



Long Livo

Quick & Easy Same-Day Sourdough Pizza Dough

20 min

Prep time

4

Servings

12 min

Cook time

Medium

Difficulty

32 min

Total time

Italian

Cuisine

Ingredients

Dough

- ☐ 150 g active sourdough starter (100% hydration)
- ☐ 350 g bread flour
- ☐ 200 ml warm water (95°F)
- ☐ 10 g sea salt
- ☐ 15 ml olive oil

- ☐ 1 tsp honey (optional)

Topping Suggestions

- ☐ Fresh mozzarella, sliced
- ☐ San Marzano tomato sauce
- ☐ Basil leaves
- ☐ A drizzle of extra-virgin olive oil

Instructions

- 1 In a large bowl combine the starter and warm water; stir until the starter dissolves.
- 2 Add the bread flour, sea salt, olive oil, and honey; mix until a shaggy dough forms.
- 3 Turn the dough onto a lightly floured surface and knead gently for about 3 minutes, just until it comes together.
- 4 Place the dough in a lightly oiled bowl, cover, and let it rest at room temperature for 1 hour.
- 5 After the rest, perform a series of four stretch-and-folds spaced 15 minutes apart.
- 6 Let the dough bulk-ferment for a total of 1 hour, until it has risen about 30%.
- 7 Divide the dough into 2 equal pieces, shape into discs, and let rest 15 minutes.
- 8 Pre-heat your oven with a pizza stone to its highest setting (450-500°F).
- 9 Stretch each disc by hand, add sauce and toppings, and bake for 10-12 minutes until golden.

Nutrition per serving

280 kcal

Calories

9 g

Protein

48 g

Carbs

6 g

Fat

Tips & notes

- If the dough feels too sticky, dust with a little extra flour during shaping.
- For extra crispness, bake on a pre-heated pizza stone or steel.
- You can add a pinch of malt powder to boost browning.