

Long Livo

Sourdough Discard Pizza Dough – Chewy Crust & Crispy Edges

25 min Prep time	**15 min** Cook time	**40 min** Total time
4 Servings	**Medium** Difficulty	**Italian** Cuisine

Ingredients

Dough Base

- ▢ 1 cup inactive sourdough discard (240 mL)
- ▢ 1 cup warm water (120 mL)
- ▢ 2 tsp instant dry yeast (6 g)
- ▢ 1 tsp granulated sugar (5 g)
- ▢ 3 Tbsp extra-virgin olive oil (45 mL)

Dry Ingredients

- ▢ 1 ¼ cups whole wheat flour (140 g)
- ▢ 1 ¼ cups bread flour (140 g)
- ▢ 1 ½ tsp sea salt (9 g)

Optional Seasoning

- ▢ Optional: 1 tsp dried oregano or 2 tsp fresh rosemary, finely chopped

Instructions

1. In a large bowl, whisk together your warm water, sourdough discard, instant yeast, sugar, and olive oil. I love watching it turn into a light, foamy consistency; just let it sit for about 5 minutes to let that yeast wake up and proof.
2. Now, go ahead and add the whole wheat flour, bread flour, and salt to the wet mixture. Use a wooden spoon or a dough scraper to stir everything together until a shaggy dough forms. It'll look a bit messy at first, and that's just fine.
3. Transfer your dough onto a lightly floured surface. Knead it for 8-10 minutes. You're looking for it to become smooth, elastic, and really springy to the touch—it's a bit of a workout, but so worth it.
4. Shape the dough into a nice round ball and coat it lightly with olive oil. Place it in an oiled bowl, cover it with a damp kitchen towel or plastic wrap, and let it rise in a warm spot for 90 minutes. You'll know it's ready when it's roughly doubled in size.
5. Preheat your oven to 475 °F (245 °C) with a pizza stone inside. Make sure it's in there for at least 20 minutes; we need that maximum heat retention for a proper crust.
6. Gently punch down the dough and divide it into four equal portions (about 250 g each). Flatten each one with your palms into 12-inch circles. If you're feeling fancy, this is the moment to fold in your herbs.
7. Place each rounded dough on a piece of parchment paper or a pizza peel dusted with flour. Go ahead and top with your sauce and cheese. Honestly, since it's already risen, you don't need a second rise here.

8. Carefully slide the pizzas onto that preheated stone (or a bake sheet). Bake for 12-15 minutes. Keep an eye on them—you're looking for those golden-brown, crisp edges while the inside stays tender.

9. Remove them from the oven and let them cool on a wire rack for about 2 minutes. I know it's hard to wait, but it helps the crust set before you slice with a pizza cutter.

10. Serve immediately. I like a little drizzle of extra-virgin olive oil, some fresh basil, or maybe a dash of chili flakes if you want a bit of a kick.

Nutrition per serving

410 kcal	14 g	62 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- The combination of whole wheat and bread flour gives a lovely earthy depth.
- Using inactive starter allows for a faster bake while still keeping that signature sourdough tang.
- Parchment paper is a lifesaver for those of us who struggle with the pizza peel slide.