

# CODLO'S SOUS-VIDE *Guide* TO LAMB

## LAMB CUTS, EXPLAINED

**(A)** Thin & Tender

**(B)** Thick

**(C)** Extra Thick

The 'jewel of the lamb', very tender and flavorful. ....

- (A)** Sirloin Chop
- (B)** Loin Chop
- (A)** Loin Roast

One of the tougher cuts, generally sold for stews or grinding. It also is perfect for low and slow cooking!

- (A)** Neck Chop
- (B)** Neck Fillet Roast

Flavorsome and nutritious, a prime cut with very little fat. A lamb shank is the bottom cut of the leg. ....

- (C)** Shank
- (C)** Leg of Lamb
- (A)** Chump



Often sold as two separate joints, blade and arm (knuckle). Besides cooked whole, shoulder can also be trimmed, cubed and cooked in casseroles or curries.

- (C)** Shoulder Roast
- (A)** Arm Chop
- (A)** Blade Chop

The rack of lamb is a tender, flavorsome and highly prized cut. The breast is cheaper but highly versatile.

- (B)** Rolled Shank Roast
- (A)** Rack of Lamb

## TREAT YOUR LAMB RIGHT...

		Tender		Tough	
		<b>(A)</b> Thin (1-1.5 inches)		<b>(B)</b> Thick (1.5-2.5 inches)	<b>(C)</b> Extra Thick (up to 3 inches)
Medium Rare	55°C 131°F	1 hour	 2.5-3.5 hours	 8-24 hours	 24-48 hours
Medium	60°C 140°F	1 hour	 1.5-2 hours		
Done	70°C 158°F	1 hour	 1-1.5 hours		



Temperature



Timing



Time to  
pasteurize