MEC's Line of Cookware Cooks Healthy Vegetarian Recipes & More Without Any Loss to the Nutrients Your Body Needs

Cooking with conventional cookware can damage the nutrients in your vegetables. Here's how cooking with MEC provides the maximum health benefits, especially for vegetarian recipes.



Dedham, Massachusetts Feb 17, 2022 (Issuewire.com) - Miriam's Earthen Cookware (MEC) is a US-based brand that offers pots and pans made from lab-tested primary clay without additives, chemicals, and glazes.

The Importance of Eating Nutritious Food

Eating nutritious food regularly results in improved energy levels and healthy body functions. While we mostly rely on cooked food to fulfill our body's nutrient needs, our choice of food and way of cooking greatly impacts how well our bodies are getting nourished.

Healthy vegetarian recipes like soups, stews, grains, steamed veggies, one-pot meals, and dairy foods are great for fulfilling the daily nutritional needs of the body. For maximum benefit, it is best to choose

fresh organic ingredients that are grown locally. It is advised to go for a variety of colors when it comes to choosing your daily meals, because this is a great way to make sure you are getting all the essential nutrients.

Choosing the right cookware plays a crucial role in making sure these nutrients stay intact after cooking. Conventional metal or ceramic pots cook with harsh near-infrared heat that destroys nutrients in the cooking process, especially the delicate ones like complex carbs, phytonutrients, and flavonoids. These decide the color, taste, and texture of cooked food, so when food loses its natural color and aroma because of being overly cooked, the flavonoids are lost as well!

Moreover, the reactive materials used in making such cookware leach toxic ions when heated that react with nutrients, creating toxic compounds. This contaminates food and diminishes its nutritional value, thereby creating the foundation for various health problems.

The Cookware Brand That Overcomes These Dangers: MEC

Why do they use primary clay? In contrast to innately reactive metals, primary clay is the only known material that is naturally inert and can be used for cooking (glass is inert but cannot be used for cooking without additives). Therefore, any cookware that uses metals or metal oxides in any form poses a risk of toxins leaching into food. Metal oxides are extensively used as additives to add color, texture, and gloss to cookware, with metals or chemical-laden ceramics as the core material.

Why don't they use additives? Any kind of additive may take away the natural inertness of all-natural primary clay. The health value of this non-toxic cookware lies in the purity of its raw material.

Why don't they use glazes? Besides posing the risk of leaching, glazing makes the semi-porous walls of clay pots impermeable. A clay pot's semi-porosity makes the pot breathable and allows excess liquids to evaporate, cooking food with perfect consistency.

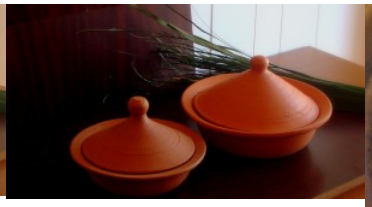
How MEC Cooks Healthier

MEC cooks with earthen far-infrared heat, which cooks food thoroughly from the inside out – while preserving even the most delicate nutrients. This unique heat helps food cook faster at low heat, with the food remaining naturally flavorful and aromatic.

The ergonomic design and unique finishing on MEC allow natural steam condensation during cooking, preserving water-soluble nutrients in the process [read how]. As a result, food cooks healthy, nutritious, and deliciously in a fast and convenient manner.

MEC's versatile pots and pans can be used on any heat source for cooking any kind of recipe -- from pressure cooking to bread baking. Therefore, a single MEC pot can be a workhorse in your kitchen and take care of all your cooking needs.

Interested in cooking healthy vegetarian recipes & more while keeping all their nutrients intact? Head over to the MEC Store and order a pot today!



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