PEANUT BUTTER JELLY SANDWICH DOCUMENTATION

Materials required to make a PBJ Sandwich:

1. Two slices of bread
2. A jar of peanut butter
3. A jar of jelly or jam
4. One butter knife
5. A dish (optional)

If you don’t have these ingredients available at home, you can go to the nearest supermarket to buy these ingredients. If you want to make fresh bread loaf, then you can follow steps to prepare bread at the bottom of this document.

Popular peanut butter brands you can buy in U.S. are:

1. Jif
2. Skippy
3. Store Brand
4. Peter pan
5. Nutella
6. Smucker’s

Popular jelly/jam brands you can buy in U.S. are:

1. Smucker’s
2. Welch’s

Steps to make peanut butter jelly sandwich:

1. Make sure you have all the ingredients and tools required to make a PBJ sandwich handy.
2. Open the jar of peanut butter.
3. Pick the knife and put it in the peanut butter jar.
4. Take the first slice of bread.
5. Run the knife having a dollop of peanut butter on the one side of the bread
6. Place the bread on a dish such that the peanut butter side is on the top.
7. Take second slice of bread.
8. Open the jelly/jam jar.
9. Pick the knife and put it in the jelly/jam jar.
10. Run the knife having a dollop of jelly or jam on this side.
11. Press the jelly/jam side of bread facing the peanut butter side of the bread in the dish.

The quintessentially American delicacy PBJ sandwich is ready to eat.

Ingredients to prepare bread:

1. 450g wheat or any flour of your choice
2. 1 tablespoon dried yeast
3. 2 teaspoons caster sugar
4. 1/2 teaspoon salt
5. 250 ml warm milk
6. 2 tablespoon dollops of butter

If you don’t have bread and want to make bread from scratch at home, follow these steps:

1. Make sure you have all the ingredients and tools required to make bread handy.
2. Mix flour, yeast and sugar in a large bowl.
3. Add some salt to this mixture.
4. Continue stirring the mixture.
5. Make a depression at the centre of the mixture.
6. Pour some milk in this depression.
7. Add 2 dollops of butter in this depression.
8. Use a spoon to mix all these ingredients well until they are well combined.
9. Use both your hands to make your mixture doughy.
10. Place this dough-like mixture onto a lightly floured surface.
11. Knead for 10 minutes until we get an elastic and smooth dough.
12. Brush the dough with any edible oil for greasing.
13. Place the dough in a bowl.
14. Cover it with a damp towel or cloth.
15. Set this bowl aside in a warm place for an hour.
16. Come back and check if the dough is now twice the original size.
17. If not, keep it aside for 15 more minutes.
18. Sprinkle some more flour on the dough and knead for two more minutes and the dough is ready.
19. Give it a shape of your choice. (For PJB sandwich give it the traditional rectangular cuboid shape)
20. Place the dough in the open.
21. Set the temperature of the oven to 190℃ or 375°F for 30 minutes.
22. Check if the colour of the baked dough is brown and whether bread feels hollow when tapped.

Your bread to be used in the PBJ sandwich is ready.

Word Count = 580