

Miriam's produces Dutch ovens for cooking breakfast and get your day started in a healthy manner

How about using a cookware that can single handedly cook all your breakfast meals with little to no babysitting while also making sure your food remains non-toxic, healthy and nutritious? Miriam's Dutch ovens do all that and more...



Dedham, Massachusetts Sep 20, 2022 ([Issuewire.com](https://www.issuewire.com)) - Dutch oven cooking has been a favorite mode of cooking for home cooks for decades due to the [Dutch Oven's](#) ability to make a variety of recipes easily. However, most Dutch ovens are made from metals like cast iron and are further coated with chemicals-based enamels which are *toxic to food and destroy nutrients*. This is how:

All metals are innately reactive, so they leach toxic ions while cooking food, which is a biochemical entity. These toxins react to nutrients in food and form toxic compounds that are assimilated into the body with food. Over time, this accumulation of toxins in blood, cells, and tissues forms the foundation of a compromised immune system and many [health problems](#) including chronic illnesses.

The [enameled cast iron Dutch ovens](#) are even worse because the enamels are made from chemicals containing heavy metals such as lead and cadmium along with other toxic substances. We are aware of the [health effects of lead and cadmium exposure](#).

To overcome these challenges, Miriam's Earthenware – a US-based cookware brand came up with a

viable alternative to using toxic metals and chemicals laden ceramics – all-natural primary clay. This natural material is time tested and time-honored since thousands of years ago when our ancestors across civilizations relied on clay pot cooking. Miriams decided to bring back the goodness of this healthy material into modern kitchens.

Miriams Dutch ovens are non-toxic

Miriams uses the purest form of clay, primary clay which has been [tested in a reputable state lab](#). Unlike the metal used by many of their counterparts, this clay is used without any additives, fillers, chemicals, enamels, or glazes to make the healthiest pots. These non-toxic pots offer all the [features](#) of Dutch oven cooking and then some more.

Food cooks without leaching and any toxins already present in food or water are pushed out in the form of [tiny dark droplets](#).

Miriams Dutch ovens retain nutrients

MEC clay radiates earthen far infrared heat – a gentle heat that keeps nutrients intact. All recipes cook on low heat and take less time as this unique heat penetrates food and cooks from the inside out. Even the most delicate nutrients like phytonutrients and flavonoids remain intact so the food retains its natural color and flavor. And it tastes delicious!

Miriams Dutch ovens are multi-cooking and versatile

Besides [slow cooking](#), you can use the same pot for various other recipes like baking bread, steaming vegetables, cooking rice & grains sautéing, stir-frying, and much more. You can rely on a single pot to cook all your meals from oatmeal or eggs at breakfast to your favorite midnight meal in the healthiest way possible. And what's more? You can use it on any heat source – gas, electric, glass cooktop, and inside the oven.

Food cooks moist, delicious, and aromatic – no matter what you cook in it! They come in many sizes and can be ordered from [MEC's online store](#). They offer worldwide shipping.



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