



## ROASTING GUIDELINES – LAMB JOINTS

Please note that the following information should be treated as a rough guide. All ovens vary.

Always pre-heat your oven to the required temperature.

All joints should be cooked for the first 20 – 30 minutes at a higher temperature; 230 °C / 450 °F / Gas Mark 8, then lowered to the temperatures detailed below. For fan assisted ovens you need to reduce the temperature by the equivalent of up to 20 °C.

### COOKING

Roasting Temperature:	Joint:	Cooking Time (for medium):
180 °C to 190 °C 350 °F to 375 °F Gas Mark 5	Leg Shoulder	25 minutes per lb (454g) + 25 minutes
E.g. 4 lb Joint (1.8 – 2 kg)		2 hours 5 minutes

If you like your meat “pink” reduce the overall cooking time by 20 to 30 minutes. For well done increase the overall cooking time by 20 to 30 minutes.

### **NOTES:**

**Baste:** Spoon over the juices from the joint at least 2 to 3 times during cooking.

**Is it ready?** Skewer your meat or insert a sharp knife into the thickest part:  
 Red juices = rare.  
 Pink juices = medium.  
 Clear juices = well done.

**Rest:** Allow the joint to stand for 20 to 30 minutes after removing it from the oven, and before carving.