Long Livo

Quick Pizza Dough in 30 Minutes

10 min Prep time	**20 min** Cook time	**30 min** Total time
2 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Dough

- ▢ 2 cups (240 g) all-purpose flour, plus extra for kneading
- ▢ 1 cup (240 ml) warm water (110°F/43°C)
- ▢ 2 tbsp (30 ml) olive oil
- ▢ 1 tbsp (15 g) granulated sugar
- ▢ 1 tsp (4 g) salt
- ▢ 1 tsp (3 g) active dry yeast

Optional Additions

- ▢ ½ cup (60 g) whole wheat flour for a heartier crust
- ▢ ¼ tsp baking soda (when using whole wheat)
- ▢ 2 tsp xanthan gum (when using gluten-free flour)

Instructions

1. Start by finding a small bowl and gently combining the warm water, sugar, and active dry yeast. Give it a little stir until the yeast dissolves, then just let it sit for about 5 minutes. You'll know it's ready when it looks all frothy on top—wow, it's like a little science experiment, right?
2. Now, go ahead and attach the dough hook to your stand mixer. In the mixing bowl, whisk together the all-purpose flour, salt, and if you're feeling a bit heartier, add that optional whole wheat flour and baking soda.
3. Pour in the frothy yeast mixture and the olive oil. Mix on low speed; you're just looking for a shaggy mass to form. It'll look a bit messy at first, but that's perfectly normal.
4. Bump the speed up to medium and let the mixer knead for 5–6 minutes. You want the dough to be smooth and elastic, pulling away from the bowl cleanly. Honestly, if it feels too dry, just add a teaspoon of water; if it's sticky, a tablespoon of flour usually does the trick.
5. Transfer your dough to a lightly oiled bowl. Cover it with plastic wrap or a damp towel—this is key to keep it from drying out—and let it rest for 5 minutes just to relax the gluten.
6. After that short rest, turn the dough out onto a lightly floured surface. Knead it by hand for another 2–3 minutes, shape it into a nice ball, and pop it back in the bowl.
7. Cover it up tight and let it rise in a warm spot for 10 minutes. It won't double in size like a long-rise dough, but it'll get slightly puffy and so much easier to roll out.

8. While the dough is resting, preheat your oven to 475°F (245°C). If you have a pizza stone or steel, put it in now so it can get screaming hot for at least 20 minutes.

9. Lightly flour a pizza peel or baking sheet. Roll your dough into a 12-inch circle. Now comes the fun part: add your sauce, mozzarella, and whatever toppings you're craving tonight.

10. Carefully slide that pizza onto the hot stone. Bake for 10–12 minutes until the crust is a beautiful golden brown and the cheese is bubbly. Let it cool for 2 minutes—ugh, the waiting is the hardest part—then slice and serve.

Nutrition per serving

130 kcal	5 g	19 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- The 5-minute rest after mixing is essential to let the gluten relax, making the dough less stubborn when rolling.
- Using a pizza stone or steel creates a much more authentic, crisp bottom than a standard baking sheet.
- The dough doesn't need hours to rise because the warm water and sugar jumpstart the yeast quickly.