

Long Livo

Sourdough Pizza Crust (Overnight & Same-Day Versions)

15 min Prep time	**12 min** Cook time	**27 min** Total time
4 Servings	**Medium** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup active sourdough starter (100% hydration)
- [ ] 2 1/4 cups bread flour (all-purpose can be used)
- [ ] 1 tsp sugar
- [ ] 1 tsp salt
- [ ] 3/4 cup lukewarm water (80°F)
- [ ] 1 tbsp extra-virgin olive oil

Instructions

1. First things first, go ahead and preheat your oven to 500°F (260°C). Slide your pizza stone or steel onto the middle rack and just let it get really hot for at least 30 minutes. Patience here is key for that crisp bottom.
2. In your mixing bowl, gently combine the 1 cup active sourdough starter, 3/4 cup lukewarm water (80°F), and 1 tsp sugar. Stir it all together until that starter is fully dissolved and everything looks smooth.
3. Now, stir in the 2 1/4 cups bread flour and 1 tsp salt. Use your dough scraper or a wooden spoon until a shaggy dough forms. Honestly, it'll be a bit sticky at first, but don't worry about it too much.
4. Cover your bowl with some plastic wrap or a damp kitchen towel. Let the dough just be and rest at room temperature for 30 minutes. This is the autolyse phase, where the flour really gets to know the water.
5. Once the rest is over, we'll do three stretch-and-folds, spaced 30 minutes apart. Just lift a side of the dough and fold it over like a pancake, rotating the bowl each time. It feels a bit meditative, actually.
6. After that final fold, massage the dough into a smooth ball and tuck it into a lightly oiled container. Make sure the wrap is tight so it doesn't dry out.
7. Now you have a choice. For the overnight version, pop it in the refrigerator for 12-14 hours for a deeper flavor. If you're in a hurry for the same-day version, just let it rest at room temperature for another 30 minutes after shaping.
8. When you're ready to bake—and if you went overnight, remember to take the dough out 30-45 minutes before—turn it onto a lightly floured pizza peel.

9 Carefully stretch the dough into a 12-inch circle. I like to keep a slight edge around the rim. Now comes the fun part: add your favorite sauce, cheese, and toppings.

10 Slide that beauty onto the preheated stone. Bake for 10-12 minutes until the crust is a lovely golden brown and the cheese is bubbling away. Let it rest for just a minute before you slice in.

Nutrition per serving

280 kcal	12 g	42 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using 80°F water is a little trick to keep the dough from shrinking during the first fold.
- A touch of semolina on the peel helps the pizza slide right off without any oops moments.
- The sourdough fermentation makes this much easier on the stomach than regular yeast pizza.