

MEC handcrafts pressure cooker to rival Instapot by making a safe cooker for beans, chickens and more

Miriam's Earthen Cookware tops list for healthy pressure cooker recipes. Its unique handcrafted earthen pots allow quick cooking while preserving natural flavors and nutrients of food.



Dedham, Massachusetts Feb 20, 2023 ([IssueWire.com](https://www.issuewire.com)) - Miriam's Earthen Cookware (MEC) – a pioneering US-based cookware brand handcrafts a pressure cooker pot that rivals the popular *Instapot*, but with the added benefit of being safe for cooking beans, chickens, and more.

MEC, known for its commitment to producing the [safest non-toxic cookware](#) in the world, has applied the same principles to its new pressure cooker. By choosing only inert materials, ensuring the purity of the clay, and avoiding additives, chemicals, and glazes, Miriam's has created a pressure cooker that not only cooks food quickly and efficiently, but also preserves the nutritional value of the food.

One of the biggest concerns with pressure cookers is their ability to [cook beans safely](#) with anti-nutrients present in beans. Traditional metal pressure cookers being reactive, can also leach toxins which can compromise the immune system and cause health issues in the long run. These toxins include heavy

metals such as lead, cadmium, and nickel, which are commonly found in metal pressure cookers. These toxins can be harmful to the body, as they can accumulate over time and lead to various health problems such as kidney damage, respiratory issues, and neurological disorders. Studies have shown that long-term exposure to these heavy metals can also increase the risk of certain types of cancer.

MEC's pressure cooker, however, uses the purest form of clay, [lab tested primary clay](#) that is inert, so it prevents the leaching of harmful toxins. Moreover, its gentle far infrared heat cooking allows for the preservation of the natural flavors and nutrients of the food. It also neutralizes the anti-nutrients in beans by cooking them completely. This ensures your beans are safe to eat and you need not worry about digestive issues anymore.

MEC's pressure cooker is also safe for [cooking chickens](#) and other meats. The clay used in the cooker radiates unique far infrared heat. This gentle heat, working in unison with the breathable unglazed walls of the MEC pot, allows the food to retain moisture and flavor, resulting in tender and juicy meats. The cooker also has a unique design that allows for even cooking on the heat source (gas/electric/glass cooktop), ensuring that your food is cooked to perfection every time.

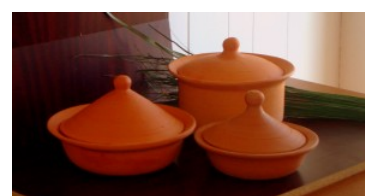
The pot becomes naturally nonstick once [fully seasoned](#) without any harmful coating, making it an ideal choice for people who want to minimize their use of oil while cooking. This means that you can cook your food with very little to no oil, which is a great option for those who are health conscious.

It's designed to be simple, [easy to use, and clean](#). You can clean it easily using water, baking soda, and a mild scrubbing brush (like [coconut coir](#)). There are no grooves or hard-to-reach corners that often become a breeding ground for bacteria. *And* because food doesn't stick, it easily comes off without using those toxic detergents and harsh abrasives.

It's the perfect appliance for busy families who want to eat healthy and delicious food without spending hours in the kitchen, especially by removing the need to soak and boil beans or lentils and marinating chicken, etc., unlike the conventional *Instapot*.

Miriam's pressure cooker is not only safe and efficient, but it is also beautiful. Handcrafted by skilled artisans, each pressure cooker is unique and adds a touch of aesthetic charm to any kitchen. And because MEC is [based in the United States](#), the makers are able to directly supervise all processes from start to finish, ensuring that the final product is of the highest quality.

MEC's pressure cooker is a game changer in the world of modern pressure cookers like *Instapot*. It not only cooks food quickly and efficiently, but it also preserves the nutritional value of the food and is safe for cooking a variety of foods. Visit [MEC's online store](#) to purchase this revolutionary pressure cooker and see for yourself the difference it can make in your cooking. Trust us, your taste buds and your health will thank you.





