



Long Livo

Quick Sourdough Pizza Dough – Same-Day Recipe

15 min
Prep time

12 min
Cook time

27 min
Total time

4
Servings

Easy
Difficulty

Italian
Cuisine

Ingredients

Dough

- ☐ 150 g active sourdough starter
- ☐ 300 g bread flour
- ☐ 180 g warm water
- ☐ 10 g sea salt
- ☐ 15 g olive oil
- ☐ 5 g honey (optional)

Instructions

- 1 In a large bowl, whisk together the warm water and starter until loosely combined; home page.
- 2 Add the flour, salt, olive oil, and honey; stir until a shaggy dough forms, then let rest for 10 minutes.
- 3 Turn the dough onto a lightly floured surface and perform a series of gentle folds – four rounds, each 2 minutes apart.
- 4 Cover the bowl with a damp towel and let the dough rise for 45-60 minutes, or until it has visibly puffed.
- 5 Pre-heat your oven with a pizza stone to 250°C (480°F). Divide the dough into four balls, stretch each into a thin round, and add your toppings.
- 6 Bake each pizza for 8-10 minutes, until the crust is golden and the cheese bubbles; recipe list.

Nutrition per serving

260 kcal

Calories

8 g

Protein

45 g

Carbs

5 g

Fat

Tips & notes

- If the dough feels a little sticky, dust your work surface sparingly; avoid adding too much flour.
- A short, hot bake creates that signature crisp edge while keeping the center tender.
- Feel free to add a pinch of dried herbs to the dough for extra aroma.