

$$f(j,k)=\frac{2}{n}\sum_{u=0}^{n-1}\sum_{v=0}^{n-1}C(u)C(v)F(u,v)\cos\left(\frac{(2j+1)u\pi}{2n}\right)\cos\left(\frac{(2k+1)v\pi}{2n}\right)$$