



# 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

Preferred Doneness	Pull Temperature	Final Internal Temperature*
MEDIUM RARE	135°F	145°F <i>allow meat to rest for 3 minutes</i>
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 vinaigrette 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*
5—7lbs	braise / roast / smoke	20—25 min/lb	med-rare 145°F
		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.

Visit [AmericanLamb.com/recipes](http://AmericanLamb.com/recipes) for hundred of delicious lamb dishes.