



KNOCKRANNY HOUSE HOTEL & SPA  
*luxury serenity elegance*

As seen on TV3 Ireland AM - Recipe prepared by award winning Chef Seamus Commons

*Pork Fillet Stuffed with Kelly's Black Pudding,  
Wrapped in Bacon, Spiced Plum, Parsnip Cream*

*Pork Fillet*

*1 Pork Fillet , Trimmed & Butter flied  
4 Slices of Bacon  
100g Kelly's Black Pudding  
1 spring sage  
Salt & Pepper  
1 tbsp oil*

Break the black pudding down, and roll into a cylinder, 2 cm in diameter. Place the pudding on top of the butter flied fillet, season and wrap tightly in bacon. Seal the fillet off in a hot pan with oil and finish cooking in a preheated oven 180 degrees for 15 minutes

*Spiced Plum*

*4 Plums De Stoned & Chopped  
¼ Small Red Chilli Chopped  
1 Star Anis  
¼ Cinnamon Stick  
10 g Brown Sugar  
20ml Port*

Place all ingredients in a pot, cover and bring to boil. Remove the lid and reduce the liquid to a glaze. Remove from the heat. Take out the cinnamon & the anis. Put the plums into a food processor and pulse until smooth. Set aside until ready to use.

*Parsnips*

*3 Parsnips (Peeled & Chopped)  
100 ml Chicken Stock  
10 ml Cream  
5 g Butter  
Salt & Pepper to taste*

Place Parsnips and the chicken stock into a pot, and place on the heat until cooked and all stock has been absorbed by the parsnips. When cooked remove from the heat, add the cream & the butter, purée in a food processor until smooth. Season to taste. Set aside until ready to use.

*Plating*

Carve the Pork Fillet into 3-4 Pieces, Place the plum purée to one side of the plate and put the pork to the other side of plum purée. Spoon the parsnip cream around. Serve.

recommended by



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