

Long Livo

Drool-Worthy Sourdough Discard Pizza Crust

15 min Prep time	**12 min** Cook time	**27 min** Total time
1 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup sourdough discard
- [ ] 3 cups all-purpose flour
- [ ] 1 tablespoon olive oil
- [ ] 1 teaspoon sugar
- [ ] 1 teaspoon sea salt
- [ ] 1 teaspoon instant dry yeast
- [ ] 1/2 cup warm water (110°F/43°C)

Instructions

1. Start by grabbing your large mixing bowl. Go ahead and whisk together the 3 cups all-purpose flour, 1 teaspoon instant dry yeast, 1 teaspoon sugar, and 1 teaspoon sea salt. Just stir them until they're all well combined and happy together.
2. Now, we'll add the wet bits. Pour in the 1 cup sourdough discard, 1 tablespoon olive oil, and 1/2 cup warm water (110°F/43°C). Use your wooden spoon or dough whisk to stir it all up until a shaggy, rustic dough starts to form.
3. Move that dough over to a surface you've lightly floured. Knead it for about 5–7 minutes. You're looking for it to become smooth and elastic. Honestly, if it feels a bit too sticky, just sprinkle in a little more flour. Oops, don't overdo it, though!
4. Shape your dough into a gentle ball and pop it back in the bowl. Cover it with a damp cloth or some plastic wrap and let it just... be. Let it rest at room temperature for 30 minutes to allow it to rise slightly.
5. It's time to get the heat going. Preheat your oven to 475°F (245°C) for at least 20 minutes. Place your pizza stone or an inverted baking sheet on the middle rack to get it ultra-hot. Wow, that heat is what makes the crust pop.
6. Once the dough has rested, divide it into two equal portions if you're making two 8-inch pizzas, or just keep one. On a lightly floured surface, roll each piece into a 8-inch circle, about 1/4-inch thick.
7. Carefully transfer your rolled dough onto a sheet of parchment paper or some lightly dusted cornmeal. Now comes the fun part—add your favorite sauce, cheese, and whatever toppings you're craving.
8. Slide the pizza, parchment and all, onto that preheated stone or baking sheet. Bake for 10–12 minutes. You'll know it's ready when the crust edges are a lovely golden brown and the cheese is bubbling away.

9 Using your oven mitts, carefully remove the pizza. Let it rest for about 2 minutes—I know it's hard to wait—then slice it up and serve it hot.

Nutrition per serving

440 kcal	15 g	60 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- The sourdough discard adds a wonderful depth of flavor that you just don't get with standard dough.
- Parchment paper is a lifesaver for sliding the pizza onto the hot stone without any mishaps.
- A very hot oven is the secret to achieving that professional, crispy pizzeria-style bottom.