

Glynn's Lamb Prep for Po' Boy Recipe

Ingredients:

2 ½ pound shoulder lamb roast

1 green pepper, chopped

½ cup chopped onion

½ cup chopped celery

½ cup chow-chow (fermented peppers)

< ½ cup Cajun Nation Louisiana Seasoning (a little less ½ cup)

¼ cup dry thyme

¼ cup dry rosemary

3 cloves minced garlic

Powdered garlic (season to taste)

Black pepper (season to taste)

Olive oil

All-purpose flour

Preparation:

- Use a crock pot or black cast iron pot
- Season lamb roast with spices and stuff with chow chow and trinity (green pepper, chopped celery, onion)
- Coat lamb in flour and brown with olive oil until golden brown
- Place lamb in pot and add leftover trinity and 3 cups of water
- Simmer for five hours, add water till the roast cooks down till tender
- Shred lamb meat