

Tea Cookies!

We're not really surprised that the Queen starts her day off with Earl Grey tea and biscuits (cookies, in the States). Try these Earl Grey cookies that combine the two wonderful things.

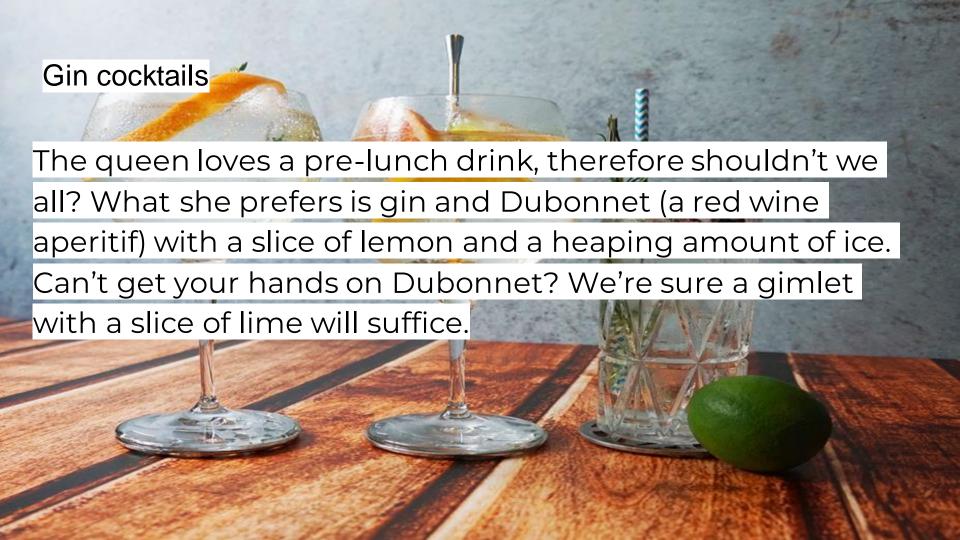


Scrambled eggs

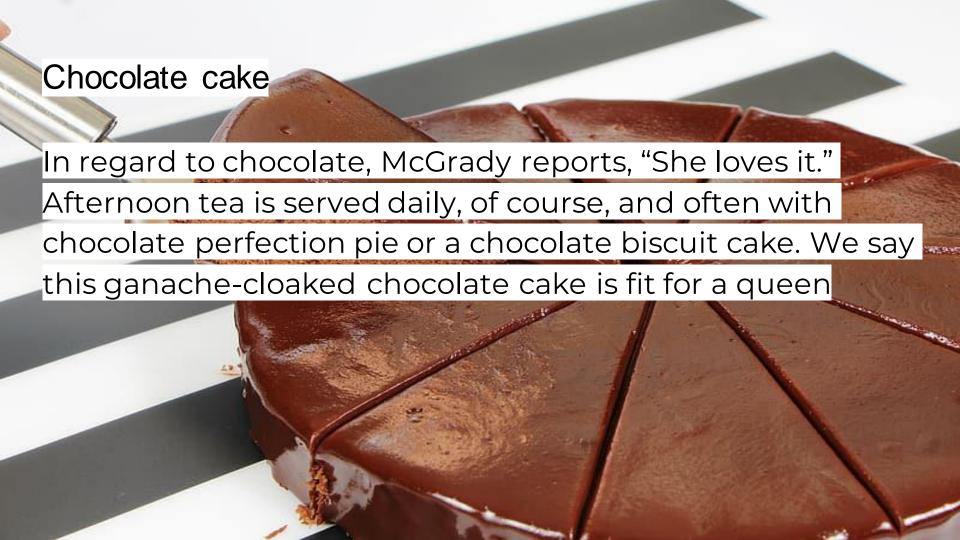
Every once in a while, though, she indulges in some scrambled eggs and smoked salmon with grated truffle.

Our Polish scrambles may not be as fancy as those topped with truffle, but we do make some delicious eggs.













"When she dines on her own," McGrady reports, "she's very disciplined. No starch is the rule. No potatoes, rice or pasta for dinner. Just usually something like grilled sole with vegetables and salad."

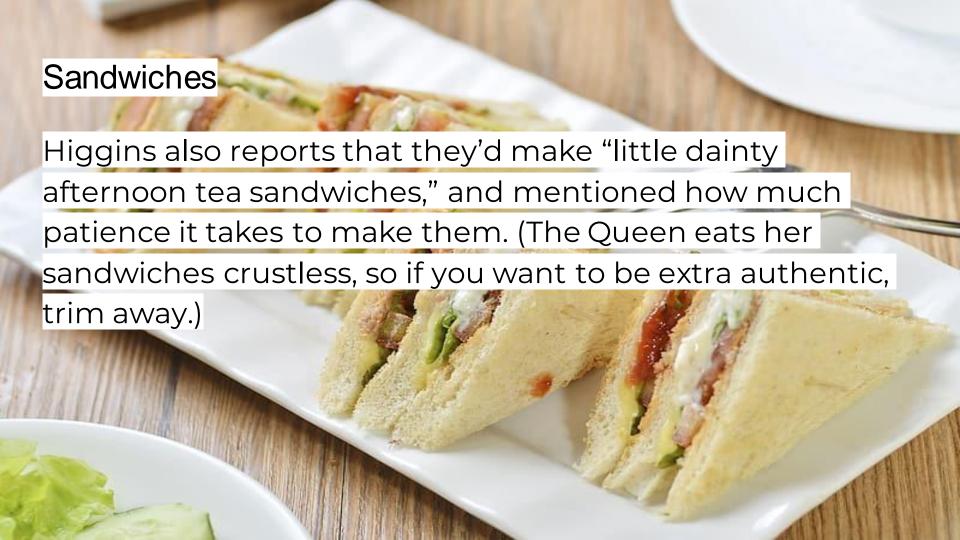


Mangoes

Mangoes

is another Queen Elizabeth's favorite dish, says another former palace chef, John Higgins. "The Queen really enjoyed mangoes. She could tell you how many mangoes were in the fridge at Buckingham Palace," Higgins told the National Post.









As we've mentioned, the Queen loves her chocolate (queen or no, she's still human), but what is her favorite chocolate dessert? According to Higgins, that would have to be chocolate mousse. "Trust me, the plates were clean when they came back from the royal family," said Higgins.







Beef tournedos

Charles Mellis, royal chef in 1965, reported one of the dishes often served (when there were guests) was Tournedos Continental—small beef rounds typically accompanied by some sort of sauce. The chef recommended making one more round than there are guests, so that one piece remains after everyone's been served. "No guest should be made to feel that he or she has been served with whatever was left," he told Chatelaine.



