

# Whitsunday Souffle

Barbara Harman - Brisbane, Australia  
Treasure Classics - National LP Gas Association - 1985

## Servings: 6

*2 pounds coral trout (reef fish)*  
*butter, softened*  
*1/3 cup mayonnaise*  
*2 tablespoons sour cream*  
*1/4 cup chutney*  
*1 tablespoon parsley, chopped*  
*2 teaspoons lime juice*  
*white pepper*  
*3 egg whites*  
*4 1/2 ounces macadamia nuts*  
*dill (for garnish)*  
*lemon (for garnish)*

## Preparation Time: 15 minutes

### Bake Time: 14 minutes

Brush the fillets with softened butter. Grill under a hot gas grill for 4 to 5 minutes on each side. (The time will depend on the thickness of the fish).

In a bowl, combine the mayonnaise, sour cream, chutney, parsley and lime juice. Season with white pepper and salt, if desired. Beat the egg whites until stiff and fold into the mayonnaise mixture.

Transfer the fish to a heat-proof serving platter that will fit under the grill. Sprinkle with half of the nuts. Cover with the souffle mixture and sprinkle with the remaining nuts.

Place the platter under the grill for 3 to 4 minutes until puffed up and the nuts are lightly browned.

Serve at once garnished with lemon and dill.

Serve with crusty bread and a salad.

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Per Serving (excluding unknown items): 281 Calories; 27g Fat (81.5% calories from fat); 4g Protein; 10g Carbohydrate; 2g Dietary Fiber; 6mg Cholesterol; 103mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 4 Fat.