A Fellowship of Village Residents Who Share in Food Experiences

January 2026

Welcome New Members!

Bonnie Hyra
Judy Kawaguchi
Lori Tietz

Raffle Winner!

Congrats to Melinda Cohea for winning a $25 gift card for BRU Grill & Market!

Save the Date!

Our next meeting is:
Saturday, February 14th
Clubhouse 5, 1:30-3:30

February Event

Our theme for next month is
"Lunar/Chinese New Year"
Bring your favorite Asian-themed dishes and goodies. Or if you prefer, it's also Valentine's Day, so sweet treats would be wonderful!

Upcoming Hostings

Starfish
30832 Coast Hwy, Laguna Beach
Tuesday, January 27,
4:30 PM
Hosts: Pat & Mike Kaizoji
650-773-0121

1886 Brewing Co.
114 N. Glassell St, Orange
Tuesday, February 3,
5:00 PM
Hosts: Ed & Sandi Marcus
847-858-0520
(Note: This hosting is full but contact Ed & Sandi if you want to be on the wait list.)

To attend a Hosting, you must be a club member. Also, please consider hosting! This is a great opportunity to share your favorite restaurant with other club members! Details are on the last page.

Recommended Restaurants

- **U Bachi Polish Kitchen**
  Lake Forest
  Excellent stuffed cabbage with mild red sauce; Pierogis

- **Tierra de Fuegos**
  Laguna Niguel
  (La Paz & Aliso Creek)
  Authentic Argentine Cuisine

- **Ramen Nagi**
  South Coast Plaza
  Take the chef's recommendation!

- **Modo Mio**
  Newport Beach
  in the Crystal Cove Promenade
  Rustic Italian Kitchen

- **SoCo/OC Mix Food Court**
  Costa Mesa, South Coast area
  (Hyland Ave & 405 Fwy)

- **Yunnan**
  Lake Forest
  (enter at The Arbor Main Entrance off El Toro, turn left at the Jamba)
  Chinese cuisine: Baby back ribs with roasted garlic; shredded pork and garlic sauce (has a kick); green beans; unique "back room" options for the adventurous!

January Meeting

Hosting Event at District 5 hosted by Carla!

Recipe

COOKING WITH CARLA

Nothing could be simpler to make than Aunt Rosie's Eggplant Parmesan

My Aunt Rose was a key influence for me at the beginning of my love of cooking. My mother died unexpectedly when I was 20, and even though I was always her sous chef, I never had the recipes because she cooked without them.

Carla Vigos

My Aunt Rose, who never had children, became my teacher. She taught me how to make sauces, beans, marinated crab, lentils, fava and pasta, chicken soup, baked chicken and so much more.

She also showed me a simpler eggplant Parmesan without all the typical breading. She did fry her eggplant first, but I altered it to a healthier version by baking the eggplant before adding the toppings. I make a simple marinara.

Aunt Rosie's Eggplant Parmesan

2 pounds of eggplant
Olive oil
Salt
1 cup grated Parmesan, plus more for serving
2 cups shredded mozzarella

MARINARA SAUCE

1 tablespoon olive oil
¾ cup diced onion
16 ounces tomato sauce
½ teaspoon dried basil
¼ teaspoon oregano
½ teaspoon sugar
¼ teaspoon pepper
½ teaspoon salt

PROCEDURE

Spray a rimmed baking or cookie sheet with oil. Peel eggplant with a vegetable peeler and cut into ¼ inch slices.

Brush with olive oil on both sides and a sprinkling of salt. You might need two baking sheets.

Bake at 400 degrees for 20 minutes, then turn eggplant over and bake for 10 more minutes. You want them soft but tinged with a little color.

Meanwhile, make your marinara. In a saucepan, heat 1 tablespoon of oil on medium low heat, add onion and cook until soft. Add the rest of the sauce ingredients, cover and cook on a low simmer for 20 minutes. Let sauce cool a bit before assembly.

I use an 8×11 baking pan for two layers of eggplant. Spread some sauce to thinly cover the bottom of the pan.

Place a layer of eggplant in the pan and spoon sauce onto each slice.

Next, sprinkle half the Parmesan and half the mozzarella on the first layer. Repeat for the second layer.

Bake at 350 degrees covered with foil for 20 minutes and then 10 minutes with the foil off.

Let it rest for 10 minutes before serving. Top with extra Parmesan and crushed red pepper if desired.

This makes four servings. It's great reheated in a microwave or to make a hot or cold eggplant sandwich.

For questions or comments, email me at cjvigos@yahoo.com.

PHOTO BY JEFF SINCLAIR

Globe cooking columnist Carla Vigos' Aunt Rose made eggplant Parmesan with both Parmesan and mozzarella cheese.

This recipe can also be found online: **Click Here**

Volunteers Needed

Volunteers are needed to serve as back-ups for membership chair Peg and greeter Nancy (when they are out of town).

Hosting

Please consider hosting! One of the primary reasons this club was formed was to encourage members to share their favorite restaurants with other club members or to go experience a new discovery together!

Here are some options:
• The monthly newsletter includes a list of great recommendations from your fellow members!
• Every month Sandi emails a list of restaurants that haven't been reviewed by the club since 2016. Maybe there is a rediscovery on that list!

It's easy!
1. Set up a reservation at your eatery of choice: brunch, lunch, happy hour, or dinner.
2. Confirm with the restaurant that they can accommodate separate checks for a group of diners.
3. Complete a hosting signup sheet which is available on the Foodies Club website or at the monthly meeting.
4. Contact Sandi if you have any questions or if you'd like her to help you with the process.

New Member Dues

Dues are $20 per person for the year.

New member applications are available online at our web page (or at the monthly meeting). Payment may be made either by check (preferred) made out to "**Foodies Club"** or in cash, if necessary, brought to a meeting.

Alternatively, mail your application and payment to:
Carol Bennett
2401 Via Mariposa West – Unit 2F

Contact Carol with questions at: 949-397-9173 (landline).

Important:

Please check the membership directory to make sure that your information is correct. Let Sandi know if it is not.

Reminder:

All club information and documents are found on the club website:

Foodies Club | Laguna Woods Village

Questions?

Contact Sandi Marcus:

sandim25@hotmail.com

Editor:
Dave Weingartner

Restaurant Listings:
Lisa and Dave Osterman

Website & Village Globe:
Margie Butler