

# HABITS OF PLUM PROCESSING IN ROMANIA

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# PLUMS – HEALTH FRUIT

*A highly adaptable plant, the plum tree is cultivated everywhere from low plains to high hills. It is this dependability that has allowed the plum to become a reliable means of obtaining sustenance as well as a source of culinary tradition.*

*It is this tradition that made Romania into the largest producer of plums in Europe.*

# THE USE OF PLUMS

**Juicy with a unique color, plums have various uses, as they can be consumed in various forms:**

- Fresh
- Dried;
- Made into jams jellies and compotes
- Used in the making of various liquors most famous of which is the Romanian Tuica;

# BENEFITS

*Fresh plums can be served in all manner of ways :*

- They can be consumed before main meals in the form of juice;
- The natural sugars they contain are beneficial for our body, having superior qualities to processed sugar, acting as stimulants for our nervous and muscular systems;
- They are natural sources of vitamins and minerals, and help ward off exhaustion and anemia as well as helping to eliminate toxins from our body;
- Plums also naturally stimulate bowel movement helping in the transit of nutrients, and have a regulating effect on liver function;
- Treating obesity, inter arterial pressure and arthrosclerosis can be done by consuming plums for certain periods of time.

# BENEFITS

## Dried:

- Maintains its properties for a longer period of time (it cant raise hemoglobin levels);
- A diet of prunes, can help improve the quality of your skin and acts as a natural detoxifier. It is recommended to keep a diet for 4 days several days of year.

# LOST CUSTOMS

## Drying plums

Very few women still practice drying and cooking plums for storage during the winter season.

There are various methods of doing this but the most appreciated is the cooking of plums on top of a brick stove.

Plums used in this process must be carefully sorted and cleaned.

A fire is made in the hearth, and a grate onto which the sorted plums are placed is put directly on top the burning coals.

The plums are turned on their side from time to time in order to be kept from burning.

Temperature inside the oven must be kept constant and the fire must remain low. That is the secret to well made prunes.

# LOST CUSTOMS

## MARINATING PLUMS

Prunele sunt spalate bine, scurse si puse in borcane spalate si sterilizate.

Se pune la fiert apa si otet, se adauga restul ingredientelor si se lasa pe foc amestecand, pana se topesc zaharul si sarea.

Se mai da in cateva clocote apoi se toarna apa fierbinte peste prunele din borcane.

Apoi borcanele sunt legate si date la uscat, intre paturi, pana se racesc.

Pentru a evita eventualele “situatii neplacute” inainte de a fi puse in borcane, prunele pot fi desamburite.

# LOST CUSTOMS

## MARINATING PLUMS

For this process plums with more consistent skin are used.

The plums chosen are cleaned and separated from rotten fruit, or fruit that are damaged or stained.

The plums are placed in jars, their stems still attached.

The vinegar used in the marinating process is first boiled along with a mixture of water, sugar, cinnamon, salt and tacks.

Upon achieving boiling temperature the marinating liquid is left to cool and placed inside jars, on top the sorted plums.

The jars are finally covered with wrapping and sealed. The end product is served during the winter with a turkey, duck or hen dish.