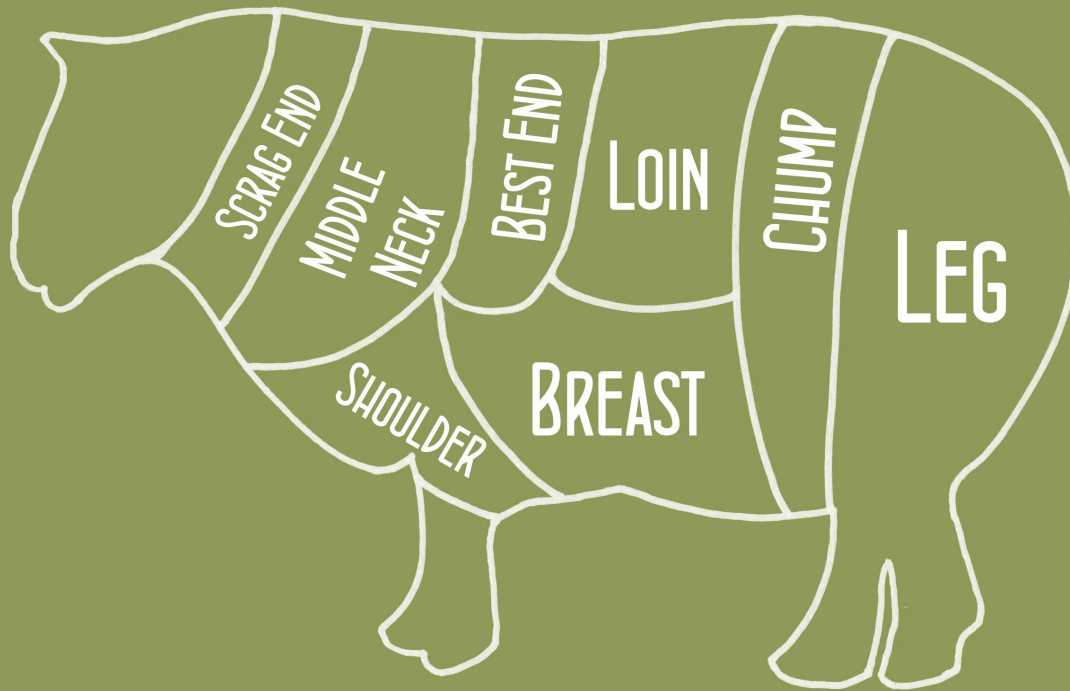


Guidelines for Roasting Lamb



Please note that the following information should be treated as a guide, as all ovens vary.

- Always preheat your oven to the required temperature.

Leg, Shoulder or Rack

Temperature 180°C-190°C/350°F-375°F/Gas Mark 5

Cooking Times Medium Rare
20 minutes per lb (454g)
Then add 20 minutes

Well Done
25 minutes per lb (450g)
Then add 25 minutes

Rare
15 minutes per lb (450g)
Then add 15 minutes

Helpful hints

- Baste - spoon over the juices from the joint at least 2 to 3 times during cooking.
- To check it is ready, insert a skewer or sharp knife into the thickest part.
Red juices = rare, pink juices = medium and clear juices = well done.
- Before carving allow the joint to stand covered in tin foil after removing from the oven for between 20 and 30 minutes.

