

This is what the Royal Family eat on Christmas Day... and it sounds very posh indeed

By Becky Pemberton <https://www.thesun.co.uk/fabulous/food/5073402/royal-family-eat-christmas-day-posh/>

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EVERY family has their Christmas dining traditions when December 25 rolls in, and the Royal Family is no different.

But what do they tuck into on the big day? And do they indulge in cheesy Christmas movies and open stockings in pjs?

Darren McGrady, the former chef to Queen Elizabeth II, Diana Princess of Wales and Princes William and Harry, revealed exactly how the elite family spends Christmas.

He said to Cosmopolitan that the family head to Sandringham House in Norfolk for the celebrations, with the Queen heading up early on December 19 or 20, and the family joining on **Christmas Eve**.

Presents are placed ready for family members on trestle tables at the lavish abode.

Darren revealed: "The Royals are of German descent so they weave in German traditions to their celebrations.

"After **afternoon tea** (Earl Grey and scones), they open gifts on Christmas Eve, as is the German tradition.

Christmas morning, the family eats a **hardy breakfast** before heading off to church.

"After church, that's when they have a **big lunch** that includes a **salad with shrimp or lobster**, and a **roasted turkey**, and all of your traditional side dishes like **parsnips, carrots and Brussels sprouts** and **Christmas pudding with brandy butter** for dessert."

As in many households around the UK, the menu for Christmas day doesn't change and is the same year after year.

After everyone has finished tucking into their food, the Royal Family gathers to watch the Queen's Christmas speech.

Following this they have time to relax before meeting together later on for **afternoon tea** and **Christmas fruitcake**.

In the evening they will enjoy a lavish **buffet lunch** (= **dinner**), with **16-20 different items** spread out for them to choose from and chefs on hand to carve the meat.

Unlike in the US, appetisers and canapés are avoided and only reserved for New Year's Eve, but the "chocolate-loving" Queen will indulge in a **dark chocolate treat** over Christmas.

Although many royal residences such as Windsor Castle, pictured, and Buckingham Palace are decorated for Christmas, the family spend their time at Sandringham House in Norfolk

Another tradition that is upheld by the Queen is that of the senior chef enjoying a toast with the family after serving dinner.

Darren said: "That's the only time the chef goes into the dining room and has a glass of whiskey with the Royal Family. It's one of the chef's favourite traditions."

Although Buckingham Palace is usually lavishly decorated, Sandringham, a private residence, has more basic decorations.

What the Royals do: The Queen may be head of the 'Firm' but it is the Duke of Edinburgh who takes charge of the WINES at Christmas. He offers the men liqueurs after a meal and pays close attention to the wine. If he likes a bottle, he will write on the label 'Good' or 'Very good' so it can be ordered again. Dry martinis – stirred not shaken – are always served at cocktail hour.

The Queen likes practical gifts: on one occasion, she unwrapped a washing-up apron and declared: 'It's just what we wanted.' Another year, she was delighted to receive a casserole dish.

Cheap and cheerful presents: Princess Anne once gave Charles a white leather loo seat, William gave Philip a gumboot-shaped soap, and Harry bought his grandmother a shower cap emblazoned with the words 'Ain't life a bitch?' A few Christmases ago, Kate gave her brother-in-law, Prince Harry, a 'grow your own girlfriend' kit.

Going to church: Prince Philip leads the family on the 330-yard walk to the 16th Century church of St Mary Magdalene on Christmas morning. The Queen, however, is driven. The service is always about 45 minutes, the Queen having received Communion privately in the morning.

Here's what the royal family eats for Christmas dinner

<https://www.today.com/food/royal-family-christmas-recipes-t118876> (find links to recipes)

Dec. 6, 2017 at 6:02 PM Megan O. Steintrager

Chef, culinary instructor and caterer **Darren McGrady** knows a thing or two about hosting epic dinner parties: As the former chef to England's royal family — first for Queen Elizabeth II in the royal kitchen at Buckingham Palace and then as the personal chef for Princess Diana at Kensington Palace — he cooked not just for the royals, but for celebrities and dignitaries from all over the world.

After 15 years with the royal family, McGrady moved to the U.S. and became a personal chef to a family in Texas. He now runs a catering company in the Dallas area, where he helps his clients with high-end events, teaches cooking classes and leads culinary tours.

With those upper-crust credentials, you might assume that any recipes McGrady shares would be way too fussy for a home cook. But the recipes in his new book, "The Royal Chef at Home: Easy Seasonal Entertaining," are approachable for cooks of all skill levels and he includes plenty of timesaving tips and make-ahead options. McGrady told TODAY Food that he wanted to showcase "recipes that were foolproof — to the standard of what I did at Buckingham Palace but doable as a home chef."

