

Lamb Cooking Times and Temperatures

Oven-Roasted at 325°F

Cut	Weight	Cooking Time		
		Medium-rare (145°F)	Medium (160°F)	Well Done (170°F)
Whole leg	5–7 lbs.	15–20 min.	20–25 min.	25–30 min.
	7–9 lbs.	20–25 min.	25–30 min.	30–35 min.
Leg (shank half)	3–4 lbs.	25–30 min.	30–40 min.	35–45 min.
Leg (sirloin half)	3–4 lbs.	25 min.	35 min.	45 min.
Leg roast (boneless)	4–7 lbs.	20 min.	25 min.	30 min.
Rib roast or rack (cook at 375°F)	1½–2½ lbs.	30 min.	35 min.	40 min.
Crown roast (unstuffed cook at 375°F)	2–3 lbs.	25 min.	30 min.	35 min.
Shoulder roast (bone in)	4–6 lbs.	20 min.	25 min.	30 min.
Shoulder roast (boneless)	3½–6 lbs.	35 min.	40 min.	45 min.

Note: Start with meat at refrigerated temperature. Remove the meat from the oven when it reaches 5° to 10°F below the desired doneness; the temperature will continue to rise as the meat stands.

Grilled on high heat

Cut	Size	Cooking Time		
		Medium-rare (145°F)	Medium (160°F)	Well Done (170°F)
Chops (shoulder, loin, or rib)	1 inch	5 min.	8 min.	10 min.
Steaks (sirloin or leg)	1 inch	5 min.		
Kabobs	1 inch cubes	4 min.		
Patties	½ inch		3 min.	
Leg (butterflied, cooked with indirect heat)	4–7 lbs.	40–50 min.		

Lamb Cooked at 325°F in an Oven Bag

Cut	Weight	Cooking Time		
		Regular-Size Oven Bag 10"x 16"	Large-Size Oven Bag 14"x 20"	Turkey-Size Oven Bag 19"x 23½"
Leg of lamb (bone in)	8–10 lbs.			2–2½ hrs.
Leg of lamb (boneless)	7–8 lbs.			1¾–2¼ hrs.
Leg roast (rolled, boneless)	2–4 lbs.	1–1½ hrs.		
	4–5 lbs.		1½–2 hrs.	
Leg roast (half, bone in)	3–5 lbs.		1–1½ hrs.	

Oven Bag Instructions: Preheat the oven to 325°F. Add 1 tablespoon flour to the oven bag and distribute evenly on the inside of the bag prior to inserting the lamb. Remove the lamb from the oven when the meat thermometer reaches 150°F or when the meat is fork tender. If using a turkey-size oven bag for a lamb cut smaller than 12 lbs., gather the oven bag loosely around the lamb meat allowing room for heat circulation; then close the bag with a nylon tie, and cut away any excess oven bag.