

How Miriam's Earthenware Has Developed Clay Cookware that Will Offer Energy Savings Along with Many Other Benefits

Miriam's Earthenware comes with many under the hood design features that make it possible to cook nutritiously while also saving energy.



Dedham, Massachusetts Oct 5, 2022 ([Issuewire.com](https://www.issuewire.com)) - Miriam's Earthenware is a pioneering US-based cookware brand that offers pots and pans made from [lab-tested primary clay](#) without additives, glazes, or chemicals. Besides being 100% non-toxic and cooking food while retaining nutrients, they possess a distinctive quality of cooking everything at low heat but at the same time. This feature is a great sigh of relief for home cooks who will soon be looking at higher energy prices.

Miriam's cookware radiates a gentle type of heat called far infrared heat and therefore, can effectively cook food on low heat. This is helpful from an energy savings point of view. Further, it has been published that electric bills will be going up 68% and MEC only needs about 25% of energy compared to a conventional pot. Thanks to their unique raw material – all-natural pure clay and unique design techniques, their pots and pans retain heat for up to 4x longer than any conventional cookware made

from metals or ceramics. According to Todd Oppenheimer in [“The Laws of Thermo-Culinary Dynamics”](#) “What all this means is that clay can store up three to four times more heat than iron or copper before it needs to move that heat into food. And once it does, it has the capacity to distribute three to four times more heat as well—but do it slowly.” The pot of food does not need to be reheated for anyone going back for more, because it remains hot for a long while. Along with important energy savings, cooking in clay offers so many other benefits. Keep reading to learn more.

Are all clay pots safe?

A variety of clay pots flood the market and are sold as earthenware pots, earthen cookware, clay cooking pots, and clay cookware. A majority of these use low-quality secondary or tertiary clay, further treated with chemical-based toxic additives and glazes. Even the brands that claim their clay cooking pots are safe to use toxic glazes, except Miriams Earthenware [handcrafts unglazed clay pots](#) without any toxic additives.

How this unglazed clay makes the pot truly food safe

Dishes cooked in pots that have been glazed, and/or contain other additives such as frit (glass powder), grog, feldspar, quartz, ball clay, [kaolinite](#), [alumina](#), [silica](#), and iron oxide leach toxins during cooking.

Miriams Earthenware gets its raw material tested for complete composition in a reputable state lab to make sure the pot is safe. Their pots and pans are handmade to avoid the use of toxic chemicals as are needed when making machine-generated cookware. Keeping them unglazed also makes many other healthy features possible.

Healthy Features of Miriams Unglazed Clay Pots

Miriams clay pots radiate earthen far infrared heat that cooks food at low heat while keeping even the most delicate nutrients intact. The semi-porous walls allow for constant air circulation so food cooks with sufficient oxygen and turns out more flavorful and aromatic. The ergonomically designed pot and lid lock steam naturally during cooking and your dish retain water-soluble nutrients along with the natural juices of your ingredients. What’s more? The pot is very easy to use and clean.

Ease of Use

The simple 2-piece design makes cooking easy and straightforward. Just add all ingredients, water, and spices, close the lid, and let cook on low until fully done. All ingredients cook thoroughly and evenly with little to no babysitting.

The pot becomes naturally non-stick after 5-6 uses and can be used for sauteing, roasting, etc. It is so easy to clean with water and baking soda. Food comes off easily using a mild scrubber without using any toxic soap, further ensuring your food cooks in a non-toxic environment.

Cooks everything healthy and delicious

You can use the same pot for all kinds of recipes and because of all the nutrients including phytonutrients and flavonoids intact, your ingredients retain their natural flavors, and the overall dish turns out fulfilling and delicious. You feel more energetic, and your immunity gets a boost.

A cooking pot that cooks non-toxic and healthy, which also saves money and energy - it’s like a dream

come true. They are available to order from Miriams Earthenware's [online store](#) and are shipped worldwide as a [Certified Carbon Neutral](#) shipment!



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