

Miriam's Earthen Cookware is Bringing to Life the Ancient Art of Cooking in Clay with an Innovative Modern Twist!

How a US-based company managed to combine the goodness of a time-tested material with modern day cooking features and came up with a design that offers the most versatile way of healthy cooking.



Dedham, Massachusetts Jul 28, 2022 ([Issuewire.com](https://www.issuewire.com)) - Miriams Earthen Cookware (MEC) – a pioneering US-based healthy cookware brand is known for making healthy cookware made from [lab tested primary clay](#). What sets them apart is the fact that they follow the ancient practice of making pots by throwing clay on a potter’s wheel and shaping it into usable pieces with skillful hands. This process, although it demands hard work, allows the makers to avoid using additives or chemicals and keeps the final product as [pure and non-toxic](#) as the raw material, all-natural pure clay.

Adopting an ancient making process doesn’t mean that MEC doesn’t keep modern cooking needs in mind while making their cookware. Their pots are as healthy as their ancient counterparts but can beat any modern cookware in terms of versatility and convenience of cooking.

The ancient cooking pots were designed to be used in smaller kitchens within the house and required long hours of cooking. Using pure clay, our ancestors were able to beat the problem of [heating up](#) the kitchen and the whole house because primary clay cooks with far infrared heat that is retained in the pot for hours after cooking. Also, these pots were typically used on coal fire or wood fire, contrary to modern heat sources like gas stoves, electric and glass cooktops, and ovens that demand cooking pots to be compatible. The cooking process used to be much simpler, and people used to cook staples and seasonal foods limited to their civilization.

While making cookware with all the goodness of ancient times, Miriams also had the needs of modern cooking in mind. Because of globalization, we can see a vast variety of recipes being cooked in home kitchens. Also, people don’t expect to spend hours cooking every day – our daily cooking is much faster.

Therefore, Miriams had to make some innovative and profound design changes under the hood which makes their clay pots fit seamlessly into modern kitchens. MEC cookware is [handmade](#) from the finest quality clay, and is meticulously formed and shaped using methods only used by MEC.

Thanks to an ergonomically designed pot and lid, the pot manages to lock steam and moisture inside, so the food cooks faster. Although, it is impossible to make a perfectly fitting lid using pure clay because each piece takes its own shape during firing, Miriams came up with a unique two-barrier design between the pot and the lid that [locks steam inside](#) even without the lid fitting perfectly.

The unique [terra-sigillata](#) finish allows the pot to be breathable so food cooks with sufficient oxygen and remains fresh and aromatic. The walls radiate earthen far infrared heat that cooks food fully by deep penetrating taking less time and on low heat, which also makes them energy efficient. The bottom is neither fully round nor flat so it can be used on a gas stove as well as on electric cooktops.

And what’s more? One pot can be used to cook in a [variety](#) of ways like slow cooking, pressure cooking, Dutch oven cooking, bread baking, steaming veggies, rice cooking, yogurt making, and more.

In this way, Miriams created a cooking pot that had a health value comparable to ancient clay pots while all the functionalities needed for modern healthy cooking. MEC’s healthy and non-toxic cookware can be purchased from their [online store](#). They ship worldwide!



Media Contact

Miriam's Earthen Cookware

contact@miriamsearthencookware.com

6176004492

233 Bussey St

Source : Miriams Earthen Cookware

[See on IssueWire](#)