

Peanut Butter Sandwiches

Peanut butter sandwiches (PBS) are viewed by some as an American icon. Many adults remember looking into their lunch box to retrieve their favorite sandwich, and some still make one for lunch or as a treat.

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Getting Started

Materials required for one sandwich:

- 2 slices of bread
- peanut butter (pb)
- jelly
- 1 dull knife to spread the pb and jelly
- small plate
- napkin




TIP: Refer to [Materials List 5](#) for more specific information.

Make the Sandwich

These instructions are for making one peanut butter and jelly sandwich. To make more than one simply multiply the ingredients by the total pbs wanted. You may also exchange jelly for honey, bananas or apricots.

Action to Take	Steps Required for Action
Put peanut butter (pb) on one slice of bread.	<ol style="list-style-type: none"> 1. Put one slice of bread on the small plate or cutting board. 2. Using the knife, scoop out 1 Tablespoon (TB) or more of pb. 3. Spread the pb on the slice of bread. <p>Note:</p> <ul style="list-style-type: none"> • If the pb is cold you may have to warm it before spreading. • If the pb is non-hydrogenated you may be required to stir in the oil that is on the top.
Put jelly on second slice of bread.	<ol style="list-style-type: none"> 1. Put second slice of bread on the small plate or cutting board. 2. Using the knife, scoop out 1/2 TB of jelly. Use more or less to taste. 3. Spread the jelly on the slice of bread. <div data-bbox="862 1094 1219 1356" data-label="Image"> </div>
Put both slices of bread together.	<p>Place the slices so the pb and jelly are between the 2 slices.</p> <div data-bbox="906 1486 1174 1728" data-label="Image"> </div>

Action to Take	Steps Required for Action
Cut the sandwich to suit your needs.	<p>Generally, the sandwich is cut in half. Occasionally it may be served whole or cut into quarters.</p> 
Serve the pb sandwich	<p>Serve the sandwich on:</p> <ul style="list-style-type: none">• a small plate• a napkin• directly into the consumer's hands

Materials List

Bread

White sliced bread is the traditional favorite. You can vary this by using whole grain, multi-grain, or homemade bread. Resources abound, so select the bread you like best.

Peanut Butter

The choices in peanut butter run the gamut from organically grown peanuts ground at home to smooth, hydrogenated, peanut butter in a vacuum-packed jar.



Peanut butter in a jar.

Types:

- Hydrogenated – the oil is blended into the peanut butter so there is no separation on storage. Usually does not need refrigeration after opening.
- Non-hydrogenated – the oil and the peanut butter separate in the jar and it must be stirred before using. In most cases you should refrigerate after opening.
- Organic – made from organically grown peanuts

Commercial brands (a partial list):

- Jiffy – several varieties
- Laura Scuder – popular for the natural or organic variety
- Smuckers – several varieties
- Newman's Own – organic variety
- Organic – in prepared jars, or you can grind the peanuts into a container provided for that purpose. This butter is made from peanuts grown on soil without commercial fertilizer or pesticides. (See [Organic Certification](#) for more information.)

Jelly

Jelly, a sweet, usually clear, spread made from fruit juice used primarily to accent the peanut butter and sweeten it. The varieties are virtually endless. Some people prefer to use jams or marmalades because they are more robust and have fruit pieces in the spread and still others like to use honey.



Jelly in a jar

There is no list of jellies, jams, or honey as they are too numerous for this document.

Dull Knife

A dull knife is used to spread both the jelly and the jam. This type of knife is also called a dinner knife and/or a butter knife. It will slice the bread, but will not harm the user. This is especially important when a child is making the sandwich.



Spoon, dull knife, and fork. You will use the knife.

Small Plate or Cutting Board

A cutting board or small plate is used as the cutting surface for the finished sandwich. You may also choose to serve the sandwich on the small plate.

Paper Napkins

Paper napkins are recommended for holding the sandwich. They catch and absorb any jelly or peanut butter that accidentally oozes out of the sandwich. You may also serve the sandwich on a napkin instead of the small plate when in an informal situation.

Other Information

Allergies to Peanuts

Today there is some concern for people who have an allergic reaction to peanuts, but only about 2% of the population are affected.

(See <http://www.peanutbutter.com/allergy.asp> for more information.)

Variations¹

A few of the options for variation are:

- Dagwood-style sandwiches can be made by layering more than two slices of bread.
- Use soft bananas or apricots instead of jelly
- Give the sandwich some crunch by adding Wheaties or Toasted K cereal to the pb
- Use wild honey instead of jelly (strongly flavored honey may overpower the pb)
- Sprinkle cayenne pepper on the pb to lend a Texas flavor to the sandwich



These variations are just a few of many and are subject to personal taste.

Credits

Wikipedia at <http://www.wikipedia.org>

Peanut Butter Council

Unilever, makers of Skippy