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# HENSON HERALD

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**EDITED BY EMMA LOCKLEY**

Chirstmas is a time to celebrate a new beginning when the Messiah was born in a stable at Bethlehem.

Family and friends gather together to show their love for one another and share gifts like the Three Wise Men from the East did millennia ago with the Christ child.

I would like to express my sincere thanks to all who wrote to me at Henson Herald this year and wish all readers a happy and prosperous 2024.

Peace and Prosecco.

**Malcolm Henson MPhil (M.D.)**

**MERRY CHRISTMAS EVERYONE  
AND A HAPPY NEW YEAR!**

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# Welsh Entrepreneurs

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Although Wales has produced many famous lawyers, politicians, doctors and teachers, the list of entrepreneurs is often overlooked. The aggressive Anglo Saxons tend to head the field and the *Protestant Work Ethic* and *Spirit of Capitalism* described by the sociologist Max Weber is a theory largely applying to England where there was more capital to invest and a larger population.

It's important to note the great Welsh founders of Lloyds Bank, and Lloyds Insurance, who were early entrepreneurs in the 21st century and the highly successful Laura Ashley of fashion name.

During the pandemic, and since, the Welsh government has provided funding to SMEs and micro business to develop entrepreneurial skills for which Henson Editorial Services is very grateful.



Publishing Wales

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## Cycling Weekly

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In 1966 when England won the World Cup, I cycled around the Cote d'Azur with my school friend. The Mistral wind helped a lot and lessened the heat as well as piles of peaches left by farmers at the roadside, acting as a welcome refreshment. We carried paniers with our possessions and slept on the beach at St Tropez.

The following year Tommy Simpson collapsed and died in the Tour de France while ascending a 3,000 metre Col. His rectal temperature was 105° and he died because of an Amphetamine overdose.

I am now 76 and cycle for 10 minutes twice a week to my local garden centre (see photo).

Old habits die hard.



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# Manorbier Resurrection Continues

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Below is a summary by a reporter who writes with religious-like fervour about a football match, Manorbier versus St Clears. Result 5-1 to the home side.

Manorbier football club is an enigma wrapped in a riddle, embalmed in myth and steeped in legend writes David Blackwell.

Those who have never played for the club will struggle to understand just how deeply the love of football is ingrained in Pembrokeshire sporting institutions.

It is the love combined with the passion of many unheralded locals that drives the club's resurrection and which will test the side to be resurrected and return to the promised land...

It was this team of middle-aged men and spritely young bucks that ensured the 3 points and smug grins were firmly the preserve of those who worship at the altar of Gladiatorial centre with a thumping 5-1 home win.

Manorbier were 3-1 up and then St Clear collapsed faster than a Crypto investment portfolio as Lee Phillips scored his second. Shaun Lewis dribbled to glory and made it 5-1 with just 5 minutes to go.

What a game, what a team, what a manager, what a pitch, what a club. Watch this space as Manorbier United renaissance continues.

P.S. What an eloquent report in the Tenby Observer.



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# Eggnog

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Prep time: 10 minutes

Plus, chilling

Serves 4-6

## Ingredients

50g caster sugar

4 egg yolks

1 tsp vanilla essence

397g can of condensed milk

100ml brandy



Photo from [Eggnog recipe | BBC Good Food](#)

## Method

### STEP 1

Put the sugar in a saucepan with 75ml water. Simmer until the sugar has dissolved, then cool and chill.

### STEP 2

Beat the yolks with the vanilla until smooth. Add the condensed milk, brandy and cooled sugar syrup, mixing well.

### STEP 3

Pour into a jug and chill for at least two hours. Serve within twenty-four hours, over ice.

Recipe can be found at: [Eggnog recipe | BBC Good Food](#)

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# Unbelievably Easy Mince Pies

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Makes 18 pies

Prep time: 30-40 minutes

Cooking time: 20 minutes

## Ingredients

225g cold butter (diced)  
350g plain flour  
100g golden caster sugar  
280g mincemeat  
1 small egg (beaten)  
Icing sugar (to dust)



Photo from [Unbelievably easy mince pies recipe | BBC Good Food](#)

## Method

### STEP 1

To make the pastry, rub the butter into the flour, then mix in the golden caster sugar and a pinch of salt.

### STEP 2

Combine the pastry into a ball – don't add liquid – and knead it briefly. The dough will be fairly firm, like shortbread dough. You can use the dough immediately, or chill for later.

### STEP 3

Heat the oven to 200C/180C Fan/Gas Mark 6. Line 18 holes of two 12-hole patty tins, by pressing small walnut-sized balls of pastry into each hole.

### STEP 4

Spoon the mincemeat into the pies. Take slightly smaller balls of pastry than before and pat them out between your hands to make round lids, big enough to cover the pies.

#### STEP 5

Top the pies with their lids, pressing the edges gently together to seal – you don't need to seal them with milk or egg as they will stick on their own.

#### STEP 6

Brush the tops of the pies with the beaten egg. Bake for 20 minutes until golden. Leave to cool in the tin for 5 minutes, then remove to a wire rack. To serve, lightly dust with icing sugar.

#### Recipe Tip:

Uncooked, the mince pies will keep for one month frozen.  
Once cooked, the mince pies will keep for three to four days in an airtight container.

Recipe can be found at: [Unbelievably easy mince pies recipe | BBC Good Food](#)



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# Easy Chocolate Mousse

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Prep time: 5 minutes

Cooking time: 2 minutes

Serves 4

## Ingredients

150g 70% dark chocolate,  
plus extra to serve  
6 egg whites  
2 tbsp golden caster sugar  
4 tbsp crème fraiche  
Plus, grated chocolate to  
serve



Photo from [Easy chocolate mousse recipe | BBC Good Food](#)

## Method

### STEP 1

Melt the chocolate in the microwave in a microwaveable bowl, stirring every 30 seconds until just melted. Whisk the egg whites to soft peaks, scatter in the sugar and whisk again until the mixture forms stiff peaks when you lift the whisk out (around 30 seconds).

### STEP 2

Add a third of the egg white to the melted chocolate and mix vigorously, working fast so the chocolate doesn't cool and harden. Then fold in the remaining egg whites carefully using a spatula or large metal spoon. Spoon into 4 glasses or ramekins and set in the fridge for 2-3 hours. Serve each with a dollop of crème fraiche and shavings of dark chocolate.

Recipe can be found at: [Easy chocolate mousse recipe | BBC Good Food](#)





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*Malcolm Henson M.D.*



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