

# DIERBERGS SPECIALTY LAMB COOKING DIRECTIONS

## GENERAL GUIDELINES

Meat should be taken out of refrigerator 20-25 minutes and let rest on table before cooking.

**Reheating:** Always pre-heat the oven, grill or broiler prior to cooking (it usually takes 10-15 minutes to reach designated temperature). Oven

**Baking/Roasting:** When possible, bake items on the center rack; otherwise, rotate items every 30-45 minutes to ensure even cooking.

**Fat Side Up:** When roasting, cook with the fat side up. As the fat melts during the cooking process, it will baste the meat and help keep it moist.

**Turning:** When turning meat, always use tongs and not a meat fork. This will ensure the meat is not pierced causing the loss of flavorful juices.

**Use a Thermometer!** We recommend using a probe thermometer for best results. Using an instant read thermometer removes the guesswork and ensures a perfect result every time!

**Give It a Rest:** After cooking, lightly cover the meat with foil and allow it to rest 5-15 minutes (depending on size) before carving. During the resting time, the internal temperature will raise 5 to 15° (depending on size). Be sure to plan for rise in temperature and remove the meat from the heat before hitting your desired temperature. The resting period also allows the meat to reabsorb interior juices making it more tender and flavorful.

## COOKING DIRECTIONS

Ovens Vary Be sure to plan for the rise in temperature of the piece of meat and remove the meat from the heat before hitting your desired doneness- see internal temperature chart below.

**Frenched Rack of Lamb (4 to 8 bones):** Remove foil. Pre-heat oven to 425 F. Roast in oven uncovered for 22 - 25 minutes, or until 145° internal temperature for medium doneness. Allow to rest for 10 minutes before cutting.

**Half Leg of Lamb-Boneless:** Remove foil. Pre-heat oven to 425°. Roast uncovered for 15 minutes at 425°. Drop temperature to 350° and roast for an additional 40 minutes, or until 145° internal temperature for medium doneness. Allow to rest 10 - 15 minutes before carving. Remove net before carving.

## Beef Internal Temperature Chart

LAMB	Rare	Med Rare	Medium	Medium Well	Well Done
USDA	N/R	145°	160°	165°	170°
Steakhouses	125°-130°	130°-140°	140°-150°	155°-165°	N/R