

PREPARATION OF HIGH-QUALITY PLUM PULP AND BENEFICIAL PROPERTIES OF PLUM PULP FOR THE HUMAN BODY

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Abstract

The article covers the details of the drying of plum fruit, its nutritional value, micro and macro elements and its many useful properties, including the need to control the storage of dried plums, the fact that they are not damaged by pests and a number of other properties.

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Nowadays, increasing the efficiency of agriculture and continuously providing the population with food products is one of the urgent issues. Special attention should be paid to storage and processing in order to provide the population with fruits, vegetables and dairy products throughout the year. Because fruits, vegetables and dairy products are grown in season. Finding them in the off-season is very difficult. It is impossible to provide the population with various products throughout the year without organizing their long-term storage and processing. As the population and the production of products increase, it is necessary to improve the storage and processing.

If the cultivation, collection, transportation, storage and processing of fruits, vegetables and fruit products are scientifically correctly organized, if scientific and technical achievements and the experience of advanced people are widely introduced in this regard, the wastage of products and material losses will be reduced. every year, 20-30% of the harvested crops die during collection, transportation and storage, that is, they can be crushed, rotted, damaged.

After Uzbekistan gained independence, attention to this issue increased. Control over product quality has been established. Our products have been released directly to the world market. However, the achievements of science and progress in the field of storage and processing of fruit, vegetable and fruit products are not widely implemented. The existing enterprise, warehouses were built without taking into account the local soil and climate conditions.

The knowledge of the quality of fruit-vegetable and vegetable products by today's advanced specialists, familiarization with the standardization system, mastering the technology of storage and processing of plant products increases product quality and further reduces spoilage.

There are more than 250 types of plums around the world, and all of them have delicious and useful properties. Keeping many vitamins and minerals, micro and macro elements in the composition of plums, they help:

- the most important function of plums is to cleanse the body and improve gastrointestinal function;
- plum increases appetite;

- removes excess cholesterol;
- helps in atherosclerosis;
- cleanses the kidneys and removes excess fluid;
- strengthens the heart and vascular system.

Due to the low calorie content of plums, dietitians recommend its consumption to dieters. 100 grams of plums are 42 kkal, contain 0.8 grams of proteins, 0.3 grams of fats, and 9.6 grams of carbohydrates.

Plum varieties "Samarkand black plum", "Berton", "Arton", "Osennyaya", "Wengerka fioletovaya", "Ispolinskaya", "Kora olu", "Anna shpet" and "Kirke" are very good. Plum cake is a good product for dietary treatment for the human body. Berton, Ispolinsky, Sogdiana, Kora olu, Samarkandskaya, Vengerka Ajanskaya, Vengerka fioletovaya varieties of plums are considered the best for drying. moisture packing, packing and storage. Plums to be dried should be well ripe. For this reason, it is cut when it is fully ripe and sugar, acid and other substances reach the appropriate level. Plums are sorted according to their size, ripeness, and quality. Crushed, rotten, diseased, and insect-damaged fruits are separated. Before drying, taking into account the late ripening of plum varieties (August-September), they are processed (blanching) in an active mixture. It is not recommended to dry plums after September 10-15, because the fruits do not dry until the autumn rains. For this, the product is dried earlier by processing in a 0.5% alkali mixture. The purpose of processing is to create small cracks in the flesh of the fruit and accelerate the aging process. To process plum fruits, clean water is poured into a pot and brought to a boil, then 500 g of alkali (caustic soda) is added to 100 liters of water and boiled, then the fruits are small (2 -3 kg) are placed in baskets and dipped in a boiling alkali mixture (depending on the ripeness of the product, variety) for 10-30 seconds and dried in an open area. After processing with alkali, the fruits are immediately smoked in sulfur, where up to one gram of sulfur is used for one kilogram of fruit and smoked for one hour. Then it is dried by the "stack" method, and a high-quality product is obtained. The moisture content of the finished product should not exceed 20-22%. Depending on weather conditions, drying takes 14-20 days. 24-36% dry product is obtained.

Summary.

Currently, the demand for the agricultural sector is increasing, and the reason for this is the year-by-year increase in the population. In order to provide the population with fruits and vegetables throughout the year, first of all, it is necessary to establish a method of drying the products to make them of high quality. The goal of quality drying of products is to provide people with this product without interruption, as well as to prevent excessive spoilage and losses.

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