Assignment #2 – PBJ Documentation:

**Recipe for a Zac Beitzel Crunchy Peanut Butter and Jelly Sandwich**

Required Ingredients and Tools:

* 1 Standard Butter Knife (approximately 7.8 inches long, typically made of stainless steel)
* 1 Table Spoon (approximately 7 inches long, typically made of stainless steel)
* 1 Dinner Plate (approximately 10.5 inches in diameter, and typically made of porcelain)
* Martin’s brand ‘Butter Bread’. Only 2 slices needed (approximate slice dimensions are 5 inches long, 4 inches wide, and 0.5 inches thick), which is approximately 64 grams, and 160 calories. Alternate bread may be substituted, as long as 2 slices are used, and the total number of grams is between 50 and 78.
* Jif brand ‘Extra Crunchy Peanut Butter’ peanut butter. Only 2 servings needed, which is approximately 4 table spoons or 64 grams, and 380 calories. Alternate peanut butters may be substituted, as long as 4 table spoons or 64 grams are used.
* Smucker’s brand ‘Strawberry Jelly’. Only 2 servings needed, which is approximately 2 table spoons or 40 grams, and 100 calories. Alternate jelly may be substituted, as long as 2 table spoons or 40 grams are used.

Assumptions Made:

* You are in a sanitary kitchen which contains a kitchen table, and placed on top of the table are all of the ingredients and tools mentioned above.
* You are also standing next to a sanitary kitchen sink, which also has available dish soap, a dish scrubbing device, and paper towels.

Instructions:

Clean Kitchen Tools and Inspect Ingredients Before Use

1. Place your hands in the sink, run hot water over them, apply dish soap, lather your hands together thoroughly, apply more hot water to rinse away the soap, and then dry your hands using the paper towels, and then discard of the paper towels in to the garbage after use. This should ensure that your hands are suitably sanitary.
2. Take the table spoon and butter knife to the sink, run hot water over them, apply dish soap to them, thoroughly scrub them, and then rinse them with hot water again to rinse away the soap. Use the paper towels to dry them both off and set them on the table for use, and then discard of the paper towels in to the garbage after use. This should ensure that these tools are suitably sanitary.
3. Inspect the bread, peanut butter, and jelly containers (bags most likely for bread, jars most likely for peanut butter and jelly) in order to find the expiration date. If today’s date is past or equal to the expiration date for an ingredient, then it should be discarded to the garbage, and a new and fresher ingredient should be purchased that has not expired yet.

Apply Peanut Butter to One Slice

1. Open container of chosen peanut butter, place lid on table. Use the table spoon to scoop 4 servings out of the container, and place on to one non-crust side of 1 bread slice. Some of the peanut butter may stick to the table spoon, but you can use your butter knife to help scrape it off of the table spoon, and easily apply it to the bread.
2. Using the Butter Knife, spread the 4 servings of the peanut butter around the 1 non-crust side of the bread until it is consistently applied to all sections with approximately the same thickness, making sure that no peanut butter gets spread to the outside crust edges.
3. Place this slice down on the table out of the way, with the peanut butter applied side facing up, and the side with no peanut butter facing downwards.
4. Apply the lid back on to the container. You may put away the container, as no more peanut butter will be needed.
5. Follow the instructions again from the ‘Clean Kitchen Tools and Inspect Ingredients Before Use’ section for step 2, to make sure the table spoon and butter knife are clear of peanut butter, and are clean again.

Apply Jelly to One Slice

1. Open container of chosen jelly, place lid on table. Use the table spoon to scoop 2 servings out of the container, and place on to one non-crust side of the 2nd slice of bread that has no peanut butter on it. Some of the jelly may stick to the table spoon, but you can use your butter knife to help scrape it off of the table spoon, and easily apply it to the bread.
2. Using the Butter Knife, spread the 2 servings of the jelly around the 1 non-crust side of the bread until it is consistently applied to all sections with approximately the same thickness, making sure that no jelly gets spread to the outside crust edges.
3. Place this slice down on the table out of the way, with the jelly applied side facing up, and the side with no jelly facing downwards.
4. Apply the lid back on to the container. You may put away the container, as no more jelly will be needed.
5. Follow the instructions again from the ‘Clean Kitchen Tools and Inspect Ingredients Before Use’ section for step 2, to make sure the table spoon and butter knife are clear of jelly. You may now put away the table spoon and butter knife, as they will not be needed any longer.

Apply the Bread Slices Together and Serve

1. Pick up the slice of bread with the peanut butter, and place it on top of the slice of bread with the jelly, so that the peanut butter half of the one bread slice is congruently aligned with the other bread slice, and that the peanut butter is touching the jelly. After the slices of bread are placed on top of each other, it should be easy to pick up and hold, without getting any peanut butter or jelly on to your hands. It is officially a Peanut Butter and Jelly Sandwich now.
2. Place the newly-made Peanut Butter and Jelly Sandwich on to the dinner plate, and serve. This sandwich serves approximately 1 person.

*Word Count: 1,009*