

# Sailing

THE BEAUTY OF SAIL

LEARN to SAIL  
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# SEASONINGS

Creativity in teaching and the galley is sailing instructor's hallmark

**R**andon Finkelstein's love of sailing and cooking were spawned in his youth, when at age 12 he discovered sailing on the Gulf of Mexico and on local lakes near his Houston, Texas, home. At the same time he took note of the great cooks in his family—his mother and grandmother—who would put on a feast for holidays.

Finkelstein went on to become a US Sailing instructor and have a master's captain license and RYA Yachtmaster Offshore license, all of which serve him well in his position as an Offshore Sailing School instructor. He's sailed almost 20,000 nautical miles on the Atlantic, the Mediterranean, the Caribbean and the Pacific.

Helping students learn how to problem solve onboard is important to Finkelstein, who extends that lesson to the galley.

"One of my fondest memories was watching my mom and gram cook during the holidays," he said. "What I found most fascinating and fun was seeing them cook great meals when some ingredients were missing. Just like I teach problem solving on the water, you can also problem solve in the galley."

Finkelstein's Mahi Magic recipe is a great one for substituting specialty ingredients that you might not have on board. Panko breadcrumbs are a fairly specific item to take up room in a galley cupboard, but by substituting crushed pretzels, which are likely to be in the snack cupboard, this mahi mahi dish gets a perfect crust with a bit of a twist.



## Mahi Magic

### Ingredients

- 4 filets of mahi mahi (or white fish of preference)
- 1 lemon
- 2 eggs
- 1 tablespoon of butter
- 1 tablespoon of olive oil

### For the crust

- 1 cup of crushed pretzels
- 3 tablespoons of shredded Parmesan cheese
- 2 tablespoons of Italian seasoning
- 1 teaspoon of crushed pepper
- 2 cloves of minced garlic

### Directions

Pat fish dry with paper towel and leave on cutting board.

Prepare the crust by crushing up the pretzels in a bowl. Add the remaining crust ingredients to the bowl and stir to combine, seasoning to taste. Crack and whisk two eggs in a separate bowl.

For this next step, an added tip would be to keep one hand as the "dry" hand and the other as the "wet" hand for less of a mess.

Dip the mahi fillets into the whisked egg one at a time and place the filet in the bowl with the crust. With the other hand, gently shovel the crumbs over the filet until it's completely covered. Gently remove the filet and place it on a cutting board. Repeat with all four filets.

Heat a pan with butter and olive oil at medium heat until bubbling. Gently place the filets on the pan once it reaches temperature for butter it should bubble. Cook for 4 minutes on each side or when crispy brown, only flipping once with a big spatula to ensure the crust doesn't fall off. After the flip, squeeze one lemon into the pan and roll the sauce around the fish. Remove from pan and garnish with lemon.

Serve with rice and whatever vegetable you have on hand.

