

# Bryan D. Bence

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## Objective

Employment opportunity, flexible scheduling, and professional growth with your operation to perform all daily/essential tasks, routine duties, and most important responsibilities in a courtesy-esque prompt manner.

## Education

Palomar College, San Marcos, CA  
(Social & Behavioral Sciences A.A. degree pending completion)

Vista High School, Vista, CA (Class of 2007)

## Work Experience

Mr. A's Liquor Market, Grocery, Deli, 2018-present

- Cashier/Store Clerk, point of sale (POS), customer service/provide assistance w/ sales items, storefront merchandising (indoor-outdoor commodities), replenishing stock/rotating product inventory, low to high volume maintenance

Flying Pig Pub & Kitchen, 2017-2018

- Prep/Line Cook, brunch/hh/dinner entrée items, pantry setup/breakdown, mirepoix, stock, dressing, desserts, seasonal cakes, blanching, beer batter, banana tempura, cutlery filleting, rotate inventory, staff courtesy, expo

Jif-Pak Manufacturing, 2017

- Machine Operator, perform/inspect multi-stage production line setup including all necessary checks, required parts, and security measures, weigh and coordinate proper material-equipment standards, specifications

Vista Entertainment Center, 2015-2017

- Line Cook, stock inventory, menu preparation, dry-wet measurements, proper inventory control, POS transactions, close till, corporate party/event catering, maintaining sanitary kitchen environment

Frazier Farms Market, 2014

- Grocery Clerk/Stocker, receiving orders, stocking products while ensuring proper product rotation and quality assurance, meet customer satisfaction,

Bence Enterprises Inc, 2012-2014

- Machine Shop Technician, cnc operations, design plans/blueprints, identify equipment specifications, machine part(s)

Labor Ready, 2011-2012

- Temporary Day-Labor Work/Ground Guy, construction: marking, framing, footings, demo, grading, landscape - manufacturing: shipping, receiving, packaging, labeling - retail support - automobile transport

Palomar College, 2008-2011

- Laboratory Technician, monitor/aid student activity in digital/recording arts and computer music composition on digital audio workstations (DAW) with Industry-standard Pro Tools compatibility

Athletes Edge, 2007-2011

- Exercise Instructor, condition high school/college/corporate/team oriented athletes through interval/session training, endurance-strength movement sequence, systemized top elite/breakthrough technology, spreadsheet workload increase implementing sound form and upward mobility, drive personal goals-conscientious progress

Nucci's Italian Café, 2004-2010

**Prep Cooks Test**

**Score** / 20

Multiple Choice (1 point each)

d 1) A gallon is equal to \_\_\_\_\_ounces  
a. 56  
b. 145  
c. 32  
d. 128

c 2) Mesclun are what type of vegetable?  
a. Roots  
b. Beans  
c. Salad Greens  
d. Spices

b 3) What does the term braise mean?  
a. Sear quickly on both sides  
b. Slowly cook in covered pan with little liquid  
c. Cook on high heat and quickly  
d. Slowly cook in simmering water

b 4) At what internal temperature must chicken be cooked so that it is safe to eat?  
a. 155 degrees F  
b. 165 degrees F  
c. 175 degrees F  
d. 185 degrees F

d 5) How do you blanche vegetables?  
a. Immerse for a short time in boiling water  
b. Cook lightly in butter over med heat  
c. Soak in cold water overnight  
d. Rub with salt before cooking

c 6) Which of the following ingredients would you pack before measuring?  
a. Olive Oil  
b. Salt  
c. Brown Sugar  
d. White Sugar

d 7) What is Al Dente?  
a. Firm but not hard  
b. Soft to the touch  
c. Very hard  
d. Very soft

d 8) Food should be left out no more than  
a. 2 hours  
b. 3 hours  
c. 4 hours  
d. 5 hours

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C 9) Which is the improper way to thaw frozen food?

- a. In the fridge
- b. In a sink with cold water
- c. On the counter
- d. In the microwave

d 10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

C 11) What is the temperature range of the danger zone?

- a. 25-135
- b.** 40-140
- c. 50-160
- d. 30-130

C 12) Which of the following is listed from smallest to largest?

- a. Dice, chop, mince
- b. Mince, chop, dice
- c. Chop, dice. Mince
- d.** Mince, dice, chop

C 13) Which direction should pan handles be turned while cooking on the stove?

- a. Over the fire at all times
- b. Turned towards you for better control
- c. Turned towards the right or left at all times
- d. Over the countertop at all times

C 14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

b 15) Which spoon is used to remove fat from soups and stews

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

b 16) Which of the following means to cook in a small amount of fat?

- a. Season
- b. Sauté
- c. Broil
- d. Boil
- e. Fry

## Prep Cooks Test

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17) What is a Julien cut?

- a. Food cut into long thin strips, matchstick
- b. Food cut into long thin strips then turned and cut into a 1/8' dice
- c. Food diced into finely chopped and uniform pieces
- d. Cutting and peeling into oblong seven sided football like shapes

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18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- a. Sweat
- b. Boil
- c. Roast
- d. Grill

Fill-in the Blank (1 point each)

19) Salt & pepper are the basic seasoning ingredients for all savory recipes.

20) Chop: to cut into very small pieces when uniformity of size and shape is not important.