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Ammini Ramachandran is the author of Grains, Greens, and Grated Coconuts (4.42 avg rating, 12 ratings, 1 review, published 2007) and History of Medieval

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Ammini Ramachandran- Freelance food writer and author of award winning cookbook Grains, Greens, and Grated Coconuts.

Mahanandi grains, greens, and grated coconuts

Grains, Greens, and Grated Coconuts is one of the finest Indian cookbooks to have been written in recent times. Pacha Sambar: Sambar with Fresh Green Spices

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Cardamom/ coconut rice pulao | real food for life

or fresh grated coconut 1 tsp mustard seeds 1/4 1 tsp cayenne pepper* (optional) 2 Tbsp ghee Grains (14) Green Smoothies (14) Main Courses (20) Meatless

Pepper trail - the trail of history, tradition and

Grains, Greens and Grated Coconuts. Morning begins before sunrise in India. I still remember, from my childhood in lush, tropical Kerala in southwestern India

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Discover and contact Ammini Ramachandran on author of award winning cookbook Grains, Greens, and Grated Coconuts. and Remembrances of a Vegetarian Legacy.

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