

Long Livo

Quick Sourdough Pizza Dough Recipe

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

Ingredients

Main Dough

- [ ] 1 ½ cups all-purpose flour (180 g) – plus extra for dusting
- [ ] ¾ cup lukewarm water (180 ml)
- [ ] ½ cup active sourdough discard (120 g)
- [ ] 1 tsp sea salt
- [ ] 1 tbsp olive oil, plus extra for greasing

Optional Add-in

- [ ] 1 tsp honey (for a slightly sweeter dough)

Instructions

1. Start by grabbing a medium bowl and whisking together your 1 ½ cups all-purpose flour (180 g) and 1 tsp sea salt. Just a quick mix to get things started, then set it aside for a moment.
2. Now, go ahead and stir in the ½ cup active sourdough discard (120 g), that optional 1 tsp honey, 1 tbsp olive oil, and ¾ cup lukewarm water (180 ml). Use a spoon and just keep stirring until it forms a shaggy dough—it doesn't have to be pretty yet, honestly.
3. Move the dough over to a surface with a little flour. Now comes the workout—knead it for about 5–7 minutes. You're looking for it to feel smooth and elastic under your hands. Yeah, it takes a little effort, but it's worth it.
4. Tuck the dough into a greased bowl and cover it with a damp towel. Let it have a little nap for 20 minutes. This short rest is where the flavor starts to wake up without needing a whole day to proof.
5. After the rest, divide the dough into two equal portions. Shape them into nice little balls, then roll or stretch each one into a 12-inch disk on your parchment-lined pizza peel.
6. Make sure your oven is preheated to 500°F (260°C) with your pizza stone or steel already inside—give it at least 30 minutes to get screaming hot. While that's happening, go ahead and add your favorite sauce, cheese, and toppings.
7. Carefully slide the dough onto that hot stone or steel. Bake for 10–12 minutes. You'll know it's done when the crust is a lovely golden brown and the cheese is bubbling away.
8. Remove the pizza with your peel, let it sit for just 30 seconds—dang, the smell is the best part—then slice it up and serve it hot.

Nutrition per serving

420 kcal	18 g	68 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- A preheated stone is really the secret to that professional, crackly bottom.
- The sourdough discard adds a wonderful tang that you just don't get with commercial yeast.
- Don't overthink the 'shaggy' stage; the kneading process will smooth everything out.