ALUMINIUM (vs Stainless Steel & Aluminium Cookware)
 With oxides → aluminium oxide → hydrogen 2Al(s) + 3H₂O(g) → Al(OH)₃ + 3H₂(g)
 With oxides → aluminium oxide 4Al(s) + 3O₂(g) → 2Al₂O₃(s)
 With hydrogen → 2Al(s) + 3H₂(g) → 2Al(OH)₃(s) + 3H₂(g) → 2Al₂O₃(s) + 3H₂O(l) → Al₂O₃(s) + 3H₂O(l)
 With acids → 2Al(s) + 6HCl(aq) → 2AlCl₃(aq) + 3H₂(g) → 2Al(OH)₃(s) + 3H₂O(l) → 2Al₂O₃(s) + 3H₂O(l)
 With acids → 2Al(s) + 6HNO₃(aq) → 2Al(NO₃)₃(aq) + 3H₂(g) → 2Al(OH)₃(s) + 3H₂O(l) → 2Al₂O₃(s) + 3H₂O(l)
TITANIUM
 With oxides Ti(s) + 2H₂O(g) → TiO₂(s) + 2H₂(g)
 With hydrogen Nitrogen 2Ti(s) + N₂(g) → Ti₂N₃(s)
 With water Ti(s) + 2H₂O(g) → TiO₂(s) + 2H₂(g)
 With hydrogen Ti(s) + 2H₂(g) → TiH₂(s) [white] Ti(s) + 3CO(g) → TiC(s) [black] Ti(s) + 2CO(g) → TiC(s) [black]
 With acids & bases 2Ti(s) + 12HF(aq) → 2TiF₆(aq) + 3H₂(g) + 6H₂(aq) Ti(s) + 10H₂(aq) [orange] TiO₂ + 2H₂(g) → Ti(s) [dark brown]
MAGNESIUM (STAINLESS STEEL)
 With water 2Mg(s) + Mg(OH)₂(s) → Mg₃(OH)₄(s)
 With oxides MgO + H₂O(g) → Mg(OH)₂ + H₂(g)
 With oxides 2Mg(s) + O₂(g) → 2MgO(s)
 With hydrogen Mg(s) + 2H₂(g) → Mg(OH)₂(s) + H₂(g) → Mg₃(OH)₄(s) + H₂(g) → Mg₃(OH)₄(s)
 With acids & bases Mg(s) + 2HCl(aq) → MgCl₂(aq) + H₂(g) → Mg(OH)₂(s) + H₂O(l) → Mg₃(OH)₄(s)
COPPER (STAINLESS STEEL)
 With oxides 2Cu(s) + O₂(g) → 2Cu₂O(s) 2Cu(s) + O₂(g) → Cu₂O(s) [yellow-green] Cu(s) + O₂(g) → CuO(s) [black]
 With oxides Cu₂O + H₂O(g) → Cu(OH)₂ + H₂(g)
 With oxides Cu₂O + H₂O(g) → Cu(OH)₂ + H₂(g)
 With oxides & bases Cu(s) + H₂O₂(aq) → Cu₂(OH)₂(aq) + H₂O(l) → Cu₂(OH)₂(aq)
NICKEL (STAINLESS STEEL)
 With oxides 2Ni(s) + O₂(g) → 2NiO(s) Ni(s) + O₂(g) → NiO(s) [black] Ni(s) + O₂(g) → Ni₂O₃(s) [yellow] Ni(s) + O₂(g) → Ni₃O₄(s)
 With oxides Ni₂O₃ + H₂O(g) → Ni₂(OH)₂ + H₂(g)
 With oxides & bases Ni(s) + H₂O₂(aq) → Ni₂(OH)₂ + H₂O(l) → Ni₂(OH)₂(aq)
 With acids and bases Ni(s) + H₂O₂(aq) → Ni₂(OH)₂ + H₂O(l) → Ni₂(OH)₂(aq)



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Source : Miriams Earthen Cookware

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