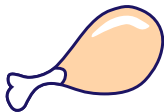









Lamb temperature chart

		Approximate cooking time			
		Weight	Medium-rare 145°F	Medium 160°F	Well done 170°F
	Whole leg	5-7 lbs	15-20 minutes	20-25 minutes	25-30 minutes
	Leg (shank half)	3-4 lbs	25-30 minutes	30-40 minutes	35-45 minutes
	Leg (sirloin half)	3-4 lbs	25 minutes	35 minutes	45 minutes
	Leg roast (boneless)	4-7 lbs	20 minutes	25 minutes	30 minutes
	Rib roast or rack*	1.5-2.5 lbs	30 minutes	35 minutes	40 minutes
	Crown roast*	2-3 lbs	25 minutes	30 minutes	35 minutes
	Shoulder roast	4-6 lbs	20 minutes	25 minutes	30 minutes
	Shoulder roast (boneless)	2.5-6 lbs	35 minutes	40 minutes	45 minutes

*Cook at 375°F in an oven **Allow a three-minute resting time before carving

Internal temperature

