

Cooking Times for lamb

STEAKS

Grill or Fry: leg (bone in and boneless), chump, shoulder, loin 2cm (3/4") thick	4-6mins each
Grill or Fry: leg (bone in and boneless), chump, shoulder, loin 2cm+ (1"+) thick	4-6mins each side
Stir-fry: leg , cut into strips	2-4mins + 2mins with vegetables
Braise: shoulder	Oven: gas mark 3, 170°C, 325°F 1-1 1/2 hours

CHOPS & CUTLETS

Grill or Fry: loin, chump, cutlets 2cm (3/4") thick	6-8mins each side
Roast: loin, chump, cutlets 2cm (3/4") thick	Oven: gas mark 4-5, 180-190°C, 350-375°F
Braise: loin, chump 2cm (3/4") thick	Oven: gas mark 3, 170°C, 325°F 1-1 1/2 hours

JOINTS

Oven Roast: leg, shoulder, breast, shanks, rack	Oven: gas mark 4-5, 180-190°C, 350-375°F medium 25mins per 450g/1lb + 25mins Internal temp approx 70-75°C well done 30mins per 450g/1lb + 30mins Internal temp approx 75-80°C
Pot Roast: shoulder, breast, shanks	Oven: gas mark 4-5, 180-190°C, 350-375°F 25-30mins per 450g/1lb + 25-30mins

MINCE

Fry, Dry Fry:	To use mince that is then cooked with other ingredients, such as moussaka, start by browning the mince. In a good-sized hot frying pan, fry, either dry or with just a little oil, for 4-6 mins. Don't put too much mince in the frying pan, or it will steam! Batch fry instead.
Burgers, about 1-2cm (1/4-3/4") thick:	Shape the raw mince into burgers. Fry/Grill: 4-6mins each side. Roast in the oven: gas mark 4-5, 180-190°C, 350-375°F 15-20mins.

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