



Restaurant Sel Gris

Chef Frederic Deceuninck

Zeedijk 314 – Duinbergen - Belgium

www.selgris.be

#Passion #Techniques #Seaside #Quality #Team

Sel Gris is a one Michelin Starred Restaurant located at the seaside of Belgium.

Chef Frederik Deceuninck has gained experience in some of the best restaurants in Belgium. He was chef de partie in Karmeliet – the former three Michelin starred restaurant in Brugge, Belgium and worked at Pastorale, a two Michelin starred restaurant in Reet, Belgium.

With this experience, chef Frederik decided to start his own project in 2007: *Restaurant Sel Gris!* In the same year Michelin rewards Frederik Deceuninck with the prestigious title of “Rising star of the Michelin guide”. The next year this results in a Michelin star for the restaurant. A Michelin star they have held ever since.

Everything in the restaurant revolves around love and passion for gastronomy. Food served is pure, light, tasteful and has a touch of the traditional style. No wonder they have the reputation to be one of the best restaurants for fish and sea food at the Belgian coast.

Chef Deceuninck likes to work with luxurious products such as lobster, oyster, truffle, He applies techniques from the traditional cuisine in modern presentation and innovative combinations.

A joy for all senses!

References:

Founder, owner and chef since 2007

[Michelin](#): *

[Gault&Millau](#): 16,5/20

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