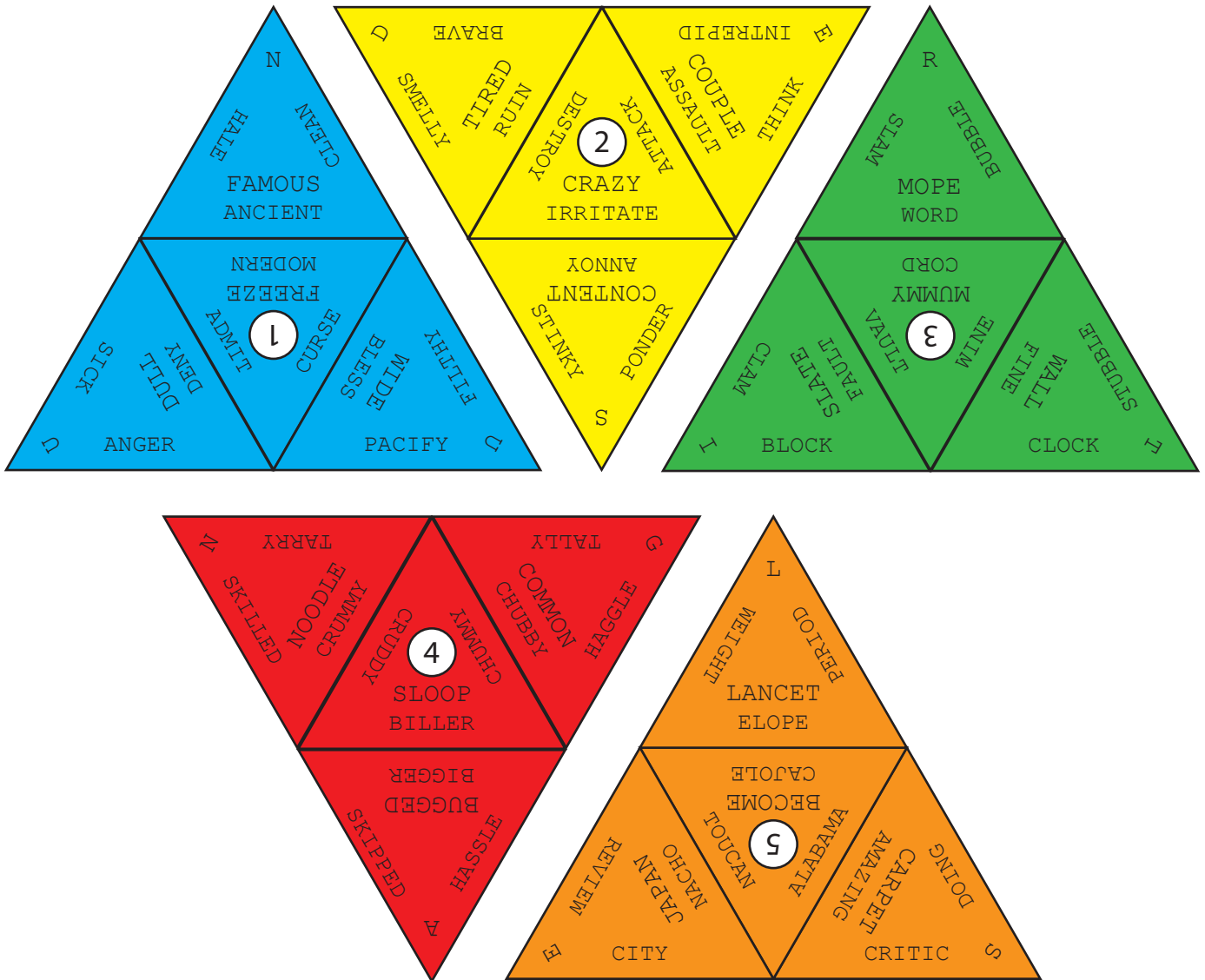
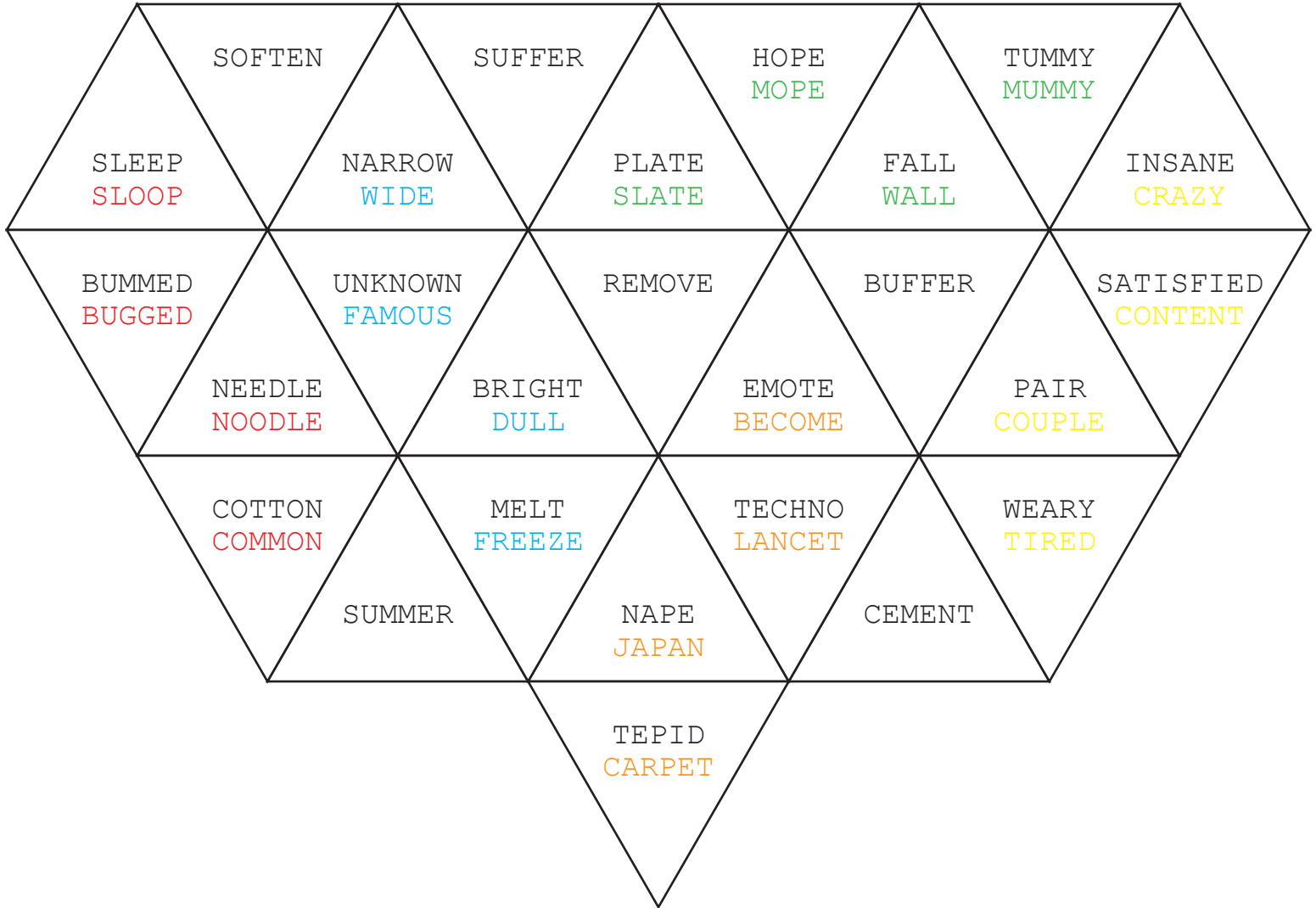


The instructions say to first combine ingredients. To do this, we must first find the connection for each set of four ingredients and connect all the edges into tetrahedra. The connected ingredients are shown in groups below (as unfolded polygon nets):



For the first tetrahedron, the triangles are connected by antonyms. For the second, they're connected by synonyms. The third is connected by changing the first letter only. The fourth is connected by changing the double letters in the word. The final tetrahedron is connected inverting the last three letters of one word to be the first three of the other.

We can now take the tetrahedra and roll them along the board given on the first page, having the middle words match using the tetrahedron's rule. The corresponding words are shown in the board below.



Taking the single letters in order starting with tetrahedron 1 (FREEZE, DULL, FAMOUS, WIDE), and doing the same for tetrahedra 2-5, yields the message UNUSEDTRIANGLES.

There are six triangles unused in the board above. They can be connected using the same five patterns as before (following the order of the tetrahedra), starting with antonym, synonym, etc. This gives us

CEMENT - SOFTEN - BUFFER - SUFFER - SUMMER - REMOVE

Putting this in a block yields:

CEMENT
SOFTEN
BU**F**FER
SUF**F**ER
SUMM**E**R
REMO**V**E

Looking down the diagonal gives our answer: **COFFEE**