

Lamb Cooking Suggestions

Cut	Size	Cooking Method	Cooking Time	Internal Temp*
Frenched Rack of Lamb	1.5 - 2 lbs. each	Roast, 400°F	30 - 32 minutes	Rare, 125° - 135° F
	1 rib chop (2 - 3 oz. each)	Grill / Sauté	3 - 4 minutes per side	Medium-rare, 135° - 145° F
Boneless Leg of Lamb (tied)	6 - 8 lbs. each	Roast, 325°F	20 - 25 minutes per lb.	Medium-rare, 135° - 145° F
Boneless Leg of Lamb (untied)	6 - 8 lbs. each	Grill	20 - 35 minutes	Medium-rare, 135° - 145° F
Bone-in Leg of Lamb	9 - 11 lbs. each	Roast, 325°F	20 - 25 minutes per lb.	Medium-rare, 135° - 145° F
Lamb Shank	1 - 2 lbs. each	Braise, 325°F	Varies	Medium, 145°F - 155° F
Lamb Loin Roast	4 - 6 lbs. each	Roast, 375°F	105 minutes	Rare, 125° - 135° F
Lamb Loin Chops	1 - 1.25 in. thick each	Broil / Grill	9 - 12 minutes per lb.	Medium-rare, 135° - 145° F

*We suggest that you stop cooking your lamb when it reaches ~5° - 10° F below your desired temperature, as the meat will continue to cook slightly while resting.

