

The healthiest cookware brand is making the best Dutch oven pots right here in the USA!

If you are a healthy cook, you must have heard of Miriams Earthen Cookware of USA. Have you tried Dutch oven cooking in one of Miriam's pots? If not, you definitely should. This article explains why.



Dedham, Massachusetts Jan 5, 2023 ([Issuewire.com](https://www.issuewire.com)) - A Dutch oven has been a workhorse in American kitchens for generations because of its ability to cook a variety of recipes. This thick-walled heavy piece of cookware is best known for its ability to distribute heat evenly, staying warm for hours after the dish is ready. You can take serving after serving for the whole family without having to reheat frequently. Some healthy cooks also prefer Dutch oven cooking for cooking slow and low as the flavors really stand out with the nutrients preserved. But wait, what about the [metals leaching](#) from the pot?!

If you are a health-conscious cook, you must have come across research that shows the [impact of metal poisoning](#) on internal organs and their functioning. And because conventional Dutch oven pots are made from metals, they leach into and contaminate food. This food, when ingested in the body, keeps accumulating in the blood and organs, gradually compromising the immune system, and causing one health problem after another. No wonder our ancestors who relied on [clay pot cooking](#) were much healthier than we are.

A US-based company decided to fill this void for [truly non-toxic cookware](#) by bringing the same ancient

time-tested pure clay cookware to kitchens around the world. By harvesting their raw material from secluded lands in the USA, and testing it in a state lab, they ensured the purity of this natural clay. Furthermore, to avoid using additives of any kind, they decided to handcraft their cookware the old-fashioned way. They throw clay on a potter's wheel and shape it into usable pieces with [skillful hands](#). Keeping their pots unglazed is the final step in making sure the final product is as pure and nontoxic as the raw material.

The ergonomically designed pot and lid offer many [healthy features](#) that exceed what a conventional Dutch oven has to offer. Besides being 100% non-toxic, Miriams pots radiate unique far infrared heat that penetrates deep into the food and cooks completely and thoroughly. The nutrients are preserved and so are the natural colors and flavors of your wisely chosen ingredients.

Food cooks at low heat but takes less time to cook as the heat absorbed in the pot is retained in the walls of the pot.

Unlike a metal Dutch oven, you can use MEC's pure clay Dutch oven on any heat source – gas, electric, glass cooktop, woodfire, coal-fire, and inside the oven. You can cook a [variety of recipes](#) in a single pot and use it for slow cooking, pressure cooking, baking, sautéing, steaming, rice cooking, and so on. Cooking beans and lentils is a breeze as they don't need to be pre-soaked and slow-cooking meats takes less than half the time.

And what's more? The pot becomes naturally nonstick after 5-6 uses as it gets fully seasoned – which makes it the only nonstick cookware without any coating or enamel. This also makes it easy to clean – just use baking soda and water. *And lastly*, it can last for decades with low maintenance – the more you use it, the stronger it becomes.

If you are a health-conscious cook looking for a [healthy Dutch oven](#) to cook all your favorite recipes healthier, more nutritious, and flavorful, then MEC is your best bet! They come in multiple size options and can be ordered online from [their store](#). They ship worldwide!



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Source : Miriams Earthen Cookware

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