

Long Livo

Homemade Italian Pizza Dough Recipe

15 min Prep time	**15 min** Cook time	**30 min** Total time
2 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 tsp active dry yeast (3 g)
- [ ] 1 tsp sugar (4 g)
- [ ] 3/4 cup warm water, 110 °F (185 ml)
- [ ] 4 cups all-purpose flour (480 g)
- [ ] 1 1/2 tsp salt (9 g)
- [ ] 2 tbsp extra-virgin olive oil (30 ml)
- [ ] 1 tbsp olive oil, for greasing the bowl

Instructions

1. In a small bowl, whisk your 1 tsp active dry yeast (3 g) and 1 tsp sugar (4 g) into 3/4 cup warm water, 110 °F (185 ml). Now, just let it sit for about 5 minutes. It's so lovely to watch it get foamy; that's how you know the yeast is waking up.
2. In a large bowl, sift together your 4 cups all-purpose flour (480 g) and 1 1/2 tsp salt (9 g). Honestly, sifting makes such a difference for a light crust.
3. Make a little well in the center of the flour. Pour in that foamy yeast mixture and 2 tbsp extra-virgin olive oil (30 ml), then stir with a spoon until a shaggy dough forms. It'll look a bit messy at first, but that's okay.
4. Turn the dough onto a lightly floured surface. Knead it for 8-10 minutes. You're looking for it to feel smooth, elastic, and springy under your palms.
5. Shape the dough into a ball. Coat your bowl with 1 tbsp olive oil, place the dough inside, and cover it with a damp towel or plastic wrap. Let it rise in a warm spot for 1 hour, or until it's doubled in size. Wow, it really does grow!
6. Gently punch the dough down to let the air out, then divide it into two equal portions and shape each into a neat little ball.
7. Let those dough balls rest for 10 minutes. This is the secret, really—it lets them relax so stretching becomes so much easier.
8. Preheat your oven to 475 °F (240 °C). Place your pizza stone or baking sheet inside to heat up for at least 30 minutes. You want it screaming hot.

9 On a floured surface, stretch each dough ball into an 8-10 inch circle. Transfer them to parchment paper and add your sauce, cheese, and whatever toppings you're feeling today.

10 Bake for 12-15 minutes, or until those edges are golden-brown and the cheese is all bubbly. Remove it, let it rest for 2 minutes—I know it's hard to wait!—then slice and serve hot.

Nutrition per serving

680 kcal	22 g	115 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- Keep your liquid ingredients warm at 110 °F to help the yeast activate properly.
- Don't skip the resting period after the first rise; it prevents the dough from springing back.
- Using a preheated pizza stone helps achieve that restaurant-style bottom crust.