

Miriam's Earthen Cookware is offering healthy hand-crafted clay cookware like no other

With features and benefits unique to Miriams Earthen Cookware, they take healthy cooking to the next level by keeping food toxin free and nutrient-rich. Find out how.



Dedham, Massachusetts Dec 14, 2022 ([Issuewire.com](https://www.issuewire.com)) - Miriams Earthen Cookware is a pioneering US-based cookware brand known for making cookware from pure clay without additives. More information about this brand, its motivation, and its products can be found [here](#).

When you hear the term 'clay cookware', what comes to mind? Do you think of an aesthetic-looking pot straight from ancient times, used for cooking food with more flavor and nutrients? How about the health aspect of cooking in clay? If you are one of those who believe that clay pot cooking is always healthy, no matter what, then you are wrong! Let me explain.

How healthy a cooking pot is, depends mostly on the [raw materials used](#). Clay is hands down the safest all-natural material out there, *provided it is in the purest form*. A majority of clay pots in the market come beautifully designed and are colorful and glossy. But wait, do you know how harmful this is? The colors and glossy finish are obtained by treating low-quality clay with toxic chemicals. The glazes used for a smooth finish contain heavy metals like [lead and cadmium](#), which you would never want anywhere near your food. Can you cook healthily in such a pot? NO! Then what is the alternative?

Miriam's Earthen Cookware entered the market with one goal in mind – [making clay cookware](#) keeping all the goodness of natural clay. This means that you – a healthy cook – can enjoy 100% non-toxic and nutrient-rich meals. The makers achieve this by harvesting the *purest form of clay, primary clay*, retaining its purity and integrity during the making process. And designing a pot that offers [unmatchable features and benefits](#).

Miriam's Earthen Cookware makes sure to harvest clay from secluded lands in the USA, digging 20-30 feet below the surface, and then [testing a clay sample](#). The clay is examined by a state lab to make sure there is no impurity or toxin present in the raw material.

The makers follow the ancient method of throwing clay on a potter's wheel and shaping it into usable pieces with skillful hands. Why? Because any machine-based manufacturing process calls for use of chemicals and Miriam's wants to use *only* primary clay. No chemicals or additives are used in making these unglazed pots, so the fired pot is as pure and non-toxic as the raw material. This is also evident from the appearance of the final product – it takes the deep red hue of fired clay and doesn't feature any color or glossy finish.

Some [healthy features](#) exclusive to Miriam's that takes healthy cooking to the next level:

- Miriam's ergonomically designed pots and pans cook without leaching – thanks to all-natural primary clay and no additives.
- The semi-porous walls allow for a continuous supply of oxygen while cooking, even with the lid closed – thanks to unique hand-finishing and no glazes. This keeps your ingredients fresh, flavorful, and aromatic after cooking.
- The deep penetrating far infrared heat radiating from Miriam's clay cooks food at low heat with no loss of nutrients. This is healthier than the harsh near-infrared heat cooking, in metals or ceramics, that destroys nutrients.
- The uniquely designed pot and lid lock steam, which is water soluble nutrients, inside the pot during cooking. The steam rises from the food, hits the cooler inside of the lid, condenses, and keeps falling back into the food, retaining these essential vitamins and minerals.
- Miriam's pots can be used for [all kinds of recipes](#) like slow cooking, pressure cooking, bread baking, and so on, and on any heat source like gas, electricity, wood fire, coal fire, etc., and in the oven.

These are a few of the features that Miriam's handcrafted cookware offers to help you cook the safest and healthiest food! Can you imagine how your body can thrive with pure and nutritionally rich food every day? From your immune system to the brain to the digestive system, and the muscular... they all depend on good food to thrive. And this is just what cooking in Miriam's offers! Visit their [online store](#)

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