



LAMB COOKING & TEMPERATURE GUIDE

CUT	TYPICAL SIZE	COMMON COOKING METHOD	MEDIUM-RARE (145° F)	MEDIUM (160° F)	WELL-DONE (170° F)
SHOULDER					
Shoulder Roast	3-4 lbs	Roast at 325° F	20-25 min/lb	25-30 min/lb	30-35 min/lb
Neck	3-4 lbs	Roast at 325° F	--	--	2-2.5 hrs
Stew Meat	1"-1.5" cubes	Simmer/stew	--	1.5-2 hrs	--
Shoulder Chop	1" thick	Sear/Grill	4 min per side	5 min per side	6 min per side
BREAST					
Denver ribs	1 rack	Braise at 325° F	20-25 min/lb	25-30 min/lb	1.5-2 hrs
Belly	3-4 lbs	Braise at 325° F	1 hr	1.5 hrs	2 hrs
RIB					
Rack	1.5 lbs	Roast at 450° F	15-25 min	30-35 min	40 min
Rib Chops	1-1.25" thick	Sear/Grill	6 min (rare); 8 min	10 min	--
LOIN					
Loin chop	1"-1.5" thick	Sear/Grill	4 min per side	5 min per side	6 min per side
Tenderloin	0.25 lb	Sear/Grill	2-3 min per side	3-4 min per side	5-6 min per side
Loin kabob	1"-1.5" cubes	Grill/Broil	8-12 minutes/lb	--	--
LEG					
Bone-in leg roast	5-7 lbs	Roast at 325° F	20-25 min/lb	25-30 min/lb	30-35 min/lb
Boneless leg roast (often rolled)	2-4 lbs	Roast at 325° F	25-30 min/lb	30-35 min/lb	35-40 min/lb
Steaks	1.5" thick	Sear/Grill	5 min per side	6 min per side	7 min per side
Kabob	1"-1.5" cubes	Sear/Grill	6 to 8 min	8-10 min	10-12 min
Shank	0.75-1 lb	Braise at 325° F	--	--	2.5 hrs
Osso Bucco	0.5-1 lb	Braise	--	1-2 hrs/lb	--
OTHER					
Heart	1 heart	Sear/Grill	--	2 min/side	--