



# How to tell if your lamb is cooked without cutting it

## Ingredients

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## Method

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Whether you prefer your lamb to be lightly blushing or well done, learning how to tell if it's cooked correctly (without cutting it) will preserve the flavours and leave you with a juicier and more flavoursome bite when it's time to serve.

Cooking your lamb correctly may seem complicated on the surface, but with the help of the [NEFF Multi Point Meat Probe](#) and a few simple tips, you'll become a master of lamb in no time.



## Before you cook

One of the common mistakes people make when cooking lamb is throwing it straight from the fridge into the oven. When you put cold meat straight into heat you get uneven cooking. Why? Your oven is trying to warm up the meat before it can begin cooking, which can leave you with uneven insides and outsides.

Let your meat come to room temperature before you start cooking. Depending on the size of your cut, this should take roughly one hour or up to two for bulkier cuts.



## Be gentle with your marinades

Research the type of cut you're cooking and plan your [lamb marinade](#) accordingly. More tender cuts of lamb (such as the leg) are better served with a dry rub, as the acids in some marinades can destroy the integrity of the meat. Follow the recipe instructions when using a marinade, as you don't want to leave it on for too long, which can make it a bit tough.



## Use an oven thermometer to cook your lamb perfectly

The golden rule of cooking your lamb to perfection is always use a thermometer. When cooking lamb to medium-rare (just a hint of pink on the inside) you want the internal temperature of the meat to get to between 60°C to 65°C. And avoid the temptation to open and close your oven constantly, as this can affect the cooking temperature.

### Cooking tip

Ovens in the new [NEFF Flex Design range](#) are compatible with the [Multi Point Meat Probe](#). This cooking thermometer probe is a must-have if you want to guarantee a perfect cook on your lamb whenever you use a NEFF oven. You simply set your desired internal temperature and the probe will monitor the progress, automatically turning the oven off when the desired temperature is reached.



## The final steps for the perfect lamb

While it's tempting to pop your lamb straight onto your plate once it's cooked, you'll be doing yourself a real disservice. Let your lamb [rest](#) for at least 10 to 15 minutes under some tented foil to allow the meat's juices to redistribute for a more tender bite.

Finally, always be sure to [carve your lamb](#) across the grain so you're not left with tough slices that are hard to chew. If you follow these steps your lamb will always be cooked perfectly, no matter which cut you're using.



## Want to put your lamb cooking skills to the test?

Then try out some of our favourite lamb recipes for your next [Sunday roast](#):

▫ [Moroccan lamb with steamed grain pilaf](#)

▫ [Slow roasted lamb leg](#)

▫ [Roast lamb loin stuffed with chilli pear](#)

### About NEFF

NEFF is a German-engineered kitchen appliance brand, with a product range that includes ovens, cooktops, rangehoods, coffee machines and

dishwashers designed to make life in the kitchen a daily pleasure. For people who love to cook, NEFF gives you the tools to create meaningful connections, express your creativity and make memories. Because real life happens in the kitchen.



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## Notes

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