

Formal Voice: Instruction

How to Make a Peanut Butter and Jelly Sandwich

In this lesson, we will cover the basic steps required to make a peanut butter and jelly sandwich. This is essential knowledge in beginning sandwich construction, and will enable you to assemble an easy snack. This lesson will also empower you with the fundamental knowledge to make more elaborate sandwiches in the future, should you choose to do so.

Objectives

- Identify the key ingredients used in a peanut butter and jelly sandwich
- Apply the various processes used to open each ingredient
- Combine the ingredients in the correct amount and order
- Construct your own peanut butter and jelly sandwich

Gather the following items. These will be used as you create your sandwich.

- 1 package of sliced bread (white or wheat bread is most common)
- 1 jar of jelly (any flavor, most enjoy strawberry or grape)
- 1 jar of peanut butter (you may substitute with almond or sunflower butter)
- 1 butter knife

Preparation (2 minutes)

1. Prepare your workspace: The ideal setup should have a counter upon which you may place your ingredients, and a plate on which you will be constructing your sandwich. However, a counter or napkin will work just fine.
2. Wash your hands. Wet both hands, lather with soap for 30 seconds and rinse with warm water.

Instructions (5 minutes)

3. Open the package of bread by removing the plastic tab from the bag.
 - a. You can accomplish this by taking both ends of the plastic tab and prying them apart in opposite directions. Pull one tab towards yourself, and the other in the opposite direction from yourself.
 - b. When you've accomplished this, the end of the bag should unwrap, revealing a hole from which you can remove the bread slices.
4. Take out two slices of bread from the package and lay them side by side on your workspace.
 - a. Skip the first slice of bread in the package. This is called the "end" piece, and you may notice it has a significant amount of crust, which hinders the bread from absorbing the desired amount of jelly and/or peanut butter.

5. Open the jar of peanut butter by holding the glass body of the jar in your non-dominant hand, and twisting the lid in a clockwise motion with your dominant hand.
 - a. If the jar has never been opened before, you may find a foil or plastic seal beneath the jar's lid, to preserve freshness. You may peel this off and discard it.
6. Replace the jar on your workspace.
7. Hold the butter knife by its handle, which is the slightly thicker, blunt edge of the instrument. Dip the knife's blade into the jar and use it to scoop out a satisfactory amount of peanut butter.
 - a. The exact amount of peanut butter is up to your tastes, but should be a little more or less than a tablespoon.
 - b. You may need to stabilize the jar using your non-dominant hand.
8. Spread the peanut butter onto a single slice of bread using the butter knife.
 - a. Which slice you choose is up to you. The remaining slice will hold the jelly, which we'll cover in the next few steps.
 - b. You may repeat steps 5 and 6 until the desired amount of peanut butter is reached.
9. Open the jar of jelly by holding the glass body of the jar in your non-dominant hand, and twisting the lid in a clockwise motion with your dominant hand.
 - a. If the jar has never been opened before, you may find a foil or plastic seal beneath the jar's lid, to preserve freshness. You may peel this off and discard it.
10. Replace the jar on your workspace.
11. Hold the butter knife by its handle, which is the slightly thicker, blunt edge of the instrument. Dip the knife's blade into the jar and use it to scoop out a satisfactory amount of jelly.
 - a. The exact amount of jelly is up to your tastes, but should be a little more or less than a tablespoon.
 - b. You may need to stabilize the jar using your non-dominant hand.
12. Spread the jelly onto the remaining slice of bread (the one without peanut butter), using the butter knife.
 - a. You may repeat steps 5 and 6 until the desired amount of jelly is reached.
13. Hold your dominant hand with the palm facing up. With it, slide underneath the slice of bread on the right. You should be touching the "back" side of the bread, with no jelly or peanut butter on it.
14. Slowly turn your hand 180° in a kind of "flipping" motion, so that the jelly and peanut butter side of the bread meet.
 - a. You will most likely need to stabilize the bread with your non-dominant hand. Go at a comfortable pace, slow enough that you are able to align both pieces of bread but quickly enough that your topping does not slide off of the bread.
15. Adjust your bread as needed to ensure that the jelly and peanut butter meet, and the ends of the sandwich are orderly and aligned, with as little peanut butter or jelly spilling over the edges as possible. Your sandwich is now assembled.