

LAMB

Arm Chop

Medium Rare	131°F for 18 to 36 Hours (55.0°C)
Medium	140°F for 18 to 36 Hours (60.0°C)

Blade Chop

Medium Rare	131°F for 18 to 36 Hours (55.0°C)
Medium	140°F for 18 to 36 Hours (60.0°C)

Breast

Medium Rare	131°F for 20 to 28 Hours (55.0°C)
Medium	140°F for 20 to 28 Hours (60.0°C)
Well-Traditional	165°F for 20 to 28 Hours (73.9°C)

Leg, Bone In

Rare	126°F for 1 to 2 Days (52.2°C)
Medium Rare	131°F for 2 to 3 Days (55.0°C)
Medium	140°F for 1 to 3 Days (60.0°C)

Leg, Boneless

Medium Rare	131°F for 18 to 36 Hours (55.0°C)
Medium	140°F for 18 to 36 Hours (60.0°C)

Loin Chops

Rare	126°F for 1 to 2 Hours (52.2°C)
Medium Rare	131°F for 2 to 4 Hours (55.0°C)
Medium	140°F for 2 to 3 Hours (60.0°C)

Loin Roast

Rare	126°F for 1 to 2 Hours (52.2°C)
Medium Rare	131°F for 2 to 4 Hours (55.0°C)
Medium	140°F for 2 to 3 Hours (60.0°C)

Loin, Boneless

Rare	126°F for 1 to 2 Hours (52.2°C)
Medium Rare	131°F for 2 to 4 Hours (55.0°C)
Medium	140°F for 2 to 3 Hours (60.0°C)

Neck

Medium Rare	131°F for 2 to 3 Days (55.0°C)
Medium	140°F for 2 to 3 Days (60.0°C)
Well-Traditional	165°F for 1 to 2 Days (73.9°C)

Osso Buco

Medium Rare	131°F for 1 to 2 Days (55.0°C)
Medium	140°F for 1 to 2 Days (60.0°C)
Well-Traditional	165°F for 1 to 2 Days (73.9°C)

Rack

Rare	126°F for 1 to 2 Hours (52.2°C)
Medium Rare	131°F for 2 to 4 Hours (55.0°C)
Medium	140°F for 1 to 4 Hours (60.0°C)

Rib Chop

Rare	126°F for 1 to 2 Hours (52.2°C)
Medium Rare	131°F for 2 to 3 Hours (55.0°C)
Medium	140°F for 1 to 3 Hours (60.0°C)

Ribs

Medium Rare	131°F for 22 to 26 Hours (55.0°C)
Medium	140°F for 22 to 26 Hours (60.0°C)
Well-Traditional	165°F for 22 to 26 Hours (73.9°C)

Shank

Medium Rare	131°F for 1 to 2 Days (55.0°C)
Medium	140°F for 1 to 2 Days (60.0°C)
Well-Traditional	165°F for 1 to 2 Days (73.9°C)

Shoulder

Medium Rare	131°F for 1 to 2 Days (55.0°C)
Medium	140°F for 1 to 2 Days (60.0°C)
Well-Traditional	165°F for 18 to 36 Hours (73.9°C)

Tenderloin

Rare	126°F for 1 to 2 Hours (52.2°C)
Medium Rare	131°F for 2 to 3 Hours (55.0°C)
Medium	140°F for 1 to 3 Hours (60.0°C)