

Methods of preparing plum dishes specific to various regions of Romania

Plum Magiun (Jam)



Overview

- Etiology behind the term “Plum Magiun”
- Variations of plum magiun.
- Plum festival in Romania

Plum magiun

Plum magiun is a foodstuff, in the form of a rich, sweet paste, obtained through boiling plums without adding sugar or any other sweetening agent.



Assortments of plum Magiun

- Magiun with cinnamon
- “Magiun de Chegea”
- Magiun made from plums cultivated in the Bistrita region
- Magiun with added nuts

Diet plum magiun

Diet plum magiun differentiates itself from normal magiun, because it is made using diet sugar for those who suffer from diabetics. One glass of diet sugar is equivalent to one glass of normal sugar.

Receipt ingredients :

- 1,5 kg of long plums
- 2 - 3 apples still having their skin
- lemon juice
- 200 gr. Of diet sugar for diabetics
- a dash of cinnamon



Plum Magiun with cinnamon

The principle nutrients found in Plum magiun with cinnamon are:

Calories	114 kcal/ 100g
Fat	0 g/100g
Saturated Fat	0 g/100g
Cholesterol	0 mg/100g
Carbohydrates	29 g/100g
Fiber	1.9 g/100g
Sugar	26.5 g/100g
Protein	1 g/100g

“Magiun de Chegea”

- Plum magiun made in Chegea was presented during the Plum Festival held at Satu Mare in
- It differentiates itself from classic magiun through the use of plums from the area surrounding Chegea.



Magiun made from plums cultivated in the Bistrita region

In Bistrita magiun is made using a different recipe, both in terms of ingredients and method of preparation.

Ingredients:

- 4 kg Bistrita plums, as ripe as possible;
- Apple vinegar.

Method of preparation:

- The plums are washed thoroughly, after which the seed is removed and the quantity of plums is measured;
- The plums chosen are then boiled over a low fire;
- Meanwhile inside the oven will be placed a large pot containing apple vinegar;
- The plums are placed on top and let to "macerate";
- The following day the pot is introduced inside the oven at a temperature of 120° C for about 7 to 8 hours
- The dish is then periodically checked using the "wire check".

Plum festival 2010

In 2010 the Zetea Workshops took place in Mediesu Aurit under the title "Plum Festival".

Locals and tourists alike had the chance to taste the new Chegea as well as other traditional foodstuffs, such as: pancakes, cozonac, compote, cheeses, strudels and donuts filled with magiun . prune.



Plum magiun a natural detoxifier

Magiun is very rich in vitamins, minerals and is a rich source of energy.

If you plan on adopting a healthy well balanced diet then plum magiun should find a place on your table.

Taste with confidence!

PLUM
MAGIUN!