

PaSu Farm South African BBQ

BY KATHY RICHARDIER, SWERVE

With all the rain we've had this month, we weren't sure what we'd get for our excursion to PaSu Farm, just west of Carstairs, for its popular Saturday South African BBQ. The weather could have done anything—but it didn't.

The gods smiled on PaSu, and it was warm and sunny the whole day. Our barbecue couldn't have had more perfect weather or have been in a more perfect setting. With all the rain and enough sun, the westward vista, which took in the rolling countryside, was as lush and green as you could wish for.



Ahhhhhh, pretty heavenly, The Man and I agreed. In fact, The Man gave PaSu 11 out of 10 for ambience. Amen to that.

Pat and Sue de Rosemond, owners of PaSu Farm, hail from South Africa. Every Saturday night throughout the summer, and, weather permitting, into September, they host the South African BBQ dinner. It is a veritable feast. Or, as The Man said, "It's not just a meal, it's an event."

Pat fires up a couple of grills and he and one of his chefs do a masterful job of grilling lamb ribs, boerewors—a South African sausage that Pat makes from lamb, elk and pork—and thick steaks that are perfectly seasoned and grilled rare. (You can, of course, have yours cooked any way you like.) The meat has a wonderfully seductive flavour that can only be produced by cooking over a wood fire.



While Pat is doing the grilling, we are treated to tasty appetizers to accompany our drinks, starting with lightly truffled popcorn. This is followed by bhaji—Indian veg fritters, crisp and spicy—then a succulent piece of salmon topped with pickled ginger.



Then the feast begins, buffet-style. To accompany the ribs, steaks and boerewors, there's a beautiful tossed salad (gotta have your greens with your protein), corn on the cob, potatoes, tandoori chicken and corn bread in the style of flatbread. There's also a flavourful South African dish called samp and beans. (Samp is dried corn kernels that are broken and reconstituted in this dish with beans.)



Then, after we've all feasted to our satisfaction and digested for a short while, a typically South African dessert arrives. Vanilla ice cream and fruit are highlighted by Koek Susters, small pastries that are braided and deep fried, then dipped in spiced sugar syrup that has intriguing herbal undertones. Oh my!

What a treat this barbecue is, and more than reasonably priced. When the weather is fine, as it was that day, you can wander around the pretty grounds. The Man observed that there

are five residents of PaSu Farm, all charming and agreeable: two people, two dogs and Pat's parrot, named Peaches. The servers are also charming and agreeable.

You still have July and August and probably into September to let yourself be happily seduced by both setting and food. But reserve well in advance for this popular barbecue.

A Tasty Mouthful: In South Africa, the samp-and-beans dish is called umngqusho—say that quickly 10 times. The samp is cooked with a variety of beans, onions, potatoes and tomatoes, and flavoured with curry.

PaSu Farm is just west of Carstairs

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www.pasu.com

All photographs by Kathy Richardier, Swerve