

Prompt: Write a video script about how to make a peanut butter jelly sandwich.

Time: 30 minutes

In one of my earliest memories in life, I am standing on a wooden terrace in southern Turkey, feeling the cool evening breeze on my sunburnt skin and watching the sun set over the sea below. I have a glass of milk in my left hand and half a peanut butter jelly sandwich in the other.

Despite the fact that the majority of my memories involve food, I think about that particular sandwich often. From within a cloud of filet mignons, paellas, and gulash, that peanut butter jelly sandwich shines forth as the brightest, clearest, and most delicious memory of all.

Looking back, besides the scenic backdrop, I have identified several key characteristics that made that sandwich so unforgettable. By introducing these simple alterations to *your* daily peanut butter jelly sandwich, you can ensure that each and every one becomes deeply ingrained in your memory, too.

First, find your peanut butter. The US market, unlike any other market in the world, has more than one type of peanut butter. Each brand has varying amounts of sugar and crunchiness. Get the one with the least sugar, around 6g/serving, and the most crunch. The goal is to diversify the taste and texture of the final product by creating a contrast with our second ingredient-- jelly. By differentiating ingredients, you can create individual unique experiences within your mouth and really become intimate with what you're eating.

Once you've selected your pb, you can move on the j. The j should be jelly and not jam. Jam is thicker and jiggly while jelly looks more fluid and edible. It should also be strawberry and not grape, because purple is an unappetizing color. You will want to check that there are small bits of solid strawberry in the jar as well because they will complement the small bits of solid nuts nicely.

Finally, it's time for the bread. I've seen many ingredients with great potential make it to this stage only to have all their hopes smothered by a fat old hamburger bun left over from the last barbeque. I recommend a basic, white sliced loaf such as Wonder Bread. However, recently their slices seem to have gotten thinner, resulting in microtears during the preparation process. Something thicker than Wonder Bread but just as white would be ideal.

Once you have all three of your ingredients, place them on the nearest surface. Using a spoon, add a generous amount of peanut butter to 2 slices of bread and spread it around. Adding a thick layer of peanut butter to both slices ensures that the jelly won't seep through. Next, add one spoonful of jelly on one of the slices. Seal it shut with the other slice and gently massage the sandwich until the ingredients become acquainted within. Slice it in half diagonally, take a second to admire the innards, and move to a secluded, peaceful spot where you want your next pbj memory to be set. Bon appetit!