

Basic caseroll

To make the basic casserole you need a good shovel of food from the bio bin. This is the way to make the tastiest type of casserole. If you are short of time or you don't have access to a bio bin you can buy Deer's special packet sauce and mix with water or milk.

Once you have the food from the bio bin you need to heat it up in a pan very slowly so that the flavours really infuse. If you would like a thicker sauce simply cook for longer.

All casseroles can be cooked down to a thicker sauce and used a sandwich spread or even in sushi. Just experiment.

