

How Miriam's Earthenware Can Enhance the Health Factor of Your Holiday Cooking

Holiday cooking is incomplete without a healthy cooking pot. With Miriam's clay pot on your side, you can be sure to enjoy nontoxic and nutritious meals with your family during the holidays.



Dedham, Massachusetts Nov 10, 2022 ([Issuewire.com](https://www.issuewire.com)) - Miriam's Earthenware is a US-based pioneering brand known for making [healthy pure clay cookware](#) without additives or glazes. With the holiday season right around the corner, it is important for healthy cooks to dig into different aspects that affect their food's health and nutritional value, and cookware is the most important one.

Many people are excitedly looking forward to the holidays, in anticipation of spending time with family and friends and enjoying festive activities. Another favorite way to spend holiday time together is cooking, serving, and eating [favorite dishes](#) popular during this time of year.

There are many preparations people make for the holidays to get ready for these meals. Getting out holiday decorations and tableware to make for a festive atmosphere is just one. Those who cook often inventory their cookware, bakeware, and serve ware and go looking for new pieces to fill a void so they will be equipped for any and all holiday cooking.

Other people begin gathering family favorite recipes and even looking for ways to create healthier versions by cutting fat, sugar, and the like. But many who are looking for cookware don't look much past the functionality of a piece before making a buying decision. Do you know how that kind of narrow decision-making criteria could affect the health factor of your holiday cooking?

Being a health-conscious cook, if you dig deeper into [healthy cooking](#), you will find the correlation between a cookware material and the nutritive health value of food cooked inside. Conventional cookware materials such as metals, their alloys, and low-quality clay-based materials are chemically laden - these materials including ceramics are reactive, so they leach into food during cooking. Besides contaminating food, these toxins react to nutrients and form toxic compounds, thereby diminishing the nutritional content of your wisely chosen ingredients.

This is where Miriam's Earthenware provides a viable alternative. Being made from a pure and natural raw material that has been [tested in a reputable lab](#), Miriam's pots and pans are the only 100% non-toxic option out there. These [hand-crafted](#), ergonomic, and uniquely finished cookware pieces offer many features and benefits that are exclusive to Miriam's.

The earthen far infrared heat radiating from these pots cooks in a way that keeps nutrients intact. It also [saves energy](#) by penetrating deep into food, cooking it completely at low heat while taking less time.

The excellent heat retention allows for passive cooking – the food continues to cook after the heat is turned off and keeps the food warmer for 4 times longer. The overall energy consumption is about 35% of any conventional cookware.

These are the only pots that become *naturally* nonstick after a few uses (read: [fully seasoned instructions](#)) without any surface coating. This also makes them [easy to clean](#) – you can handwash them using baking soda and water. No need to use toxic soaps.

These versatile pots can be used for different types of cooking and on any heat source. These features coupled with the health benefits make them the best cookware for holiday cooking.

Miriam's offers multiple sets of pure clay cookware of different sizes, including one with a combination of pots and pans at a great discount to make replacing your primary cookware before the holidays easy for you. You can check out all the selections in [Miriam's online store](#). They ship worldwide!



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