

## How to cook [Leg Steak](#)

### Pan-Frying Lamb Steak

To pan-fry lamb steak, do the following:

Remove the lamb leg steak from the fridge at least 20 minutes before cooking to bring them up to room temperature

Heat a non-stick pan with oil until hot

Season the steak with salt, pepper and anything else you need for the recipe and rub in well

Add the lamb steak to the pan. Cook on both sides for around 6-8 minutes on each side, until

caramelised. Use tongs to turn the steak

Test the internal temperature with a meat thermometer if you have one. For lamb leg steaks aim for 63 – 70°C for medium to well done (depending on the thickness of the steak)

Remove from the pan, rest on a warm plate for a few minutes and serve. It is important to let it rest as it improves the tenderness and juiciness of the meat. After cooking the proteins relax and the juice travels back to the centre of the meat

Although cooking steak is relatively easy, you may need a few run-throughs to find your ideal cooking time.

### Grilling Lamb Steak

Grilling lamb steak is just as simple. To grill, follow the below guide:

Season your lamb leg steaks

Heat up a grill, lined with foil to HIGH and place the lamb steaks on them

Cook for roughly 6-8 minutes on each side using tongs

Much like pan-frying, cook to an internal temperature aim for 63 – 70°C for medium to well done

(depending on the thickness of the steak)

Remove from grill, rest on a warm plate for a few minutes and serve.

Letting the steak rest improves its tenderness and juiciness because after cooking the proteins relax and the steak can reabsorb the juices back to the centre of the meat