



280 Main Street • Suite 202
North Reading, MA 01864
Toll Free: (888) 391 - 8328

LAMB COOKING GUIDE

You can check to see if your lamb is "ready" by simply touching the lamb. When it has a springy but firm texture and is moderately juicy, the lamb is done. The firmer the feel of the meat, the more well-done it is.

Most people prefer lamb medium rare or medium, but lamb also is delicious when cooked well done. Whatever way you prefer, here's a handy guide to use when cooking Australian Lamb.

Rare

- TEMP: 130–135° F
- INTERNAL APPEARANCE: very red, very moist with warmer juices
- COOK: 20-25 minutes per pound
- REST: 8-10 minutes
- FEEL: soft

Medium Rare

- TEMP :135–140° F
- INTERNAL APPEARANCE: lighter red; very moist with warmer juice
- COOK: 25 minutes per pound
- REST: 8-10 minutes
- FEEL: soft, slightly spongy and springy

Medium

- TEMP: 140–145° F
- INTERNAL APPEARANCE: pink red; moist with clear pink juice
- COOK: 30 minutes per pound
- REST: 8-10 minutes
- FEEL: slightly firm and spring

Well Done

- TEMP: 150–160° F
- INTERNAL APPEARANCE: no pink or red; slightly moist with clear juices
- COOK: 30 minutes per pound
- REST: 8-10 minutes
- FEEL: firm

HANDLING & STORAGE

For the best-quality product, Australian Lamb should be:

- kept refrigerated or frozen
- thawed in refrigerator or microwave
- kept separate from other foods

As with all meats, minimize the amount of time that lamb is left out of the refrigerator prior to cooking. Meat may spoil because of the natural growth of bacteria if it is mishandled or cooked improperly. In addition, working surfaces such as cutting boards and utensils should be washed in hot soapy water after touching any meat. Leftovers should be refrigerated immediately.

If product is in a vacuum bag: Store chilled in vacuum bag in the coldest part of the refrigerator for up to two weeks, or freeze if storing for a longer period. It is normal to detect a slight odor immediately after first opening the vacuum bag. The odor should dissipate within minutes. Once the bag is opened, the lamb color will change from a purple/red to a pinkish/red.

If the product is unpackaged: Fresh lamb may be kept in the refrigerator for two to three days prior to cooking. Store lamb in the coldest part of the refrigerator, keeping it as dry as possible. Keep lamb covered (ideally in the original wrapping) to prevent moisture loss.

Fresh lamb may be frozen for up to six months. Optimize freezer life and protect lamb against freezer burn by sealing in plastic wrap.