



KNOCKRANNY HOUSE HOTEL & SPA

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Roast Fillet of Lamb Wrapped in Kelly's Black Pudding,  
Summer vegetables, Chicken Jus

*As prepared by Head Chef Seamus Commons on TV3's Ireland AM*

**Fillet in Black pudding**

*Ingredients:*

1 lamb Fillet  
50g chicken mousse  
1 sprig rosemary (chopped)  
Seasoning  
200g Kelly's Black Pudding  
Crepanette or Parma Ham

*Method:*

Mix the chicken Mousse with the black pudding and the chopped rosemary. Place the Crepanette or Parma Ham on cling film. Spread the black pudding on the Crepanette or Parma Ham and put the fillet in the middle of the mixture. Roll tightly to get a cylinder shape. Blanch in boiling hot water for 1 minute, refresh in ice water, remove cling film.

Seal on a hot pan and place in a pre heated oven 180°C for 5 minutes. Leave to rest.

**Summer vegetables**

20g of petit pois  
20g Pearl Onions  
20g Broad Beans (Peeled)  
6 spears of green asparagus

**Chicken Jus**

1200 g Raw chicken bones  
20 ml oil  
2 red onions, sliced  
1 stalk celery  
2 carrots, diced  
2ltr water, or as needed  
1 head garlic, halved  
1 sprig thyme  
Seasoning to taste

Preheat the oven to 220° C. Arrange the chicken bones on a baking sheet. Roast for about 45 minutes in the preheated oven, or until well browned.

Heat the olive oil in a stock pot over medium heat. Add the onions, celery and carrots; cook and stir until browned. Add the roasted chicken bones to the pot, and fill with enough water to cover the bones. Bring to a boil, and add the garlic, thyme. Reduce heat to low, and simmer uncovered for 2 hours. Add more water if needed.

Strain out all of the solids from the broth, skim off the fat. Place back on the heat and reduce to sauce consistency. Season to taste.

**Assembly:**

Warm the vegetables in a pot with the Chicken jus. Carve the lamb and arrange on a plate. Spoon on the tomato jam. Pour over the vegetables and the jus.