

# The Big Pea Challenge

Inspired by the transformational pigeon pea, Ballytrim Pantry's Mollie Cunningham is supporting CAW2023 with her exclusive ap-pea-tising recipe!



Nestled between the rolling hills of County Down and the shores of Strangford Lough, close to the historic village of Killyleagh, Mollie's family has farmed at Ballytrim for generations.

After studying Consumer Management and Food Innovation at Ulster University, Mollie secured a position at the renowned Daylesford Organic Farm in the Cotswolds, established by organic pioneer Lady Carole Bamford. After training under two exceptional chefs, Mollie became a Cookery School Tutor, teaching students how to create delicious and nutritious meals using seasonal ingredients.

"I have always sought to eat what we could grow, meaning that I grew up with an innate understanding of the seasonality of natural produce, so the focus of Ballytrim Pantry is always the vegetables grown in our garden, literally 30 steps from the kitchen."

It is Esther's story that inspired Mollie to join with this year's Christian Aid Week.

Mollie sees profound connections between her own experiences and Esther's. Both women run their own small business which relies on the success of that season's crop and both women work closely with their families and have been empowered by the support of others to innovate in the face of challenges.

"Whenever I started Ballytrim Pantry, my family backed me massively, which helped me to believe that I could succeed. I can see that with Esther's story too. When people believe in you, and your community supports you, you can thrive."

We are so grateful to Mollie for choosing to joining with us this year by providing us with a delicious reci-pea that you can use as you invite your church and community to come around the table together again to be part of the Christian Aid movement in 2023 and beyond.







# Macaroni Peas

by Mollie Cunningham

**SERVES 8**

## Ingredients

110g plain flour  
110g butter  
500ml milk  
4 garlic cloves (crushed)  
1 1/4 tsp nutmeg  
1 1/2 tsp dried thyme  
1 1/2 tsp mustard seeds

**prep time: 20 mins**  
**cook time: 35 mins**

240g macaroni pasta  
500g frozen peas  
150g cheddar cheese (grated)  
1 ball of mozzarella  
crispy bacon lardons  
breadcrumbs  
roasted green veg of choice:  
courgette, celeriac etc

## Directions

1. Make a roux by melting butter then add the flour and mixing until the flour is cooked out.
2. Add the milk and whisk. Once the milk is starting to thicken add the garlic, nutmeg, thyme, yellow mustard seeds and salt to taste.
3. In a separate pan boil the macaroni pasta.
4. Simmer the frozen peas in boiling water for one minute, until defrosted. Strain and blend half of the peas, keeping the other half whole.
5. In a large bowl mix the pasta, white sauce, grated cheddar and pea puree. Place into a heat proof dish and top with bacon lardons, torn mozzarella pieces and any roasted veg of your choice. Finish with a handful of breadcrumbs.
6. Bake in the oven, uncovered, for 30 minutes.

