgod a sglodion."

Mae pysgod a sglodion heb glwten hefyd ar y fwydlen ac mae'r rhain wedi dod â charfan newydd sbon o gwsmeriaid i fwyty Penaluna.

"O'r blaen, dim ond mewn digwyddiadau arbennig y gallech fwyta bwydydd heb glwten yma, ond cymaint yw eu poblogrwydd nhw erbyn hyn fel ein bod yn eu gweini nhw bob dydd. Mae gennym ffriwyr ar wahân a gallwn eu coginio nhw o gael hanner awr o rybudd ac nid ydym yn codi rhagor ar y cwsmer am wneud hyn."

Mae Lee yn cael y rhan fwyaf o'u bysgod o gwmni Smales ac o'r Deyrnas Gyfunol ac mae 98% o'r penfras mae'n ei werthu'n benfras MSC. Caiff ei baratoi, ei goginio a'i weini gan ei dîm o 20 o staff.

Te prynhawn yw'r ychwanegiad diweddaraf at y fwydlen ac mae'n fwriad ganddo gynnal nosweithiau cyteu arbennig.

"Ar gyfer y te prynhawn, mae ein penfras MSC yn cael ei ffrio mewn cyteu Prosecco sy'n ei wneud yn greisionllyd ac ysgafn iawn. Rydym hefyd yn cynnig sglodion sydd wedi'u coginio deirgwaith, brechdanau, cacennau, panna cotta, te a choffi. Rydym hefyd am gynnal nosweithiau cyteu arbennig gan ddefnyddio cwrw wedi'i fragu'n lleol a hyd yn oed Chwisgi Penderyn, felly bydd gennym 'bysgod crand' bob nos!"

Nid yw'n syndod felly bod bwyty Penaluna wedi cael llwyddiannau mawr. Mae Lee bellach wedi cael sawl clod gan y diwydiant ffrio sy'n ychwanegu at ei dariannau dawnsio. Yn eu plith mae gwobr Siop Pysgod a Sglodion Orau Cymru a ddyfarnodd awdurdod Seafish iddo yn 2015 a 2017.

I gael rhagor o wybodaeth am Penaluna's Famous Fish & Chips:
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