

UTILIZATION OF PLUMS AS FUNCTIONAL INGREDIENTS IN BAKERY PRODUCTS

Mariana Slavic¹, Amelia Buculei², Adriana Dabija^{2*}

¹PhD Student, Stefan cel Mare University of Suceava, Faculty of Food Engineering, Doctoral School of Food Engineering, Suceava, ROMANIA

²Stefan cel Mare University of Suceava, Faculty of Food Engineering, Suceava, ROMANIA

*corresponding author: adriana.dabija@fia.usv.ro

At present plums are the most popular fruits used for the production of fruit spirits. This fruit is notably rich in antioxidants, being an important source of vitamins A, B and C, carotenoids and phenolic compounds like chlorogenic and neochlorogenic acids, catechin, epicatechin, cyanidin and quercetin derivatives. Because of its enhanced hydration properties, fermentability, phytochemical content, and balanced ratio of soluble and insoluble fibre, plums can be utilised as a fibre enrichment ingredient in bakery products. In recent years, plums have been described as foods with health-promoting properties. Research into the health benefits of the plums keeps showing promising results regarding their memory-boosting, antioxidant, and anti-inflammatory qualities. Since ancient times, people have been aware of and have eaten plums. Plum foods currently include around 2000 distinct types of natural products. They can be processed to create jams, compotes, jellies, candied fruits, and baked items, or they can be consumed fresh or dried. The literature has extensively discussed the use of plums in the food sector, including for making dough for extruded foods, creams, puddings, ice cream, and bakery and pastry products. The importance, production, nutritional profile, availability of bioactive components, and phenolic and flavonoid constituents of plums are all discussed in the paper. The benefits of plum bioactive compounds for circulatory, pulmonary, and cardiac problems are also covered. Overall, this paper synthesises specialized literature on the use of plums in the bakery industry.