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GOLDEN MANGO CURRY WRAPS

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BY CRYSTAL DAWN CULINARY

GOLDEN MANGO CURRY WRAPS LIVE CLASS (NUT-FREE)

Thank you for joining this live class! I'm excited to show you how to create this brand-new recipe.

For the recipe, you will need to prepare the salad and lentil sprouts (see below); it will take approximately 5 days for the salad sprouts and 3 days for the lentil sprouts, so plan ahead.

I will describe the equipment and ingredients I'm using in more detail during class, but here are some links to help you source what you need.

- [INGREDIENT SOURCING LIST](#) (save on ingredients in bulk). This list is for every major region.
- [KITCHEN APPLIANCE RECOMMENDATIONS](#)

SPROUTING

Sprouts are a powerhouse of nutrition and a great way to add living foods to your daily diet. During the sprouting process, dormant seeds, legumes, and grains are soaked to germinate and produce living sprouted food that is added to salads and dishes. Sprouts are full of vitamins, minerals and antioxidants.

Many varieties of sprouting jars are available; if you have wide-mouth mason jars at home, you can purchase sprouting lids for them. Sprouting stands are also a convenient option. It's essential to drain the sprouts after rinsing, as they will not grow if submerged in water.

Equipment: Sprouting jars or mason jars with sprouting lids, sprouting stands

Salad Sprouts

1 – 2 tbsp sprouting seeds (If you have a large jar, use 2 tbsp. If using a 1-liter mason jar, 1 tbsp)

Filtered water

Place seeds in a sprouting jar, rinse well and soak for 4 hours. Drain the water, then place the jar in a sprouting stand to allow the excess water to drain.

Rinse the sprouts 2 to 3 times a day and allow them to sprout for 3 to 5 days, until they turn green and develop long sprouts. Rinse and drain the sprouts well, let them drain, and then air-dry on a paper towel, tea towel, or dish drying mat.

Once dry, transfer to a sealed container. They will keep in the fridge for up to 5 days.

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Pro Tip: Avoid overcrowding the jar with seeds. As the sprouts grow, they will increase in size exponentially, making it challenging to rinse them properly.

Lentil Sprouts

Yields: ½ cup dried lentils will yield approximately 2¼ cups of sprouted lentils.

½ cup dried black (beluga lentils)

Filtered water

Soak dried lentils in filtered water in a sprouting jar for 24 to 36 hours, rinsing them twice a day until they are softened. Drain the water and place the jar in a sprouting stand to allow it to drain.

Rinse the lentils 2 to 3 times a day and allow them to sprout for 24 to 36 hours, until they have developed a large tail. Rinse and drain the lentil sprouts well, let them drain, and then air-dry on a paper towel, tea towel, or dish drying mat.

Once dry, transfer them to a sealed container. They will keep in the fridge for up to 5 days.

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Bursting with bold flavors and vibrant textures, this wrap perfectly combines warmth, freshness, and creaminess. A tender veggie coconut wrapper holds a rich coconut red pepper curry sauce mixed with sprouted black lentils, shredded carrots, crisp cabbage, and refreshing sprouts. Juicy mango slices add a naturally sweet contrast, making each bite an irresistible balance of savory, tangy, and sweet. This nourishing, flavor-packed wrap is a feast for the senses and a must-try for any raw food lover!

Equipment: Dehydrator, small offset spatula, [wrap template](#) (optional), blender, mandoline

Yields: 3 servings

Veggie Coconut Wrappers

Yields: 6 wraps

- 1 cup (140 g) frozen corn kernels, thawed
- 1 cup (130 g) peeled and chopped zucchini
- 1 cup (140 g) deseeded and chopped yellow or orange bell pepper
- ¾ cup medium-shred coconut
- ¼ cup ground golden flax
- 1 tbsp olive oil
- ½ tsp powdered psyllium (psyllium husk powdered in a blender)
- ¼ tsp turmeric powder
- ¼ tsp Himalayan salt

Blend all ingredients until smooth. The batter will be thick, requiring your tamper to blend it thoroughly. Using a wrap template is optional; if you choose to use one, place it on the lined dehydrator tray and scoop ¼ cup of batter into each round. Smooth out the batter with an offset spatula. If you do not have a wrap template, use the offset spatula to create rounds using ¼ cup of the batter for each round.

Dehydrate at 105°F (40°C) for 8 to 9 hours. The time will depend on the environment and the dehydrator's model/brand. When the wraps are almost dry, remove the tray from the dehydrator and flip them onto a mesh tray. Peel back the liner to remove it from the wraps and place it back into the dehydrator for approximately 30 minutes to dry the wet pockets in thick areas that require further dehydration. Keep a close eye on them so the edges do not become too crispy.

Pro Tip: Keeping the wraps on the liner for as long as possible will ensure they remain flexible.

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Storage: Store wraps in a sealed container in the fridge for up to 1 week or 1 month in the freezer. If you freeze them, thaw them in the dehydrator at 105°F (40°C), keeping a close eye on them to ensure they don't dry out.

Coconut Curry Sauce

½ cup (60 g) deseeded and chopped red bell pepper
¼ cup softened coconut butter
1/3 cup water
2 Medjool dates, soaked and pitted
2 tsp curry powder
1 tsp apple cider vinegar
1 clove garlic
¼ tsp cumin
½ tsp grated ginger
½ tsp Himalayan salt

Blend all ingredients until smooth. The mixture may appear grainy due to the coconut butter; continue blending until it becomes smooth and warm. This dish is best served warm, and you can blend it until it reaches a warm temperature without exceeding the raw threshold.

Veggies for Assembly

2 cups packed sprouted black (beluga) lentils
Red cabbage, thinly sliced
Shredded carrots
Fresh mango, thinly sliced
Sprouts and/or microgreens

Warm the wraps in the dehydrator while preparing the veggies per the instructions above. Prepare enough veggies to accommodate the number of wraps you are assembling. Mix the sprouted lentils with almost the entire batch of the sauce, leaving some to spread on the wraps.

Assemble each wrap by spreading a small amount of coconut curry sauce, adding some sprouts and/or microgreens, and then sliced mango, curried lentils, shredded carrots, and cabbage. Fold the wrap in half or roll it up like a burrito.

Storage: Once the wraps are assembled, serve immediately. If preparing ahead of time, store each component separately. The coconut curry sauce will last up to 3 days in the fridge.

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Thank you very much for attending this class. It was a pleasure teaching you! I hope you enjoy the recipe. If you do make it, please share a photo in our FB Group, [Chefs of Crystal Dawn Culinary](#).

I've opened up my brand-new course—**SIX WEEKS TO RAW!** This is a six-week implementation raw food program to help you get into the habit of eating more raw foods in your daily life.

We start on June 15th, so doors close on June 14th. This is the first group we are running, so I'm offering you **\$200 off** for this group only.

[Learn more here.](#)

If you have any questions, please reach out – info@crystaldawnculinary.com