With one of the year's biggest food holidays fast approaching, McGrady shared five recipes for a full Christmas dinner: Each dish has a connection to the royal family, but you don't need the skills of a royal chef to make them. With a little planning, you'll be able to relax and enjoy the meal with your friends and family, instead of running back and forth between the kitchen and dining room. After all, says McGrady, your guests aren't coming over for a restaurant-style experience, but "they are coming over for your company."

Potted Shrimp

Potted shrimp — a buttery spread made with chopped, seasoned and cooked shrimp served on toast points — makes an elegant appetizer for your guests to nibble on before dinner. "At Balmoral Castle, the Queen would receive a delivery of Morecambe Bay shrimp each week to be served at afternoon tea with hot crusty Melba toast, so the spicy shrimp butter would melt into the toast," sa McGrady. He calls it the "ultimate comfort food after a chilly day in the hills."

Beef Bourguignon

Beef Bourguignon may be French in origin but it's an English royal family favorite. McGrady would make it with a special twist by using venison from royal shooting parties around Christmas and the New Year. "Shooting lunches at Sandringham and Balmoral Castle always had to be hearty meals — lots of stews with mashed potatoes," said McGrady. "Beef bourguignon could be made with beef or with venison off the estate." He added that the Queen preferred the latter. McGrady and his team would make a batch and send it out with the shooting party in special hunting boxes designed to keep the food warm.

Shredded Brussels Sprouts with Onion and Bacon

"The Balmoral Castle gardens were amazing and provided fresh incredible produce to the kitchens daily," said McGrady. This simple dish of Brussels sprouts cooked with onion and bacon is the perfect example of the type of dish he'd make with the bounty from the local produce. And "anything tastes good with onions and bacon," added the chef. But if you want to be really true to a royal feast, you'll have to omit one ingredient from this recipe: "Of course, we couldn't use garlic in the recipe when the Queen was at the table because she did it like it," said McGrady.

Kale and Goat Cheese Mashed Potatoes

"We served bubble and squeak — a traditional British dish of mashed potatoes mixed with chopped cabbage — a lot at Buckingham Palace," said McGrady. "That inspired me to create this dish using healthy and trendy kale." The mashed potatoes can be made ahead: Simply rewarm before serving (you can heat them in a casserole in the oven or in bowl set over simmering water).

Rustic Date and Apple Pastry

This easy date and apple dessert is another dish inspired by a royal retreat. "Sandringham House had its own apple orchard and would supply the royal kitchens," said McGrady. "This rustic twist on apple pie would be perfect for Sandringham royal picnics." And don't be afraid of the word "pastry" (which can be notoriously difficult to navigate) — the dough for this one is simply mixed by hand, rolled out and then shaped with your fingers — it's ok if it doesn't turn out perfect, remember it's supposed to look rustic!

Inside the Royal Kitchens at Christmas

<https://www.royal.uk/inside-royal-kitchens-christmas>

What do the royals eat on Christmas Day?

<https://www.hellomagazine.com/royalty/2017121344755/royal-family-christmas-menu-revealed/>



Darren has also shared one of his favourite recipes – **Walkers Smoked Pork and Jalapeno Cream Cheese Mini Crunchy Oatmeal Cookies with Peach Jam.**

Makes about 25 appetisers

1 4.4 oz pack Walkers mini crunchy oatmeal cookies

2 cups whipped cream cheese

1 jalapeno, (seeds removed) finely diced or 2 TBS drained, canned jalapenos

8 ounces smoked pork (or chicken) – shredded

½ cup peach jam

Cilantro or micro greens to garnish

Fold the jalapeno to taste, into the cream cheese and spoon or pipe with a star tip onto the cookies. Top with pieces of the shredded meat and finish with a little peach jam. Garnish with cilantro or micro greens.

These are the royal family's favourite Christmas traditions

<http://www.countryliving.co.uk/create/food-and-drink/news/a2991/royal-family-favourite-christmas-traditions/>

Here's What the Royal Family Eats on Christmas Day—and It's Quite the Feast!

(see video about Cheesecake Christmas trees – cute!)

<https://www.southernliving.com/news/what-royal-family-eats-on-christmas-day>

This is what the royal family eat on Christmas Day

Watch video and see photos

<http://www.news.com.au/lifestyle/christmas/this-is-what-the-royal-family-eat-on-christmas-day/news-story/509b4a44aefbaef248d3c0b0d00c4c34>