

How to Cook a Roast Lamb

Recommended Cuts

Lamb Round or Topside Mini Roast
Eye of Loin (Backstrap)
Neck Fillet
Rack of Lamb
Crown Roast
Shanks
Lamb Drumsticks (Frenched Shanks)
Loin (Boned and Rolled)
Leg or Shoulder (Bone In)
Easy Carve Lamb (Leg or Shoulder)

Lamb Cut	Temp	Rare	Medium	Well Done
Mini Roast, eye of loin, neck fillet roast	220°C (200°C fan)	20-25 mins per 500g	25-30 mins per 500g	30-35 mins per 500g
Rack of Lamb, Crown Roast	200°C (180°C fan)	20-25 mins total (regardless of weight)	30-35 mins total (regardless of weight)	40-45 mins total (regardless of weight)
Shanks, Drumsticks (Frenched Shanks)	180°C (160°C fan)	n/a	n/a	1½-2 hours (fork tender)
Loin (bone or rolled), leg or shoulder (bone in), Easy Carve Lamb (leg or shoulder)	180°C 160°C fan)	No suggested cooking time for rolled or boned products	No suggested cooking for rolled or boned products	30-35 mins per 500g

Method

1. Heat oven to recommended temperature and weigh roast to estimate cooking time (see chart above) For mini roasts, shanks and drumsticks, heat a little oil in a fry pan and seal until well browned before roasting.
2. Place roast on a rack, or a bed of julienne vegetables in a roasting pan. Pour a little water into a pan to stop juices burning whilst cooking. For accuracy, insert a meat thermometer into the thickest part of the roast. Cook for estimated time, basting with pan juices throughout cooking. Add more water to pan as it evaporates.
3. Test to see if roast is cooked to your liking by checking internal temperature on meat thermometer (rare: 60°C, medium: 65-70°C, well done: 75°C), or squeeze roast with tongs; rare feels soft, medium has a little resistance, well done feels quite firm. (To keep a roast juicy, it is best not to insert a skewer when testing it).
4. Remove roast from pan and cover loosely with foil. Allow to rest so juices settle before carving (about 10-15 minutes).
5. Meanwhile, to make a sauce, heat pan juices in roasting pan, adding a little wine or stock. Boil until reduced to sauce consistency, adding juices from rested roast. Or, to make a gravy, brown equal quantity of flour and melted butter to make a smooth paste. Gradually add stock and juices from roast, off the heat, until smooth. Return to heat, stirring until boiled and thickened.
6. Carve roast across the grain to ensure tenderness, holding meat with tongs rather than a fork to prevent juices escaping.

Brought to you by Peninsula Bulk Meats

Source of Information: Australian Meat Industry Council, Australian Pork Limited, Meat & Live Stock Australia and Tanner Couch Calendars.