

Long Livo

Quick Sourdough Discard Pizza Dough: No Yeast, Big Flavor!

10 min Prep time	**12 min** Cook time	**22 min** Total time
2 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Dough

- [ ] 1 cup sourdough discard (6 oz)
- [ ] 1 cup bread flour
- [ ] 1/2 cup water, 110 °F
- [ ] 1 tsp salt
- [ ] 1 tsp sugar
- [ ] 1 Tbsp olive oil

Toppings

- [ ] 1/2 cup pizza sauce
- [ ] 1 cup shredded mozzarella cheese
- [ ] 1/2 tsp dried oregano
- [ ] Optional: fresh basil leaves, red pepper flakes

Instructions

1. First things first, go ahead and preheat your oven to 475 °F (245 °C). If you've got a pizza stone, just slide it in there now so it can get nice and hot while you're working your magic with the dough.
2. Grab your mixing bowl and whisk together the bread flour, salt, and sugar. Honestly, it just makes sure everything is evenly distributed so you don't get any salty pockets, yeah?
3. Now, make a little well right in the center of your dry mix. Pour in the sourdough discard, water, and olive oil. Use a wooden spoon or your whisk to stir it all together until a shaggy dough forms. It looks a bit messy at first, but that's okay!
4. Turn the dough out onto a lightly floured surface. Knead it for about 3-4 minutes. You're looking for it to become smooth and elastic; it should still feel a bit tacky, but it'll hold its shape just fine.
5. Place the dough in a bowl you've lightly oiled, cover it with a damp cloth or some plastic wrap, and let it just be for 15 min at room temperature. This little rest is so important for that sourdough flavor.
6. Gently punch the dough down—it's a bit satisfying, isn't it? Divide it into two equal portions and roll each one into a 12-inch circle. If the dough tries to spring back, just let it relax for a few minutes and try again.
7. Transfer your crusts onto parchment paper. Brush the surface lightly with olive oil, sprinkle on the dried oregano, and then spread your pizza sauce evenly across the base.
8. Scatter that shredded mozzarella cheese evenly over the sauce. This is where you can add your favorite bits—maybe some fresh basil, red pepper flakes, or sliced veggies if you're feeling fancy.

9 Carefully slide the parchment-lined pizzas onto your hot pizza stone or a baking sheet. Bake for 10-12 minutes. You'll know they're done when the edges are a lovely golden brown and the cheese is all bubbly.

10 Take them out and let them cool for just 2 min—don't rush it! Then slice them up with a pizza cutter. I love a sprinkle of fresh basil or a drizzle of pesto on top right before serving.

Nutrition per serving

620 kcal	32 g	65 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- The 15-minute rest is essential for the sourdough enzymes to work their magic on the flavor.
- Avoid adding too much extra flour during kneading to keep the crust from becoming too dense.
- Parchment paper makes the transfer to a hot stone so much easier and less stressful.