

Standard Operating Procedure for the Creation of a Peanut Butter Sandwich

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Purpose:

This document details instructions on the creation of a basic, blackberry jam and creamy peanut butter sandwich on whole wheat bread. If necessary, ingredients involved in this SOP (Jam, peanut butter, bread) can be replaced with other ingredients to change the outcome of the SOP to a different kind of PB&J sandwich.

Definitions:

- Bread - In this instance, bread shall refer 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 - 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 - Peanut butter refers to Peter Pan Creamy Peanut Butter.
- Knife - Knife refers to a long-bladed butter knife where the handle 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 - This refers to the flat side of the knife blade.
- Plate - A plate is defined as a Glad Disposable Paper Plate. Economy paper plates are not recommended for replacement as they are less sturdy and risk dropping the created PB&J on the ground after creation.
- Cleaning Supplies - Clorox wipes, paper towels, and surface cleaners (if necessary)
- Counter Top - Flat, dry surface on which a plate can be placed 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.
- Spoon - a non-slotted soup or dinner spoon (preferred silver).

Prerequisites:

- Proper components required
 - Two slices of bread

- One butter knife
- 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
- Countertop has been cleared and sanitized (See 'SOP for Cleaning and Prepping Countertops' for more specific instructions, if necessary)
- Hands have been properly sanitized. (Happy birthday hand washing technique preferred)

Procedure:

1. Setting up the Station
2. Place the plate on the table.
3. Place two slices of bread (separated) on the plate.
4. Set the knife on the edge of the plate unless that disturbs the plate's balance. Make sure not to place the knife on top of the bread.
5. 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 the worker than the Jam.
6. Say a prayer for success to whatever gods/demons/other/none believed in if feeling nervous to help instill confidence in oneself.
7. Adding Peanut butter
 - a. Grip the lid of the peanut butter jar with the dominant hand --- bracing the jar with the other hand --- and twist the lid counter-clockwise to remove the lid. Once removed, place the lid beside the peanut butter jar on the counter when done.
 - b. Scoop peanut butter from the jar using the flat of the knife (bracing the jar, if necessary). Avoid taking more peanut butter than what can reasonably cover the flat of the knife.
 - c. With the non-dominant hand, lift one slice of bread and 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 properly spread the peanut butter thinly across the surface.
 - iii. Cup the piece of bread with the non-dominant hand slightly to prevent the force of the knife (and the friction of the peanut butter) from causing the bread to exit the hand.
 - d. Once the peanut butter on the knife is exhausted, scrape the peanut butter off the knife blade by setting the flat of the blade, nearest to the handle, against the crust of the bread and dragging 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).
 - e. Keeping 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 singular fat

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).

- f. 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), then set the peanut-buttered bread (still with peanut butter side up) down on the plate.
 - g. 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.
8. Adding the Jam
- a. Using the same technique utilized when opening the peanut butter jar, open up 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. After putting the jar back down, use the knife to spread the Jam over the peanut butter. As to not disturb the peanut butter distribution too much, it is recommended to gently press down on the large globs of Jam and spread by pulling the knife back and forth. Always keep the side that faces the direction you are traveling tilted up for an easier spread. As an added note, the Jam doesn't need to be spread evenly over the bread. Just flatten the large chunks.
 - d. Repeat until the entire surface of the peanut butter is sparsely covered by Jam.
 - e. Once finished, wipe the knife off with the same technique used for the peanut butter using the Jam jar.
 - f. Put down the knife and place the lid back on the jam jar, turning the lid counter-clockwise until tight.
9. Finishing up
- a. Take the plain piece of bread and place one of its flat sides down over the first --- matching crust as much as possible.
 - b. Now the peanut butter and jam sandwich is complete. Keep the sandwich on the plate while moving it to its desired location. Clean the workstation and be diligent with any jam or peanut butter on the counter.