

Long Livo

Sourdough Discard Cast Iron Pizza

25 min Prep time	**12 min** Cook time	**37 min** Total time
1 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

The Dough

- [ ] 1 1/2 cups sourdough discard (about 300 g)
- [ ] 1 tsp instant dry yeast
- [ ] 1 1/4 cups all-purpose flour (150 g)
- [ ] 1 tsp kosher salt
- [ ] 2 tbsp olive oil
- [ ] 3/4 cup warm water (110°F / 43°C)

Toppings

- [ ] 1/2 cup tomato marinara sauce
- [ ] 1 cup shredded mozzarella cheese
- [ ] 1 tsp fresh basil, chopped
- [ ] Optional: pepperoni slices or sliced bell peppers

Instructions

1. First things first, let's get that oven warming up to 425°F (220°C). Go ahead and pop your cast-iron skillet right in there while it preheats; we want it nice and hot so the dough can really sizzle when it hits the pan.
2. Grab a small bowl and stir your instant dry yeast into 2 tablespoons of that warm water. Just let it sit quietly for about 5 minutes—once it gets all frothy, you'll know it's ready to work its magic.
3. In a larger bowl, mix together your sourdough discard, all-purpose flour, kosher salt, and that frothy yeast mixture. Stir it with a wooden spoon or a dough scraper until you've got a shaggy dough forming. It's a bit messy, and that's just fine.
4. Now, stir in the rest of your warm water and the 2 tbsp olive oil. Mix it until it all comes together; it should be a little sticky, but manageable. Honestly, if it feels too dry, just add a teaspoon of water at a time until it feels right.
5. Cover your bowl with a damp towel or some plastic wrap and let the dough just rest for 15 minutes. It'll rise just a bit and develop those lovely flavors while you get your toppings sorted.
6. Carefully remove that hot skillet from the oven—be careful, it's really hot! I like to use a paper towel dipped in oil to lightly grease the pan so nothing sticks.
7. Turn your rested dough out onto a well-floured surface. Use your hands or a rolling pin to press it into a 10-inch circle, aiming for about 1/8 inch thick, then gently transfer it into the hot skillet.

8. Spread your tomato marinara sauce over the crust, then sprinkle on the shredded mozzarella cheese, fresh basil, and any optional toppings you like. Slide it back into the oven for 10–12 minutes until the cheese is bubbly and the edges are a beautiful golden brown.

9. Pull the pizza out and let it sit for just 2 minutes—I know it's hard to wait—then slice it up. Serve it right away for that perfect crunch.

10. If you're feeling fancy, finish it off with a little drizzle of good-quality extra-virgin olive oil and a dusting of fresh cracked pepper. Wow, it's just lovely.

Nutrition per serving

780 kcal	32 g	84 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- The sourdough discard helps reduce waste and brings a natural tang to the crust.
- If the dough feels too sticky, resist the urge to add too much flour; just use a floured surface.
- A preheated skillet is the secret to that pizzeria-style bottom crust.