



butterflied lamb leg

roast



The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!



Jeff Baker

Executive Development Chef

cooking time from: 45 minutes

method

Remove your joint from the packaging, pat dry & bring to room temperature.

Preheat your oven to 210°C for fan-assisted or 230°C for ovens without a fan (gas 8).

Choose a heavy-based flameproof roasting tray & sear the lamb in a little olive oil over a medium high heat until nicely browned then place in the centre of the oven fat side up and roast for 35-40 minutes, reaching a core temperature of 52°C before resting for a medium rare.

Remove from the oven, put onto a clean tray and keep warm by covering with a sheet of foil.

Rest for a minimum of 20 minutes before carving.

serving suggestions

Serve with new season potatoes & minted garden peas.

for best results, roast this cut

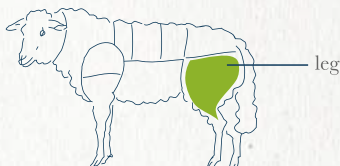
Core Temperatures	Out of the Oven	After Resting
Rare	48-50°C	52-54°C
Medium Rare	52-54°C	56-58°C
Medium	56-58°C	60-62°C
Well Done	65-68°C	70-75°C

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