

## Cooking Times for Lamb

Steaks	
Grill or fry: <b>leg</b> (bone in and boneless), <b>chump, shoulder, loin</b> , 2cm (¾") thick	4-6 mins each side
Grill or fry: <b>leg</b> (bone in and boneless), <b>chump, shoulder, loin</b> , 2cm+ (1"+) thick	4-6 mins each side
Stir-fry: <b>leg</b> , cut into strips	2-4 mins + 2 mins with vegetables
Braise: <b>shoulder</b>	Oven: gas mark 3, 170°C, 325°F 1-1½ hours
Chops and cutlets	
Grill or fry: <b>loin, chump, cutlets</b> 2cm (¾") thick	6-8 mins each side
Roast: <b>loin, chump, cutlets</b> , 2cm (¾") thick	Oven: gas mark 4-5, 180-190°C, 350-375°F
Braise: <b>loin, chump</b> , 2cm (¾") thick	Oven: gas mark 3, 170°C, 325°F 1-1½ hours
Joints	
Oven roast: <b>leg, shoulder, breast, rack</b>	<p>Oven: gas mark 4-5, 180-190°C, 350-375°F medium 25 mins per 450g/1lb + 25 mins Internal temp approx.</p> <p>70-75°C for well done. 30 mins per 450g/1lb + 30 mins. Internal temp approx 75-80°C</p>
Mince	
Fry, dry fry	<p>To use mince that is then cooked with other ingredients, such as in Moussaka, start by browning the mince.</p> <p>In a good-sized pan, fry, either dry or with just a little oil, for 4-6 mins.</p> <p>Don't put too much mince in the pan, or it will steam! Batch fry instead.</p>
Burgers, about 1-2cm (¼-¾") thick	<p>Shape the raw mince into burgers.</p> <p>Fry/grill: 4-6 mins each side.</p> <p>Roast in the oven: gas mark 4-5, 180-190°C, 350-375°F 15-20 mins.</p>