

Kunafa Cream Dessert in a Jar: Easy Layered Middle Eastern Sweet

Kunafa Cream Dessert in a Pot: A Golden, Creamy, and Aromatic Delight!



TIME
5-7 min

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INGREDIENTS

1 cup kunafa pastry (shredded phyllo dough)
2 tablespoons unsalted butter, melted
2 tablespoons granulated sugar
2 cups milk (whole milk recommended)
2 tablespoons cornstarch
½ cup cream or sweetened condensed milk (for extra richness)
... teaspoon ground cardamom powder (optional, but highly recommended)
Crushed pistachios
A few extra roasted kunafa crumbs (optional)

DIRECTIONS

1. Prepare the Kunafa Layer: Start by taking the 1 cup of kunafa pastry and shredding it finely. You can chop it with a knife or break it apart with your hands. In a medium bowl, combine the shredded kunafa with 2 tablespoons of melted unsalted butter and 2 tablespoons of granulated sugar. Toss everything together thoroughly until the kunafa strands are evenly coated with the butter and sugar. Heat a large non-stick pan or skillet over medium heat. Add the buttered kunafa mixture to the pan. Roast, stirring constantly, for about 5-7 minutes, or until the kunafa turns a beautiful golden brown and becomes wonderfully crispy. Be careful not to burn it! Remove from heat and set aside to cool.
2. Prepare the Cream Layer: In a medium saucepan, add the 2 cups of milk, 2 tablespoons of granulated sugar, and 2 tablespoons of cornstarch. Whisk well to dissolve the cornstarch completely before heating to prevent lumps. Cook over medium heat, stirring constantly with a whisk or wooden spoon, until the mixture thickens to a creamy, pudding-like consistency. This usually takes about 5-8 minutes. Remove from heat. Stir in the ½ cup cream or sweetened condensed milk and the ... teaspoon ground cardamom powder (if using). Mix well until thoroughly combined and smooth.
3. Assemble: Now it's time to assemble your beautiful layered desserts! Grab your serving jars or glasses (about 4-6 small to medium-sized jars). Spoon about one-third to half of the roasted kunafa crumbs into the bottom of each jar, creating the base layer. Gently press it down lightly. Carefully pour the warm

(or slightly cooled) cream mixture over the kunafa layer, filling about halfway up the jar. Top the cream layer generously with more of the roasted kunafa crumbs and a sprinkle of crushed pistachios. You can also add a few extra kunafa crumbs for visual appeal.

4. **4. Chill & Serve:** Cover the jars or glasses loosely with plastic wrap. Refrigerate for at least 1-2 hours before serving. This chilling time allows the cream layer to set completely and the flavors to meld beautifully. Serve chilled and enjoy your delightful Kunafa Cream Dessert!

SWAPS & NOTES

Kunafa Pastry: Also known as kataifi dough , this is shredded phyllo.

You can find it in the freezer section of most Middle Eastern or specialty grocery stores.

Butter (Kunafa Layer): Unsalted butter is preferred.

Clarified butter (ghee) can also be used for an even richer flavor.

TIPS FOR SUCCESS

Shred Kunafa Finely: Finer shreds absorb butter better and create a crispier texture.

Roast Kunafa Evenly: Stir constantly when roasting the kunafa to ensure even browning and prevent burning.

Dissolve Cornstarch Cold: Always dissolve cornstarch in cold liquid before heating to prevent lumps in your cream.

Stir Cream Constantly: When cooking the cream layer, stir constantly to prevent scorching at the bottom and to ensure a smooth consistency.

