







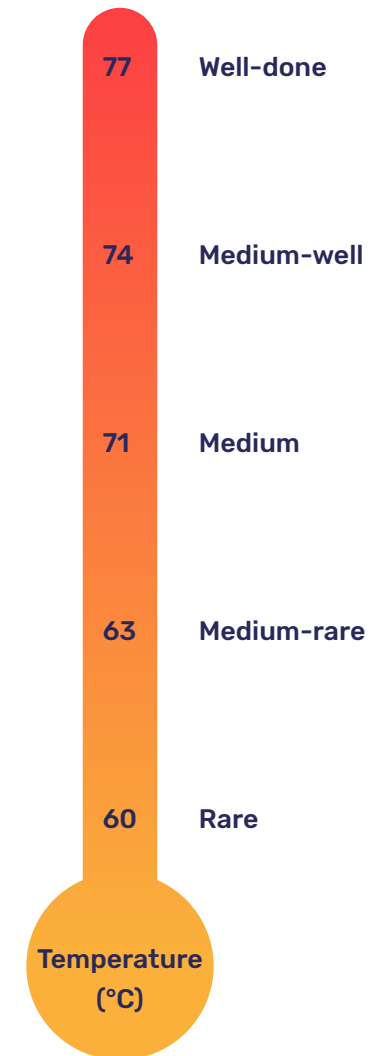


Lamb temperature chart

		Approximate cooking time			
		Weight	Medium-rare 63°C	Medium 71°C	Well done 77°C
	Whole leg	2.25-3 kg	15-20 minutes	20-25 minutes	25-30 minutes
	Leg (shank half)	1.25-2 kg	25-30 minutes	30-40 minutes	35-45 minutes
	Leg (sirloin half)	1.25-2 kg	25 minutes	35 minutes	45 minutes
	Leg roast (boneless)	2-3 kg	20 minutes	25 minutes	30 minutes
	Rib roast or rack*	0.5-1.25 kg	30 minutes	35 minutes	40 minutes
	Crown roast**	1-1.5 kg	25 minutes	30 minutes	35 minutes
	Shoulder roast	2-3 kg	20 minutes	25 minutes	30 minutes
	Shoulder roast (boneless)	1-3 kg	35 minutes	40 minutes	45 minutes

*Cook at 190°C in an oven **Allow a three-minute resting time before carving

Internal temperature



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