



# LAMB BOX

FROM THE FARM

## *Cooking times for lamb*

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