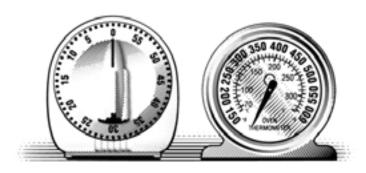


Lamb Cooking Time & Temperature



When preparing lamb, cook time and temperature is very important to achieve the best texture and flavor. This guide provides information on the types of cuts and valuable preparation tips.



BEFORE COOKING

BRING LAMB TO ROOM TEMP



AFTER COOKING

LET LAMB REST



ALWAYS CUT

AGAINST THE GRAIN



DON'T OVERCOOK

USE A MEAT THERMOMETER

| D C 1D | D 11 m | E' 11 . 1E |
|--------------------|------------------|-----------------------------|
| Preferred Doneness | Pull Temperature | Final Internal Temperature* |

| MEDIUM RARE | 135°F | 145°F allow meat to rest for 3 minutes |
|-------------|-------|--|
| MEDIUM | 150°F | 160°F |
| WELL | 160°F | 170°F |



Bone-In Leg of Lamb

An exceptional dinner presentation. Carve against the grain for the best texture.

| Size | Cooking Method | Cooking Time | Internal Temp* |
|---------------------|----------------|-----------------|----------------|
| 5–7lbs Roast 325° F | 20–25 min/lb | med-rare 145°F | |
| | 25–30 min/lb | medium 160°F | |
| | 30–35 min/lb | well-done 170°F | |

Boneless Leg of Lamb

Coat with pesto and drizzle a lemon viaigrette for the perfect lamb flavor complements.

| Size | Cooking Method | Cooking Time | Internal Temp* |
|----------------------|----------------|-----------------|----------------|
| 4–7lbs grill / roast | 20–25 min/lb | med-rare 145°F | |
| | 25–30 min/lb | medium 160°F | |
| | 30–35 min/lb | well-done 170°F | |

Ground Lamb

Can be grilled, broiled or cooked smash-style in a frying pan.

| Size | Cooking Method | Cooking Time | Internal Temp* |
|------|-----------------------|--------------|----------------|
| 4oz | broil / grill / saute | 6–7 min/lb | medium 160°F |



Kabob Meat

Ensure lamb kabobs rest for at least five minutes before serving.

| Size | Cooking Method | Cooking Time | Internal Temp* |
|---------|----------------|--------------|----------------|
| 1"-1.5" | broil / grill | 8–12 min/lb | med-rare 145°F |

Stew Meat

Stew meat should be cut into 1-1.5 inch pieces to ensure a flavorful, tender bite.

| Size | Cooking Method | Cooking Time | Internal Temp* |
|---------|----------------------------|--------------|----------------|
| 1"–1.5" | cover with liquid / simmer | 1.5–2 hrs | medium 160°F |

Lamb Chops

Lamb chops are typically cut from the rib, loin or shoulder area, and can be bone-in or boneless.

| Size | Cooking Method | Cooking Time | Internal Temp* |
|---------------|--------------------------|--------------|----------------|
| 1—1.25" thick | broil / grill / pan sear | 9—12 min/lb | med-rare 145°F |

Rack of Lamb

A rack of lamb typically consists of a set of ribs from the lamb, usually 8 to 10 ribs per rack.

| Size | Cooking Method | Cooking Time | Internal Temp* |
|---------------|----------------|--------------|----------------|
| 1—1.25" thick | roast / grill | 9—12 min/lb | med-rare 145°F |



Lamb Ribs

Lamb ribs are a flavorful cut of meat often marbled with fat, which adds to its tenderness and flavor.

| Size | Cooking Method | Cooking Time | Internal Temp* |
|---------------|-----------------------|--------------|----------------|
| 1—1.25" thick | grill / roast / smoke | 9—12 min/lb | med-rare 145°F |

Lamb Shanks

Lamb shanks are flavorful cuts of meat that should be braised to achieve a tender texture.

| Size | Cooking Method | Cooking Time | Internal Temp* |
|----------|----------------|--------------|----------------|
| .5–1" lb | braise | 1–2 hrs/lb | medium 160°F |

Lamb Shoulder

Benefits from slow cooking to break down the connective tissues.

| Size | Cooking Method | Cooking Time | Internal Temp* |
|-------------------------------|----------------|--------------|-----------------|
| | | 20–25 min/lb | med-rare 145°F |
| 5–7lbs braise / roast / smoke | 25–30 min/lb | medium 160°F | |
| | | 30–35 min/lb | well-done 170°F |

*

Since the internal temperature of cooked meat will rise, remove it from the oven or grill, adjusting accordingly by pulling your lamb from the heat whenever it is 10 degrees lower than your desired doneness.