

Fish casaroll

Follow the instructions for the basic casserole but make sure that the bulk of the casserole is made up from old fish bones, prawn heads and bodies or other fish matter. Some people may find this casserole a little strong in flavour. Just add more Poo Smelling Sauce if this is the case.

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