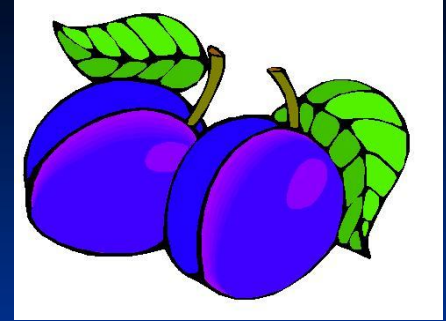




Particularities of plum processing in Romania -Magiun-



About the Plum...



- Originally brought from Syria the Plum tree was spread across Europe by the Roman Empire.
- Plums are a rich source of potassium, which is vital in maintaining good health of the heart and nervous system. Plums are also rich in vitamin A, B, and C, as well as sulfur phosphorus manganese and sodium.
- Plums are an autumn fruit.

Processing methods

Plums are consumed:

- Fresh – having a rich taste which varies depending on ripeness, area and cultivator.
- Processed into:
 - compote
 - marmalade
 - jam
 - magiun
 - conserved through drying
 - smoking
 - as filling for a large variety of pastery goods.

What is magiunul?

- Magiun is a produce obtained by boiling plums in special open cauldrons, without adding sugar or any other ingredients save the plums themselves.



- This traditional product contains a variety of vitamins, potassium calcium iron magnesium micro and macro nutrients and is highly recommended for children due to its rich taste and lack of added processed sugar.
- It is also recommended for young people who are constantly engaging in stressful intellectual and physical activities.
- Magiun is also useful for those suffering from diabetes and are dependant on insulin. And it is also one of the few substances containing selenium, which has been proven to have anti aging properties.

A Magiun Recipe ...

- Magiune is made exclusively from plums, with no added ingredients.
- The plums are boiled in double cauldrons.
- After boiling, the magiun is put into small vessels usually made from burned clay or in glass jars, which, after cooling, are sealed and deposited in cellars or other sealed spaces which maintain a regular temperature.

Differences between Magiun and Plum Jam...

- The main difference is that Jam contains added sugar whereas magiun does not, containing only the sugar contained in the plums naturally. This makes it a very good aliment for people having food restrictions.



Importance

- As a Romanian traditional foodstuff, magiun is consumed by individuals of all ages, especially during the autumn-winter-spring period both as breakfast and as desert.

