



LAMB DONENESS CHART



Doneness	Remove From Heat	Final Temperature After Resting
Rare	120–125°F	125–130°F
Medium-Rare	130–135°F	135–140°F
Medium	140–145°F	145–150°F
Medium-Well	150–155°F	155–160°F
Well-Done	160°F+	165°F+

