Dispense <ingredient> - Timothy Sirchuk

1. Using one hand to hold the jar of <ingredient> by the bottom, firmly grasp the lid of the jar with your other hand. Begin by turning the top of the jar counter-clockwise, while grasping the jar firmly with the other hand. It may be easier to turn with both hands (in opposite directions), making sure the hand holding the lid of the jar is turning counter-clockwise.
2. Covering the rim of the <ingredient> jar you will notice a thin covering made of foil, plastic or paper. This is to protect the freshness of the <ingredient> and is not edible. You will remove this “freshness seal” in the next step.
3. Holding the jar by its bottom with one hand, use the thumb and forefinger of your other hand to grasp the freshness seal by its outermost edge (you may need to use your fingernails if the freshness seal is difficult to grasp). By gently pulling the edge of the seal away from the jar, the entire seal should be easy to remove, however, if the seal breaks or rips, it may be necessary to use your thumb and forefinger to remove any portion of the seal that remains attached to the jar, being careful not to allow either finger to come into contact with the <ingredient> inside the jar.
4. Discard the freshness seal (you won’t be needing it, and you won’t be replacing it onto the rim of the jar) and set the jar of <ingredient> aside.
5. Use your free hand to retrieve the open jar of <ingredient> (keep the jar’s open end facing upwards as you complete the next step).
6. Holding the jar in one hand and the knife in the other, gently insert the flat, pointed end of the knife into the <ingredient>. The <ingredient> will have a soft texture/consistency, so don’t insert the knife too deeply. Holding the jar firmly with one hand, move the knife in a sideward motion to apply a small amount of <ingredient> to the knife’s end: about .5 – 1 tablespoon will be adequate. Be careful that the <ingredient> is securely adhered to the knife; don’t allow the <ingredient> to fall off of the knife before it reaches the bread in the next step.
7. Still holding the knife in one hand, set the jar of <ingredient> aside.
8. Holding the knife in one hand and the slice of bread in the other, gently press the <ingredient> covered side of the knife against the bread slice (if your bread slice already has an ingredient on it, spread the new ingredient on top of the previous ingredient).
9. Holding the bread gently (but securely), spread the <ingredient> evenly across one entire face of the bread: you will likely need to move the knife in multiple sideward motions to spread the <ingredient> evenly, being careful not to get any of the <ingredient> on the fingers of the hand holding the slice of bread. Take your time. There should be approximately 1/8" inch of <ingredient> on one side of the bread slice (distributed evenly).
10. Now that your <ingredient/s> has been evenly distributed to 1/8” thickness on one slice of bread, set this slice of bread aside within easy reach, making sure to keep the side covered in <ingredient/s> facing upward, preventing the <ingredient/s> from making contact with any surface.
11. Retrieve both the slice of bread covered with <ingredient/s> and the unused, clean slice of bread, one in each hand (again, being careful not to touch the <ingredient/s>.
12. Holding one slice in each hand, gently press the unused, clean slice of bread’s face against the <ingredient/s> on the other slice, aligning them carefully before pressing them together to secure the positioning of the sandwich. Your sandwich is almost complete!
13. Now that both of your hands are free again, pick up the jar of <ingredient> with one hand, and the lid of the jar in the other, keeping the open end of the jar facing upward, and the open (concaved) side of the lid facing downward. You will replace the lid in the next step.
14. Place the open (concaved) side of the lid atop the upward facing, open end of the <ingredient> jar.
15. Turn the lid of the jar clockwise as you grasp the jar firmly with your other hand. Similar to step 1, it may be easier to turn with both hands (in opposite directions), as long as the hand holding the lid is turned clockwise (opposite of step 1).
16. Set the jar of <ingredient> aside: you won’t be needing it anymore unless you make another sandwich.