

How to Make a Peanut Butter and Jelly Sandwich

Elizabeth A. Shack

This manual gives instructions for making a peanut butter and jelly sandwich, an American classic popular with schoolchildren and office workers.

Ingredients

The ingredients for a peanut butter and jelly sandwich are simple:

Ingredient	Amount	Notes
Bread	2 slices, any size	Slices should be of similar size Bread should not be too soft Bread should not have a strong flavor
Peanut Butter	1-2 tablespoons (adjust amount to cover one slice of bread)	Any available variety
Jelly	1-2 tablespoons (adjust amount to cover one slice of bread)	Any available flavor of jelly, jam, or preserves

Multiply all ingredients by the number of sandwiches desired. For example, to make two sandwiches, use four slices of bread.

Other Supplies

The tools needed to make a peanut butter and jelly sandwich are:

- One plate or cutting board large enough for both slices of bread to lie flat.
- Two dinner or butter knives.
- (Optional) One sandwich-sized container or plastic sandwich bag, if the sandwich is to be packed in a lunch.

Procedure

1. Gather all the ingredients and supplies.

This ensures that none are missing and allows time to plan for substitutions.

2. Spread peanut butter on one slice of bread.

Using one of the dinner or butter knives, scoop the desired amount of peanut butter from the peanut butter jar.

Spread the peanut butter evenly on one side of one slice of bread. It should reach as near to the edges as possible.

Note: If the peanut butter is an all-natural variety, it may be difficult to spread. Toast the bread first. Place small scoops of peanut butter on the warm toast and let them rest for a few seconds. When they have softened, spread them.

Note: If the bread is a soft variety, it may tear. To prevent this, add the peanut butter in small amounts, gently pressing it onto the bread.

3. Spread jelly on the other slice of bread.

Using the second dinner or butter knife, scoop the desired amount of jelly from the jelly jar.

Spread the jelly on one side of the second slice of bread (the one that does not have peanut butter on it). It should reach as near to the edges as possible.

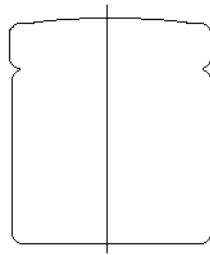
4. Put the slices together.

Make sure the peanut butter and jelly are inside the sandwich, facing each other.

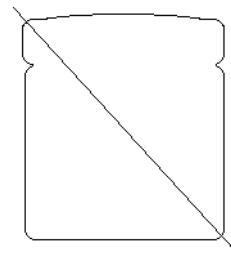
The bread slices should be arranged so that their tops are together and their bottoms are together.

5. (Optional) Slice the sandwich to make it easier to eat.

Use the jelly knife to cut the sandwich in half. It may be cut vertically, from the top to the bottom of each slice, or diagonally, from one corner to the opposing corner.



Vertical Cut



Diagonal Cut

6. (Optional) Pack the sandwich.

If the sandwich is being packed in a lunch, put it into a container or sandwich bag.

7. Clean up.

The knives and plate should be washed or put in the dishwasher.