

# Halva Stracciatella Ice Cream



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Two years ago, I turned up my nose at the sound of this new (to me) trend in Israel of halva ice cream. Later, once the idea simmered, I realized that tahini ice cream is not so far fetched given that one of my favorite childhood sweets, halva, is made with the same sesame paste. I played around with making halva ice cream, and even ventured into making tahini and halva from scratch. Inspired by the sandwich I sometimes had as a child, I ended up making a tahini custard base and adding chocolate bits and shredded halva “hairs”—also a nod to chocolate swirl halva. The final halva stracciatella ice cream was also inspired by an ice cream dessert I recently tried at Rose’s Luxury in DC. *Stracciatella* means “little rags/bits” in Italian and really captures the essence of the chocolate bits seamlessly mixed in. I think I have made my peace with the halva ice cream trend.

**Prep time:** 15-20 mins + overnight refrigeration + overnight freezing

**Cook time:** 15-20 mins

**Yield:** 1 quart

**User Rating:**

Rating: 0.0/4 (0 votes cast)

## Ingredients

1½ cups whole milk (can use lower fat)

¾ cup sugar (can reduce to ½ cup depending on taste)

- 1 teaspoon pure vanilla extract
- 5 egg yolks
- 2 generous tablespoons tahini
- 1½ cups heavy whipping cream
- 2 ounces halva, shredded by hand into small pieces
- 2 ounces bittersweet chocolate, finely chopped

## Preparation

Add the milk, sugar and vanilla to a medium saucepan and mix. On medium-low heat, let the sugar dissolve while stirring occasionally. Whisk egg yolks in a separate bowl. Continue cooking until small bubbles appear at the edges of the pan. At that point, pour a couple tablespoons of the warmed milk into the egg yolks while whisking to temper egg yolks and prevent scrambling. Add the yolk-milk mixture back to the saucepan and continue whisking on medium-low heat until slightly thickened and a light custard has formed. This process may take up to 10 minutes. At this point, remove custard from heat and let it cool. Refrigerate overnight.

The following day, strain the custard base. Using a spatula, fold tahini into custard base. Add the whipping cream and shredded halva and mix. Churn in an ice cream maker per manufacturer's instructions until a soft-serve consistency is reached.

Stir chocolate bits into the ice cream and scoop into a container with a lid. Freeze for at least 4 hours, ideally overnight, before serving.

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I'd put in dates instead of the chocolate.

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**Shulie Foodwanderings** · Washington, District of Columbia

Great idea, Betty! One of my readers said she will add peanut butter another said marshmallows.

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**Cooking in Stiletto's**

This looks amazing Shulie - so innovative :)

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Thank you so much!

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