

Remember this Tupperware's Jell-Ring? introduced to the Israeli market sometimes in the early '90s, my mom immediately purchased one. She had never used it to make jelly, though. In our house it was used many times to hold a halvah parfait—the ultimate no-bake Israeli dessert that first gained its popularity in the '80s and had never really left the dessert stage since then.

Fast forward 40 years and I am preparing halvah parfait in my small kitchen in Lubbock, Texas. With no jell-ring in hand to impress my guests (and anyway it was past its heyday), I'm pouring the mixture into a loaf pan, and after it's frozen solid I would release it from the pan, and flip transfer to a nice serving plate. Then I used to drizzle generous amount of date syrup all over the parfait and scatter toasted nuts and seeds. Voila!

I'm sharing with you here the classic recipe for this simple, nostalgic dessert, reinventing it as a pan popsicle. This is my answer to the current homemade popsicles craze, but you can choose to skip the popsicle stick's part and serve it a- la Lubbock, TX (i.e., like a cake, in slices) or to pay homage to the 90's and use your own jell-ring.

Halvah Pan Popsicles

Serves about 12.

Ingredients

- 1 pint (473 ml) heavy cream/heavy whipping cream (see **Tips** below)
- 1 cup tahini paste
- 1/2 cup date syrup, carob syrup or any other natural sweetener (maple/ honey)
- 150 gr chopped almonds, or any other nuts, seeds, or a mix of all.

Preparation

- Line a pan with wax or parchment paper.
- Lightly dry roast the nuts or seeds in a pan. Watch it carefully so it will not burn, and when it's ready remove from the pan and set aside (don't leave it inside the hot pan as the heat will continue to toast it).
- In the mixer bowl, whip the cream until a soft high peak is formed.
- Add the tahini paste and the sweetener of your choice, and whip all together until well blended.
- Blend in with a spoon half of the nuts/seed mix.

- Pour the batter into the lined pan and smooth the top with a spatula, then drizzle the rest of the nuts/seeds mix on top.
- Tightly cover the pan with aluminum foil.
- Now, if you wish to create single serve popsicle version like this one on our recipe image - poke small holes in the foil with a knife, about 2" apart, and insert popsicle sticks.
- Freeze for at least 5 or until frozen solid.
- Remove the foil and the frozen parfait from the pan and place on a cutting board. Use a sharp knife to cut into slices between the sticks (if using).
- If not using popsicle sticks, slice and serve in small bowls or plates.

Tips

Heavy cream vs heavy whipping cream vs whipping cream vs light whipping cream.

You are not the only one who is confused.

Heavy cream and **heavy whipping cream** are essentially the same thing—they both contain at least 36% milk fat. **Whipping cream**, however (also labeled **light whipping cream** sometimes) is slightly lighter – it contains 30% to 35% milk fat. Both can be whipped to a nice peak, but heavy cream/heavy whipping cream would be creamier and hold its shape longer. It's better to use whipping cream/light whipping cream for cooking rather than for whipping.

Bottom line? purchase heavy cream/heavy whipping cream for all your cooking and baking purposes. It is a much more versatile product than whipping cream.