

Standard Operating Procedure for the Creation of a Peanut-Butter Sandwich

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Purpose:

This document gives instructions on how to make a blackberry jam and creamy peanut-butter (PB&J) sandwich on whole wheat bread. If necessary, you can ingredients involved in this SOP (jam, peanut butter, bread) with other ingredients to change the outcome of the SOP to a different kind of PB&J sandwich.

Definitions:

- Bread: Refers to Nature's Own 100% Whole Wheat Bread.
- A Slice of Bread: One slice of the previously mentioned bread, not including the 'butt' of the loaf that has crust coating one side (unless you enjoy that or have no other options)
- Flat of the Bread: Refers to the side of the bread with the largest surface area and no crust covering it.
- jam: Refers to Smucker's Seedless Blackberry jam. Other jams, preserves, and fruit spreads can be acceptable replacements based on personal preference and spreadability.
- Peanut Butter: Refers to Peter Pan Creamy Peanut Butter.
- Knife - Refers to a long-bladed butter knife with a handle that is approximately the same length as the blade, and the entire knife measures between five and seven inches (ex., the [Walco 6811 7" Classic Baroque 18/10 Stainless](#) butter knife).
- Flat of the Knife: Refers to the flat side of the knife blade.
- Plate: A Glad Disposable Paper Plate. Economy paper plates are not recommended for replacement because they are less sturdy, and you risk dropping the created PB&J on the ground after creation.
- Cleaning Supplies: Clorox wipes, paper towels, and surface cleaners (if necessary).
- Counter Top: A flat, dry surface you can put a plate on safely. This is not limited to conventional countertops and can include things such as tree stumps, tables, and floors.
- A Sufficient Amount: The amount of an ingredient (jam or peanut butter) that is capable of covering at least one slice of bread.
- A Small Amount: The amount required to partially cover one edge of a butter knife
- Spoon: a non-slotted soup or dinner spoon (preferred silver).

Prerequisites:

- Prepare the components:
 - Two slices of bread

- Two butter knives
- One container of jam with a sufficient amount of jam
- One container of peanut butter with a sufficient amount of peanut butter
- One plate
- One countertop
- Clear the countertop and sanitized (See 'SOP for Cleaning and Prepping Countertops' for more specific instructions)
- Properly clean and sanitize hands (Happy birthday hand washing technique preferred)

Procedure:

1. Setting up counter top
 - a. Place the plate on the table.
 - b. Place two slices of bread (separated) on the plate.
 - c. Set the knife on the edge of the plate unless that disturbs the plate's balance. Don't place the knife on top of the bread.
 - d. Set peanut butter and jam beside the plate (right side if right-handed; left side if left-handed) with the peanut butter placed closer to you than the jam.
2. Adding peanut butter
 - a. Grip the lid of the peanut butter jar with the dominant hand
 - b. Bracing the jar with the other hand
 - c. Twist the lid counter-clockwise to remove the lid. After removing the lid, place the lid beside the peanut butter jar on the counter.
 - d. Scoop peanut butter from the jar using the flat of the knife. Brace the jar, if necessary. Avoid taking large globs. Only scoop an amount that extends under an inch from the blade.
 - e. With the non-dominant hand, lift one slice of bread. Use the knife to spread the peanut butter over the flat of the bread.
 - i. Use long strokes with the knife's sharp edge opposite the direction you are spreading.
 - ii. Angle the sharp edge of the knife down slightly to spread the peanut butter thinly across the surface.
 - iii. Cup the piece of bread with the non-dominant hand slightly to prevent spreading motion from pushing the bread out of your hand.
 - f. Once the peanut butter on the knife is exhausted, scrape the peanut butter off the knife blade.
 - i. Set the flat of the blade, nearest to the handle, against the crust of the bread
 - ii. Drag the knife downward. If necessary, spread the excess peanut butter that was on the knife over the rest of the flat of bread to keep the peanut-butter distribution relatively even (perfection is not necessary).
 - g. With the face of the bread with peanut butter on it facing up, keep applying peanut butter until there is a thin layer of peanut butter covering that side of the bread (spreading the peanut butter from crust to crust is known to improve the flavor of the sandwich but is not a necessity).

- h. Wipe any excess peanut butter on the knife off using the inside of the peanut-butter jar (just on the inside of the part the lid screws onto is usually the best spot).
 - i. Set the peanut-buttered bread (still with peanut butter side up) down on the plate.
 - j. Replace the peanut-butter Jar's lid by placing the cap on (with the teeth of the cap fitting into those outside the 'bottleneck') and turning clockwise until tight. Move the peanut-butter jar away from yourself and the sandwich, keeping it still on the counter to make more room to work with the jam.
- 3. Adding the jam
 - a. Using the same technique used when opening the peanut-butter jar, open the jam jar and put the lid to the side.
 - b. Lift the jar of jam, tilt it slightly, and use the flat of the knife to scrape a small amount of jam onto the peanut-butter-laden bread slice.
 - c. Set the jar back down on the counter.
 - d. Use the knife to spread the jam over the peanut butter. Gently press down on the large globs of jam and spread by pulling the knife back and forth. Always keep the side of the bread you move the knife towards tilted up for an easier spread. Note: You do not need to spread the jam evenly. Just flatten the large chunks.
 - e. Repeat until the entire surface of the peanut butter is sparsely covered by jam.
 - f. Wipe the knife off with the same technique used for the peanut butter using the jam jar.
 - g. Put down the knife, and place the lid back on the jam jar. Turn the lid counter-clockwise until tight.
- 4. Finish
 - a. Take the plain piece of bread and place one of its flat sides down over the piece of bread you have finished putting peanut butter and jam on. Make sure to match crust as much as possible.
 - b. Clean up the work station:
 - i. Keep the sandwich on the plate while moving it to its desired location.
 - ii. Clean the workstation. Pay extra attention to the jam as it can leave behind a sticky residue if not cleaned properly