

The Royal Family's Dietary Restrictions



While having access to the finest cuisine, the **British royal family** still must adhere to a strict set of food restrictions, as revealed by a former chef at Buckingham Palace.

According to Darren McGrady, who cooked for the royals for 15 years, Queen Elizabeth II and her relatives are prohibited from consuming certain foods deemed too risky or inappropriate for their rank. These rules are in place for both security and etiquette reasons.

Members of the royal family are forbidden from eating undercooked seafood like oysters, mussels, and crustaceans to avoid any risk of food poisoning that could derail their busy schedules.

Salads with vinaigrette dressings, which are more prone to harmful bacterial growth, are also never served at royal luncheons and dinners. Only olive oil-dressed salads are permitted.

Another banned food is unpolished brown rice, reputed to cause digestive issues - quite ironic for a dish considered so healthy.

Game birds like partridge and pheasant are also off the menu, not because the royals dislike venison, but because these fowl often swallow lead hunting pellets which could end up on their plates.

Finally, the royals must avoid pungent spices and strong ingredients like curries, raw onions, and garlic that could cause unbecoming burps and indigestion during public engagements.

While sometimes frustrating, these food prohibitions are necessary for the Windsors to maintain composure and decorum at all times befitting their rank - a small sacrifice for the privilege of reigning.

Sources

- fr.wikipedia.org

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