

Choco Fever Dream

Sourdough Discard Pizza Crust – Easy Recipe

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

Ingredients

Dough

- [ ] 1 cup sourdough discard (about 240 g)
- [ ] 1 ½ cups all-purpose flour
- [ ] ½ cup warm water
- [ ] 2 tbsp olive oil
- [ ] ½ tsp salt

Optional Toppings

- [ ] Tomato sauce
- [ ] Shredded mozzarella
- [ ] Fresh basil leaves
- [ ] Red pepper flakes

Instructions

1. In a mixing bowl combine the sourdough discard, warm water, and olive oil; stir until the mixture looks uniform.
2. Add the flour and salt; gently fold until a shaggy dough forms. Let it rest for 10 minutes—this is called autolyse.
3. Turn the dough onto a lightly floured surface and knead briefly (about 1 minute) until smooth. Shape into a ball, place on parchment, and cover with a damp towel.
4. Pre-heat the oven to 475°F (245°C) with a pizza stone inside. After the rest, stretch the dough to a 12-inch circle, brush with a little olive oil, and add your desired toppings.
5. Slide the pizza onto the hot stone and bake for 10-12 minutes, until the crust is golden and crisp. Let it cool a minute before slicing.

Nutrition per serving

220 kcal	7 g	34 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels too sticky, dust with a little extra flour.
- For an extra herb-infused crust, mix dried oregano into the dough.
- You can make the dough ahead and refrigerate for up to 24 hours; bring to room temperature before shaping.