I'm not sure that the quote addresses the question. I interpret it as wanting to know how to set the current gain of the Aleph current source, not the DC bias.

For the former, you generally want to set the gain so that the AC variation of the current source is about 1/2 the output current. It can be more or less, but 50% gives the optimal energy efficiency figure.

You will note in the Aleph schematics that the Base of the NPN transistor which controls the current source attaches to the output of the amplifier through an RC network. The value for C is set arbitrarily high so that it does not interfere with audio frequencies, and it is the value of R which is the most convenient spot to adjust the gain of the current source. For the purpose of this discussion, I'll call it R0.

If you set the amplifier driving a sine wave into a load (let's say 16 Vrms into 8 ohms at 100 Hz), you can measure the current variation of the gain N channel Mosfets (whose Sources attach through power resistors to the - supply rail) with a cheap AC voltmeter placed across one of these Source resistors. With R0 taken out of the circuit, you will get one AC value across the Source resistor (say 470 mV, for example). As you put a value for R0 in the circuit, this will decline, and when it measures ½ the value without R0, you have reached 50%. If it measures 1/4 the value, the current gain of the Aleph source is 75%, and this figure is too high for a standard Aleph. Most listeners like the Alephs at 50% or lower, so I recommend between 50% and 100% of the AC voltage value compared with no R0.