



Artículo Inteligencia Artificial en gastronomía

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Artificial intelligence (AI) is changing cooking from an art based on instinct and senses into a field guided by data and intelligent analysis. This review analyses the evolution of AI in fine dining, from flavour modelling and molecular creativity to the algorithmic design of edible polymers, microbiome-based cuisine, and multisensory aesthetics. It situates these developments within a broader post-digital paradigm that redefines chefs, algorithms, and microbes as co-authors of a distributed creative process. Drawing on recent advances in computational gastronomy, precision fermentation, and explainable AI, the article proposes frameworks for modelling, design, and validation applicable to experimental restaurants. It also identifies emerging research frontiers: AI-guided formulation of edible polymers and intelligent fermentation systems, predictive cooking models combining rheology and sensory data, and conversational agents capable of nutritional personalisation and emotional calibration. Together, these examples illustrate how AI can enhance sustainability, efficiency, and sensory innovation while preserving the cultural and symbolic dimensions of gastronomy. The review further examines the ethical, cultural, and regulatory implications of algorithmic creativity, advocating transparent and regenerative approaches to technological authorship. Ultimately, AI is presented as an expanded



author-creative interlocutor
that bridges data, matter, and emotion within a sustainable fine-dining ecosystem.

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