

Long Livo

Best-Ever Sourdough Pizza Dough for High-Heat Oven

30 min Prep time	**15 min** Cook time	**45 min** Total time
4 Servings	**Medium** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup (240 ml) active sourdough starter (100% hydration, fed 12 hours ago)
- [ ] 360 g bread flour (3 cups)
- [ ] 120 g all-purpose flour (1 cup)
- [ ] 240 g filtered water (1 cup, 78 °F/26 °C)
- [ ] 18 g sea salt (1 tablespoon)
- [ ] 1 g sugar (1 ½ teaspoons, optional for crust color)

Instructions

1. Grab a large bowl and combine your 360 g bread flour, 120 g all-purpose flour, 18 g sea salt, and 1 g sugar. I usually use a whisk just to make sure the salt is distributed evenly—honestly, it makes such a difference.
2. Now, pour in the 240 ml water and 1 cup sourdough starter. Stir it all together with a wooden spoon or a dough scraper until it forms a shaggy dough. Once it's come together, just move it over to a lightly floured surface.
3. Knead the dough for about 8–10 minutes until it feels elastic and smooth under your hands. Look, if it feels a bit sticky, just dust it with a little flour, but don't go overboard or you'll lose that lovely natural sourdough flavor.
4. Shape the dough into a tight ball and nestle it into a lightly oiled bowl. Cover it with plastic wrap and let it bulk ferment at room temperature (70 °F/21 °C) for 4–5 hours. Every 30 minutes during the first 2 hours, give it a set of stretch-and-folds; it helps the structure, yeah.
5. After the bulk ferment, gently flatten the dough into a rectangle. Divide it into 4 equal portions (about 350 g each), shape them into balls, and tuck them into a proofing basket or a bowl lined with a well-floured towel.
6. Cover your dough balls and let them have their final proof for 2–3 hours at room temperature. You'll know they're ready when they've visibly risen and have a soft, domed surface.
7. Preheat your oven to 500 °F (260 °C) with your pizza stone or baking steel already inside. Let it heat for at least 45 minutes—wow, it needs to be really hot to get that crust right.

8. On a lightly floured pizza peel, stretch or roll each ball into a 12-inch circle. Aim for a base that's thin but sturdy. Add your favorite toppings—tomato sauce, mozzarella, basil—leaving a small border for the crust.

9. Carefully slide the pizza onto the preheated stone or steel. Bake for 10–12 minutes. You're looking for a golden brown crust, bubbly cheese, and those crisp edges.

10. Take it out and let it rest for just 1–2 minutes before slicing. Enjoy that chewy, tangy sourdough base while it's hot!

Nutrition per serving

620 kcal	28 g	115 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- The sugar is optional, but it really helps with the crust color in home ovens.
- Ensure the sourdough starter is active and fed exactly 12 hours prior for the best rise.
- Filtered water helps maintain a consistent fermentation process.