



lamb rump joint

roast

cooking time from: 15 minutes

method

Remove your lamb out of the packaging, pat dry and bring to room temperature.

Pre heat a heavy based frying pan large enough to hold the meat until it sizzles when you add a drop of oil.

Season the meat liberally just prior to cooking.

Place the lamb on the fat to render before searing on the opposite side then transfer to a pre heated oven 200°C / 180°C fan assisted (gas 6) for 12 to 15 minutes.

It should have a slight spring to touch & a core temperature of 52°C before resting for medium rare.

Leave to rest in a warm place for half the cooking time before carving.

serving suggestions

Serve with fondant potatoes & tender stem broccoli.

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



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

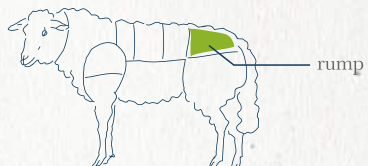
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