

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

 Temperature

 Timing

 Time to pasteurize