

## Coffee Connoisseur



There's more to a barista's role than frothing milk, extracting espresso, and pouring coffee. In fact, Italian baristas complete years of apprenticeship before being considered skilled enough to brew the perfect coffee or espresso. In the United States, we are just beginning to appreciate the barista's role in crafting quality coffee products.

Amy Kautz, the barista at Lakes Market Place, worked as a professional barista for six years before coming to Willow Valley Retirement Communities. The Lancaster native continually expands her barista skills by participating in seminars about coffee-making techniques on subjects including tamping methods, roasting, and tasting.

Amy shares her tips for making great coffee: always use fresh coffee and grind it fresh. French press is the preferred method because it does not filter out the essential oils of the beans. It's with tips like these that Lakes Market Place has created its own signature coffee Market Place Blend. The smooth, medium to dark roast custom coffee is prepared by a private roaster in Philadelphia.

When asked what she enjoys most about her role at Lakes Market Place, Amy says "I like to explain and introduce people to drinks that they might not



*Barista Amy Kautz creates the perfect brew at Lakes Market Place.*

normally select. Plus, we can customize any drink in many different ways." And the premium selection of Ghirardelli sauces and Torani syrups ensure that Residents will develop a diverse range of favorite coffee drinks at Lakes Market Place, from balanced cups of Market Place Blend to frothy flavored lattes.



### Lakes Market Place New Offerings

The Lakes Market Place opens at 8 a.m. to accommodate the morning crowd. Lunch offerings change quarterly and currently include specialty salads, gourmet pizza, and hummus made on location.

A selection of homemade upscale baked goods are available daily. Specialties include mini almond bundt cakes, blackberry custard tart, French chocolate cake, and biscotti. Residents return daily to find out what is new and place orders to take to their residence.

Lakes Market Place also offers convenience items like eggs, milk, and butter, along with a gourmet section featuring a variety of jams, oils, spices, crackers, and more. Gourmet gift baskets can be shipped from Lakes Market Place to anywhere in the United States.

