

# 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/Stockier, 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 blanch 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

## Prep Cooks Test

- 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) rough chop: to cut into very small pieces when uniformity of size and shape is not important.