

CAST IRON SOURDOUGH FOCACCIA PIZZA

Ingredients

Dough:

- 1/3 cup active sourdough starter
- 1 1/3 cups water
- 3 cups flour
- 2 teaspoons salt

For the pan:

- 3 tablespoons butter
- 3 tablespoons olive oil
- 1 tablespoon garlic salt

Toppings:

- Pizza sauce
- Cheese
- Desired toppings



Instructions

1. In a stand mixer, combine sourdough starter, water, flour, and salt.
2. Knead for 5 minutes. Dough will be very sticky.
3. Every 30 minutes, perform a stretch and fold using wet hands.
4. Repeat 3–5 times total to build structure and air in the dough.
 - Same day: Start in the morning and prepare for dinner.
 - Overnight: Start in the evening, do 2 stretch & folds, rest overnight, finish remaining folds in the morning.
5. In a 12–14 inch cast iron skillet, melt butter and olive oil.
6. Turn off heat and mix in garlic salt.
7. Transfer dough into skillet.
8. Flip once or twice to coat both sides.
9. Gently spread to edges and dimple the surface with your fingers.
10. Let rise until doubled, about 1–2 hours.
11. Preheat oven to 450°F. Bake for 12–15 minutes.
12. Remove from oven, add sauce, cheese, and toppings.
13. Return to oven and bake for about 20 more minutes.
14. Run a knife or spatula along edges. Carefully remove from skillet onto a cutting board. Let cool 10 minutes, slice, and serve.

Notes

- Dough is meant to be sticky—use wet hands to handle
- Butter + oil are key for a crispy crust
- Cast iron gives the best texture and bake