Baklava Rice Pudding Cups

MEDIUM • 1 HOUR 15 MINS

This recipe brings together two comfort favourites: honey-sweet rice pudding and the crunch of baklava. Layered with golden filo, pistachios and a final swirl of Capilano Pure Honey, it's simple yet deeply satisfying.

SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Medium	20 mins	55 mins	6

Ingredients

- 220g arborio rice
- 1 litre full cream milk
- 100g Capilano Pure Honey, plus extra to serve
- 1 tsp vanilla bean paste

Method

1. Rinse the rice under cold, running water until the water runs clear.
2. Combine milk and honey in a medium saucepan and bring to the boil. Reduce heat to medium-low and add the rice. Cover and cook for 30-40 mins, stirring occasionally, until the rice is soft and the milk is mostly absorbed.

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- 1 tsp ground cinnamon
- 1-2 tsp rosewater (optional)
- 3 sheets filo pastry
- 50g butter, melted
- Chopped pistachios, to serve

Used in this recipe

Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

Method

3. Remove saucepan from heat, stir in vanilla, cinnamon and rosewater. Sit at room temperature for an hour.

4. To prepare the baklava topping preheat oven to 200°C. Brush each sheet of filo with melted butter and stack the sheets on top of one another. Place onto a baking tray and bake for 15-20 mins until golden and crispy. Roughly break up the filo into smaller pieces.

5. Spoon the rice pudding between 6 cups. Crumble over the crispy filo and scatter with pistachios. Drizzle generously with honey to serve.

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