

Long Livo

Small Batch Sourdough Pizza Crust

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

Ingredients

Dough Ingredients

- [ ] 1 cup (240 ml) sourdough starter discard, room temperature
- [ ] 1 cup (120 g) bread flour
- [ ] 1/2 cup (60 g) whole wheat flour
- [ ] 1 tsp salt
- [ ] 1 Tbsp sugar
- [ ] 3/4 cup (180 ml) lukewarm water
- [ ] 2 Tbsp olive oil, plus extra for greasing

Instructions

1. In your large mixing bowl, go ahead and whisk together the 1 cup (240 ml) sourdough starter discard with the 1 tsp salt, 1 Tbsp sugar, and 3/4 cup (180 ml) lukewarm water. Just keep stirring until it's all smooth and turns that lovely, pale ivory color.
2. Now, stir in the 1 cup (120 g) bread flour, 1/2 cup (60 g) whole wheat flour, and 2 Tbsp olive oil. I usually use a wooden spoon, but your hands work just fine too, until you've got a shaggy little dough forming.
3. Move the dough over to a surface dusted with a bit of flour. Knead it for about 5–7 minutes. You're looking for it to feel smooth and elastic—it should spring right back when you give it a little poke.
4. Shape it into a neat ball and pop it into a lightly oiled bowl. Cover it up with plastic wrap or a damp kitchen towel and let it just be. Let it rise at room temperature (about 70 °F) until it's doubled in size, which usually takes 3–4 hours.
5. Gently punch the dough to let the air out, then divide it into two equal portions. Shape each into a circle about 9 inches across and set them on pieces of parchment paper.
6. Cover them loosely and let them rest for 15 minutes. Honestly, don't skip this; it lets the gluten relax so the dough doesn't fight you.
7. Preheat your oven to 475 °F (245 °C) with your pizza stone inside. Give it at least 45 minutes to get thoroughly hot—that's the secret to a good crust.
8. Carefully slide the parchment-lined dough onto that hot stone. Now comes the fun part: add your sauce, cheese, and whatever toppings you're in the mood for.

9 Bake for 10–12 minutes. Look for those edges to turn a beautiful golden brown and the cheese to be bubbly and just a bit browned.

10 Slide it out with a peel and let it rest for about 3 minutes. I know it's hard to wait, but it helps. Then slice it up and serve it hot.

Nutrition per serving

420 kcal	14 g	65 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Use a digital scale if you have one for more consistent results with the flour.
- Ensure the water is lukewarm, not hot, so you don't hurt the wild yeast in the discard.
- The rise time can vary depending on how warm your kitchen is.