

Long Livo

Sourdough Pizza Dough – Grams Formula for Perfect Crust

45 min Prep time	**12 min** Cook time	**57 min** Total time
3 Servings	**Medium** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 500g bread flour
- [ ] 350g tap water (25°C)
- [ ] 100g active sourdough starter (100% hydration)
- [ ] 10g sea salt

Instructions

1. Grab your large mixing bowl and whisk together the 500g bread flour and 350g tap water (25°C). You're looking for a shaggy, uneven dough where all the flour is just hydrated. It's a bit messy, but that's okay.
2. Now, stir in the 100g active sourdough starter. Use a wooden spoon or just your hands—I prefer the feel of the dough—and mix until it's mostly uniform, though it'll still be quite sticky.
3. Cover the bowl loosely with a clean towel or some plastic wrap. Let it rest for about 20 minutes for the autolyse; this just gives the flour a chance to fully wake up.
4. Drizzle the 10g sea salt over the top. Fold and stretch the dough 2–3 times to get that salt integrated, then cover it and let it rise at room temperature for about 2 hours. Every 30 minutes, give it a gentle stretch-and-fold to build some strength.
5. Once the bulk fermentation is done, divide the dough into three equal portions of 320g each. Shape them into neat little round balls and place them on parchment-lined baking sheets. Cover them with a damp towel and let them proof for one last 30-minute rise.
6. While those are resting, preheat your oven to 260°C (500°F) with your pizza stone or steel on the middle rack. I usually slide a baking sheet underneath just to catch those little drifting crumbs.
7. When the oven is hot and ready, flip one dough ball onto the stone using a parchment-lined pizza peel. Quickly slide the parchment out from under the dough so it's directly on the hot stone, then close that door fast to keep the heat inside.
8. Bake for 10–12 minutes. You're looking for those beautiful caramelized edges and a golden-brown surface with a few little blisters. The dough should feel firm but still have that gentle chew we love.
9. Move the hot pizza to a cutting board. Honestly, just let it cool for a minute or two before slicing it with a pizza cutter. Then, repeat the process for your other dough balls.

10 Serve it up immediately with your favorite toppings and cheese. If you're making a few, you can keep the finished ones warm in a low-heat oven.

Nutrition per serving

470 kcal	9 g	80 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- If your kitchen is a bit chilly (below 22°C), you might need to extend your bulk rise to 2½–3 hours.
- A light sheet of parchment during the initial bake prevents sticking and makes flipping onto the stone much easier.
- Using a baking sheet under your stone is a lifesaver for keeping the oven floor clean.